



WEEK OF NOVEMBER 16TH 2015 #47/52



Planting Between Rains. Last Saturday the soil had dried out enough that we could transplant cauliflower and broccoli. We will harvest these in March. They will sit here putting out roots and then burst into life in February.

Roberto sowed more seeds into beds and cultivated with our finger weeder and brush hoe.

Rain storms coming in weekly then sunny days in between allow us to keep on top of the planting and hoeing that is vitally important to making sure we have great crops for your harvest shares.



Around the Farm

For those of you looking forward to Seville orange and marmalade season in February just be forewarned that the crop is much lighter this year. Last years was a heavy one and the trees did look a little stressed in the spring. We sent the chicken tractors in between the rows in May, and the tree perked up considerably after the fertility left behind by the chicks. The rest of the citrus is recovering well after the hard frosts a couple of years ago. Good crops of navels, pommels and grapefruit.



Three Sisters Experiment

This is the first year that we combined the planting of corn, beans and winter squash. Now is the time to look back and review. As I am always explaining to visitors we experiment all the time and sometimes things do not go as we expect.

We planted three rows to a bed, the center being corn and beans, and the two outside rows sown to winter squash. All the rows had drip lines laid over them to germinate the seeds. Our finger weeder lifted the drip lines and cultivated around the plants. Papa Ramon spent a couple of days hoeing anything the machine missed.

Beans, these should have grown up the corn. A few did but those were the ones that the cucumber beetles did not eat as they emerged. Corn grew wonderfully well but we need



as the 4th of July week is too late to plant around here.

Squash, was a great crop, a little on the smaller size because of the competition from the corn. I think next year we need to give a little more water to the crop. So next year we will plant before we start harvesting the lavender at the beginning of June. It will mean that we have to harvest and bring in the winter squash out of the September sun to stop sun burn. We will still plant more pumpkins and ugly squash for the pumpkin party in October.



My favorite cabbage will be in your box today, 'Wakefield'. I believe it is the best tasting one we have. Please taste some raw. It makes a great coleslaw. There

are varieties that can grow to 8lb each. Maybe we should grow some of those for sauerkraut? Our crop of Fennel is quite astounding this year. We have three plantings all ready at the same time and all big. They are big but tender. Lorraine says that they can be used in Turkey stuffing. This is a crop that just loves our soil. Checking around the farmers market on Saturday no one had anything close to the size of ours. Yes, farmers are competitive in that way too!

Ramon and Jesus have been working on cleaning this year's wheat crops when ever they have some spare time on the farm. Picking, planting and cultivating take priority when the weather dictates. We are in need of one more tray to sieve the wheat correctly and a cog wheel is broken. The former is easy to order it just takes three weeks to make and come from the Mid West. The cog wheel will need search out as this seed cleaner is over 50 years old. The cleaner needs to go back to our friends at Tierra Vegetables to clean their beans.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Roast Chicken with Fennel, Celeriac and Broccoli Gratin serve with sauteed Tatsoi

Uses: Fennel, Celeriac, Broccoli or Cauliflower or Romanesco, Tatsoi

Chicken Salad with Dill, Apples and Cabbage

Uses: Dill, Parsley, Apples and Cabbage

Collards "Sushi" Roll

Uses: Collard Greens, Fennel slices

Chard Onion Dip with Red Russian Kale served with Fried Pressed Tofu and Roasted Butternut Squash on the side. There is a great blog about cooking with pressed tofu here Serious Eats <http://www.serious-eats.com/2014/02/vegan-experience-crispy-tofu-worth-eating-recipe.html>

Uses: Onions, Red Russian Kale, Butternut Squash

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Collards Sushi Rolls

Eatwell Farmhouse Kitchen

While I was writing all of this I got it into my head that it would be fun to make sushi with collards instead of seaweed. Nigel was walking the field. I quickly texted him to bring a bunch in, so we could try this for lunch today. Without even searching for a recipe, I know this is not an original idea, but it will be a first for me! Sushi is such a great way to use up bits of things you have in the fridge, like that one last carrot, a radish, or some avocado. You can use fish or strictly vegetables.

Collards, washed

Whatever you want to put into your "sushi" roll, including rice

Wasabi

Pickled Ginger

Using a large skillet or fry pan, bring a couple of inches of salted water to boil. Holding the stem, submerge one collard leaf, swish it around a bit, then flip and do the same with the other side. It should be pliable, but not falling apart. When you are ready to assemble, cut the bottom stem off, spoon on a narrow row of cooked rice. Top the rice with whatever you want in your sushi roll. I used thinly sliced carrot, daikon and fennel, and some smoked salmon spread. Serve with wasabi paste, pickled ginger and soy sauce.

Fennel, Celeriac and Broccoli Gratin

From bigoven.com Makes 4 servings

Did a quick search for broccoli and celeriac gratin and this came up right at the top! Really perfect for this week's share.

1 Celeriac, peeled and diced

1 bulb Fennel, frill tops removed, dice the bulb

2 TB Butter

2 TB Bread Crumbs

3 TB Flour

2 TB Parmesan

1 to 2 TB chopped fresh Parsley

7 oz Broccoli Florets (or Cauliflower or Romanesco)

2 1/2 cups Milk

Preheat oven to 350 F. Par-boil the celeriac and fennel for 6 to 7 minutes.

Remove the vegetables with a slotted spoon and add the broccoli to the boiling water and par-boil for 2 to 3 minutes, then drain. Meanwhile, melt the butter in a pan, add the flour, and mix well. Add the milk gradually, stirring all the time over a medium heat until the sauce is smooth and glossy. Keep hot over a gentle heat until the vegetables are ready. Put the vegetables into a gratin dish and cover with the sauce. Sprinkle the parsley, parmesan cheese, and bread crumbs over the top. Bake for 30 minutes or until the topping is brown and crispy.

Charred Onion Dip with Red Russian Kale

Adapted from Ottolenghi's recipe in Nopi for Burnt Green Onion Dip

We actually had the burnt green onion dip on flat bread at the lunch with Ottolenghi and Scully at Camino. It was really delicious and reminded me so much of the old 70's standby French Onion Dip. Obviously we don't have green onions in the box, so I played with one of our regular onions today, and it is really good. I used drained yogurt, because I have loads of it. If you have a greek yogurt in the house, I am sure that would work just fine.

For the Dip:

1 medium sized Onion, peeled and sliced into 1 1/2" thick slices

4 to 5 cloves of Garlic, not peeled

Olive oil for the grill pan

1 cup Greek Yogurt

OR 2/3 cup Cream Cheese + 1/2 cup Sour Cream

Salt and Pepper

You must be a little brave taking on this cooking task, because the pan has to be smoking hot and you have to let the onions char.

Most of us home cooks tend to be afraid of that much heat, but turn your vents on, open a window and go for it! Get a grill pan smoking hot (literally), brush on a bit of olive oil or other oil good for high temps, then place the thick onion slices right on in there, along with the cloves of unpeeled garlic. Let it cook on high until much of the cooked side is charred, then turn over and repeat on the opposite side. Flip the garlic cloves around, too. Once the onion is blackened and the garlic is soft when pierced with a knife, remove from the pan and allow to cool a bit. Peel the garlic. Put the onion, garlic, yogurt or cream cheese/sour cream combo, salt and pepper into a food processor and pulse several times. Scrape down what is on the sides of the bowl, taste, adjust seasoning and pulse a bit more. You can add some olive oil to this mix. I found that as I was using regular onion, they added a fair bit of moisture and the oil wasn't really necessary. Process until it is the consistency you like.

This Week's Box List

Collards

Red Kale

Tatsoi

Butternut

Wakefield Cabbage

Apples

Fennel

Onions

Parsley

Dill

Broccoli OR Cauliflower OR

Romanesco

Celeriac

For the Kale:

4 TB Olive Oil

4 cloves of Garlic, thinly sliced

2 large Red Chiles, seeded and thinly sliced

1 Red Russian Kale, washed, tough stems removed, cut widthwise into 1 1/2" slices

2 tsp Lemon Juice

Heat the oil in a large sauté pan over medium-high. Add the garlic and chile slices and fry for 4 to 6 minutes, stirring constantly until crisp and golden brown. Add the kale, along with 1 1/2 tsp of salt and a good grind of black pepper, and cook for 3 minutes - you might need to do this in two or three batches - stirring often, until the kale is cooked, but still retains a bite. Remove from the heat, add the lemon juice, and serve warm on a large platter or individual starter plates, with dollops of the onion dip spooned on top.

A Note From Lorraine

This week's share is filled with so much goodness, I'm not quite sure where to begin! I am finding it helpful to rearrange the list by grouping them loosely into recipe ideas. For example - Wakefield Cabbage, Fennel and Apples could become a winter slaw or a sautéed veg dish. I immediately want to pair the butternut with greens, either with just collards or a mix of kale and tatsoi. I have really been enjoying meals with this combo of sweet autumn orange and hearty greens, either with some black beans on the side or no protein at all. I sprinkle a little Gomasio (toasted sesame seeds and salt) and a dash of soy sauce on both and find that supremely satisfying. Moving on through the list I see dill, celeriac and the broccoli or cauliflower or romanesco coming together as a casserole or maybe a gratin. This whole process is a bit crazy, so many possibilities and quite frankly, I don't know where it will take me. This morning I feel like a painter and these vegetables are my colors.

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