



WEEK OF DECEMBER 19TH 2016 #51/52



## Eatwell Orchard

I have come to realize my favorite section on the farm is the orchard. Maybe because I grew up in Forest Hill surrounded by trees or because many of my earliest memories are climbing one of the giant pines in our backyard? Maybe it is my crazy love of the Redwoods. Who knows? I just love walking through the orchard.



What you will find out there right now are citrus trees teeming with fruit. The lush green leaves contrasted by bright yellows of the pomelo and orange mandarins are beautiful, it just makes me happy. I never thought of winter as a fruit season, but I now see it so differently, literally. This weekend the crew is picking the mandarins and we are hoping we have enough for everyone's share this week. I ate one on my walk and it was, to my taste, perfect, sweet with enough



acid. The lemon trees look quite full, not yet ripe, but promising. Let's keep our fingers crossed the frost ends soon and doesn't get any colder.

What a difference a day makes, I am writing this on Friday morning, and today the sun is shining, it's lovely and warm, but boy is the farm wet! I went out early this morning to get some pictures of the farm, mud aside, it was gorgeous. Walking around the farm is quite challenging, deep ruts from the tractors are filled with water and mud. The mud is slippery and puddles can be deceptively deep (thank goodness for boots!). Last week Liz told me how nice it was to walk down on the west end of the farm. This morning I did just that and found it is possible to bypass almost all of the slippery mud and puddles. Its funny how we get into a routine, because I never walk out that way, but now I am going to make that my usual route!



## 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?

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
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## Everyday Ginger Cake

Hi! I'm Amie. I've been lucky to meet a few of you at the market over the last four years, and I'm really looking forward to meeting more of you! I'll be standing in for Paige for the next couple of months as she goes traipsing around the globe, and I couldn't be happier about finally getting my hand in on the recipes section! This Everyday Ginger Cake is taken from one of my baking heroes, Dan Lepard. He's known across the UK, and I highly recommend his book *Short & Sweet* for great basic baking formulas. This particular cake uses root vegetables as a way to add moisture, and after testing at the market stall last weekend the verdict was a universal thumbs up! Best of all, I got to use both Eatwell Farm turnips and whole wheat flour! Give it a try, I promise it won't last long and you'll be looking for an excuse to bake it again (I think "It's Tuesday" is a great reason, btw.).

Tools: 2 bowls (I know, but it's worth it); 1 whisk; 1 prepared 8" cake pan (shape does not matter, and prepared means "butter and flour" "spray" or "butter and parchment" whatever way you find works best); Sifter (I use a mesh strainer); Spoon or spatula

Ingredients:

2 Eggs  
 ½ Cup Packed Brown Sugar  
 ¼ Cup Molasses (any kind)  
 ⅔ Cup Vegetable Oil (or coconut or peanut or olive, whatever you got will work)  
 5 oz. Grated Root Vegetable (beet, carrot, turnip or sweet potato all work great)

¼ Cup finely chopped candied ginger

1 ½ Cup Whole Wheat Flour

2 Teaspoons Baking Powder

1 Teaspoon Baking Soda

2 Teaspoons Ground Ginger

¾ Teaspoon Salt

Preheat oven to 350F. In first bowl, beat eggs with the sugar until thick and foamy. Add the molasses, brown sugar, grated root vegetable, and chopped candied ginger and stir to combine.

In second bowl, sift all dry ingredients together, and then add the dry mix to the egg/sugar/vegetable mixture. Pour batter into your prepared pan, and pop into the oven straight away. Bake for approx. 40 minutes, or until a skewer comes out with just a few moist crumbs attached. Let cool in pan, and then turn out onto serving plate or cooling rack. Slice and serve with tea, ice cream & jam, or toast it and add (a slightly irresponsible amount of) butter. For best results, sit by a window with your favorite book and enjoy in the winter sunshine.

## Herby Black Rice Salad With Radishes And Ricotta Salata

Chris Morocco adapted by Paige

Vinaigrette: ½ cup olive oil

¼ cup Sherry vinegar or red wine vinegar

Kosher salt and freshly ground black pepper

Salad And Assembly: 1 cup black rice

Kosher salt

2 cups mixed radishes or turnips, sliced, quartered

1 cup chopped Celery

Freshly ground black pepper

2 ounces ricotta salata (salted dry ricotta), thinly sliced

¼ cup chopped unsalted, roasted almonds

¼ cup chopped fresh dill

¼ cup chopped parsley

2 tablespoons chopped fresh garlic chives (or regular if your not shopping at xmas eve market)

Preparation: Vinaigrette - Make a 2x recipe of this, it's going to be amazing over some kale w/ poached eggs the next morning!

Combine oil and vinegar in a small airtight container; cover and shake well. Season with salt and pepper.

Salad and assembly: Combine rice and 1¾ cups water in a medium saucepan; season with salt. Bring to a boil on stove over high.

Reduce heat, cover saucepan, and simmer until rice is tender and liquid is absorbed, 45-50 minutes. Remove from heat, fluff rice, and let sit, covered, 10 minutes. Let cool. Just before serving, toss rice, radishes and celery with dressing in a large bowl; season with salt and pepper. Add ricotta salata, almonds, dill, and chives and toss. This Salad would do quite well with the addition of Roasted Butternut Squash & Leeks as well - and make it a heart main dish for any vegetarians at your table this season.

## A Note From Paige

That's right folks I headed out to traipse. I'll come back with more great ideas on how to use Asian Flavors with the Box each week, and until then Amie will be stepping in to fulfill your delicious vegetable dreams. I'll be back in early Spring and ready for so many of delicious spring vegetables that come from the farm. While I am gone - it would be wonderful if each member could reach out in their network and help us grown our membership. This would help our new year start with an EXTRA AWESOME Bang! When your friend subscribes to the box you get a thank you gift from the farm - and what better way to support our healthy decisions in the new year than by sharing amazing organic local CSA box with those you care about. **Provide them with this discount code: 17E@TWELL**

Plus for those member who are superstars and refer 5 friends who subscribe to a box - I will come to your home on a Wednesday or Thursday in East Bay or SF and host a cooking class. We will cook from the box and your pantry - in a sort of fun Chopped Edition. Whatever it is that you have on hand - we will work into a light dinner and cook with what we have in the boxes that week! It will be so fun - please consider gifting a CSA Subscription as Holiday Gift to those you love & care about.

My recipes this week are driven by my love of dill; the fresh flavor and brightness and crispness, it brings so much! The first is in honor of Lorraine's & my shared love of Yotam Ottolenghi.

(<http://www.serious-eats.com/2014/05/yotam-ottolenghi-favorite-cookbooks-best-jewish-persian-palestinian-recipe-book-recommendations-interview.html>) Plus I think it would be a great re-do of the very typical green bean dish on the Holiday Table this week.

## Haricots Verts And Freekeh With Minty Tahini Dressing

by Yotam Ottolenghi

¼ cup cracked or uncracked freekeh, rinsed (can substitute Wheat Berries)

Kosher salt

1 pound haricots verts (thin lovely green beans), trimmed

1 small garlic clove, finely grated

2 tablespoons fresh lemon juice

2 tablespoons olive oil

2 tablespoons tahini

½ teaspoon dried mint

½ teaspoon pure maple syrup

¼ cup coarsely chopped walnuts

¼ cup fresh cilantro leaves

¼ cup fresh dill sprigs

¼ cup fresh flat-leaf parsley leaves

¼ teaspoon Aleppo pepper or crushed red pepper flakes

Preparation

Cook freekeh or wheat berries in a large saucepan of salted simmering water until al dente, 12-15 minutes for cracked and 30-35 for uncracked. Drain and rinse under cold water; set aside.

Meanwhile, cook haricots verts in a small pot of boiling salted water until crisp-tender, about 4 minutes. Drain and transfer to a large bowl of ice water; let cool. Drain, then pat dry.

Whisk garlic, lemon juice, oil, tahini, mint, maple syrup, and 1 tsp. water in a large bowl; season with salt. Add freekeh and haricots verts and toss gently to coat; season with salt.

Serve freekeh and haricots verts topped with walnuts, cilantro, dill, parsley, and Aleppo pepper.

DO AHEAD: Freekeh and haricots verts can be cooked 2 days ahead. Cover and chill separately.

### This Week's Box List

Broccoli or Romanesco

Cabbage

Celery

Butternut Squash

Fennel

Leeks

Radishes or Turnips

Red Kale

Lettuce

Dill

Parsley

Apples (Hidden Star Orchards)

Mandarins (Eatwell or Bill)

Crepps - Not certified organic)

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!

All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."