



WEEK OF DECEMBER 12TH 2016 #50/52



Heirloom Flour

Well it is definitely baking season. I always loved to bake in the cold winter months, because you get the added benefit warming up the house. There really is nothing



like the smell of bread baking. As my friend Mark likes to remind me - I am a cook, not a baker, to which I say hooley! Because I am a cook and I do tend to push cooking rules, I have spent a good amount of time breaking the rules of baking when using our Heirloom Wheat Flour and I have had some really great success. We don't grow much wheat on the farm, but the guys have been busy cleaning this summer's harvest and getting seed in the ground for next year's crop. A field of wheat is a beautiful thing to behold. Heirloom wheat is a bit tricky, because it grows quite tall. The modern hybridized varieties have been bred to grow extremely short to keep it from falling over in the wind. It also has been bred to increase yield. With all the manipulation of this ancient grain, we now know that many people have issues when eating wheat. Whether that is from the modern variety itself or the growing practices that relies on applying RoundUp shortly before harvesting as a desiccant, I don't know. What I do know is there is no comparison between our flour and what you get in the store and much of that can be attributed to freshness. If you haven't tried it yet, I urge you to do so, now is the perfect time. If you would like my recipe for hamburger buns/dinner rolls, or buttermilk biscuits or even pastry dough, shoot me an email and I will gladly get those recipes sent off to you! drinkwellsofters@gmail.com



A Note From Lorraine

The last two weeks, we ran the article I wrote talking about the vegetables you all suggested you would like to see in the CSA box. I thought I would continue a bit more on that theme this week. At the start of each season, Jose and Nigel discuss how crops did the previous year or two, with the goal of improving yield and quality. Sometimes we make the decision to give up on a crop. Artichokes are a tragic example of one we have chosen to nix. Sometimes it means we wait to plant later in the season. This year the cauliflower, broccoli and Romanesco are great examples of later planting, which is why we did not have any of those vegetables in time for Thanksgiving. We have found over the past few years that it is just too warm too late in the year and we lose too much of those crops to make it financially worthwhile. When you consider the costs of seeds, plus starts total over \$60,000.00 a year, you quickly realize it is a significant amount of money, and we really do have to be smart about what and when we order and plant.

As I explained in the previous article, most peppers get sunburned here in our hot summers. Although there is nothing wrong with them, most people are not happy to find blemished produce in their shares. Pepper seeds are really expensive, we typically spend close to \$2,000 just for the seeds, then you tack on what we pay Headstart to grow the plant starts for us, plus paying the crew to get them in the ground, and those peppers turn into a pricey item. That is before we even start picking. You will be happy to hear, we have added a variety to the pepper lineup for next year, but probably many of them will be for add on items. It is tricky with the spicier peppers, so many people really have a hard time eating them. Offering the hotter peppers as extras is the best way for us to please everyone. That still leaves us with the problem of blemished crop in the field. I am hoping we can use many of them in value added products, maybe hot sauce, or dried, powdered chili blends, but of course making those products requires man power and that brings me to the next topic - labor.

Across the board one of the biggest issues facing farms in California is a rapidly shrinking labor force. The simple fact is there just aren't that many people interested in working long days for little pay, doing back-breaking work. When considering what to grow we always look at the amount of labor a crop requires; does it need staking like tomatoes, beans, chayote? Is it an easy crop to harvest? If you have a lot of blemished fruit it really slows everything down, so you want to avoid that problem. I would love to have green beans for the box, but they need staking and stringing and on top of that they are very slow picking. Perhaps shelling beans would be a better option because they can be dried, stored and used later. Would harvesting shelling beans be something we could turn into an event on the farm? Like the lavender harvest, would you be interested in coming up to help harvest beans?



Purple Cauliflower

I was walking past the pack house Friday just before they loaded the truck for the market and there I found a crate with some of the most incredible Purple Cauliflower I have ever seen! Sadly Nigel has not been able to go out into the field to assess how well it is doing. Again this is an expensive, seed so we are still experimenting to see how well it does for us. This week we have Cauliflower or Romanesco in the share, I hope some of you will get the purple variety.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

Traveling this Holiday Season?

Place your delivery on hold or donate. Our donated boxes go to a charity organization at the end of the year. Login to your account, click My Account, and click Place Box on Hold or Donate for a Week. Repeat for each delivery.

The Farm will be closed from **December 25th - 31st** for the Holidays. There will not be any CSA Box Deliveries during this time. We hope you have a Wonderful Holiday!

A Note From Paige

I happened into La fete des chou fleur (french: The party of Cauliflower) many years ago while I was eating my way around France in the late summer. It was a transcendental vegetable experience in all senses, as I had come from a world where Cauliflower was but a boring boiled or steamed white blob that you would apply some salty flavor upon. Not this alternate universe where whole celebrations were made for only this lovely vegetable. This week we get our first Cauliflower or Romanesco in our boxes! I was spying on these over the Thanksgiving holiday on the walk of the fields and haven't seen them since. Each of the recipes this week focus on the Cauliflower, and can be a meal on it's own.

Sautéed Cauliflower And Herbed Wheat Berries Salad

By Paige, 4 SERVINGS

½ C Eatwell Farms Wheat Berries or pearl barley
Kosher salt
1 T finely grated lemon zest
3 T fresh lemon juice
3 T White Wine Vinegar
2 T mayonnaise
1 T Dijon mustard
¾ C olive oil, 2 T reserved to sauté Cauliflower
Freshly ground black pepper
1 head cauliflower or romanesco, cut into florets
1 15-ounce jar gigante beans, rinsed (Annalisa is a brand I find at Rainbow)
½ C Chopped Celery, Leaves reserved
½ C Radishes, Quartered
1 C flat-leaf parsley leaves, divided
2 T fresh tarragon leaves, divided (may sub fried fresh sage or rosemary)

Place wheat berries in a large saucepan; add water to cover by 2 inches. Season with salt. Bring to a boil and cook until tender, 25-30 minutes. Drain; run under cold water. Set aside.

Dressing (you may wish to triple this and eat with greens this week!) Whisk lemon juice, mayonnaise, Dijon mustard, and 5 tablespoons oil in a medium bowl until emulsified. Season dressing with salt and pepper; set aside.

Heat remaining 1 tablespoon oil in a large skillet over medium heat. Add cauliflower; cook, turning occasionally, until browned in spots, 10-12 minutes. Season with salt and pepper.

Transfer cauliflower to a large bowl; add beans, parsley, celery leaves, tarragon, reserved barley, and half of reserved dressing. Toss to coat; season with salt and pepper.

Divide salad among bowls; drizzle remaining dressing over. Garnish with lemon zest, 1/4 cup parsley, and 1 tablespoon tarragon.

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



Cauliflower Salad w/ Cider-Yogurt Dressing

By Paige

I love the texture in this one! If you are not so much into it raw - please do a quick high temp oven roast on the cauliflower and allow it to cool and use in the salad that way!

1 Head Cauliflower
1 Head Radicchio, thinly sliced
½ C Apples, ½ inch Cubes
1 C Radishes, Quartered
½ C Fennel, thinly sliced
1 C Celery, Diced
5 Scallions, Diced
1/2 Cup Golden Raisins
1/2 Cup Shelled Pistachios, Toasted

Cider-Yogurt Dressing:

1 garlic clove, finely smashed or microplaned
Kosher salt
¾ cup plain Greek yogurt
3 T apple cider vinegar
1/4 C olive oil
2 t Dijon Mustard
Freshly ground black pepper

This Week's Box List

Cauliflower or Romanesco
Celeriac
Fennel
Leeks
Sweet Potatoes
Radishes
Daikon
Stir Fry Mix
Lettuce
Arugula
Parsley
Apples (Hidden Star Orchards)
Oranges (Twin Girl's)

In a small bowl, whisk together the dressing ingredients. Taste, salt & pepper as desired. Set aside. Again this dressing will keep all week long - so please make a 3x batch and use on salads all week.

Core the cauliflower, and cut into small pieces, about 1/2 to 1 inch in size. Or you can use a mandolin to thinly slice the whole head. Then thinly slice Radicchio and place in bowl with the cauliflower.

Add the celery, radishes, apple, fennel, scallions, raisins, and pistachios, and toss.

Pour the dressing over the salad, and toss to coat. Serve immediately.

A Cheesy Cauliflower Pasta That's Anything But Boring

by Bon Appetite

Bon Appétit does a great job with their Cooking without a Recipe column. And this tasty Roasted Cauliflower Pasta is one of their best ideas. I would amp this pasta up by adding roasted celeriac or squash.

On a sheet pan, drizzle a head of chopped cauliflower, a bulb of Celeriac/Squash and six skin-on garlic cloves with some olive oil, salt, pepper, and red chile flakes. Roast at 425°, tossing occasionally, until the it is caramelized and crisp, about 30 minutes. Once cool, peel the roasted garlic cloves.

In a large bowl, combine a cup of grated Parmesan, three tablespoons of butter, a pinch of salt, two tablespoons of toasted pine nuts or I like pipits TOO, and a ½ C toasted breadcrumbs. (Pro tip: Toast stale bread until lightly golden, then use a food processor to pulse into crumbs. Store in a large reusable plastic bag in the freezer and never not have breadcrumbs again.)

Meanwhile, bring a pot of salted water to a boil and cook a pound of short pasta (like cavatelli). Drain the pasta, reserving 1 cup of the cooking liquid (I usually end up using around quarter-cup). Toss the hot pasta with the cauliflower, garlic cloves, Parmesan butter mixture, and enough pasta water to mix it all together. Garnish with a handful of torn parsley leaves and a bit of lemon zest.