



FEBRUARY 20, 2023
WEEK 9/52



Spinach

I grew up eating creamed spinach, which my mom made from frozen chopped. It was delicious, but even more so when made with fresh Eatwell spinach! It quickly became one of Nigel's favorite dishes, and so I always am thrilled to get it in the box.

We have shoppers at the farmers market who

come in early to make sure they get their weekly supply, and always tell me that ours is by far the best tasting in all the land!). One of the reasons it has such great flavor is because we always choose varieties with savoyed leaves, that means curly as opposed to flat leaf. Curly leaf spinach tastes better, but it is also better at holding dirt. You definitely have to wash this quite a bit more. I always soak mine in a bowl of cold water for a few minutes, then, grabbing the spinach with my hands, I scoop it out of the bowl and put into a colander. Why pour dirty water all over the spinach as you are dumping it into the colander? Rinse the bowl and start over again. You will notice the little pink tipped ends, Nigel taught me that is the sweetest part of the spinach! If you have the time and patience to wash the ends well, you will not be disappointed.

You Never Know What You're Gonna Get

I am learning just how important it is to ask for help. That does not come easily for me, it never has. Over the past several years I have pushed myself to do just that and slowly it is getting easier. The wonderful thing is, sometimes you get even more than you ask for, as I was reminded again today. Case in point, I have been working on plans for building a system that will allow us to chill our van over night. This would mean we can load boxes straight off the pack line into the van all year round. Currently we can only do that

in the cold night months and we are rapidly approaching the end of that season. I spent a quiet Sunday afternoon thinking and drawing up my ideas, researching the cost of wood, the cost of insulation foam board, etc. and I think I have come up with a pretty solid plan. I asked my friend JE, the owner of Ruhstaller, if he would go over my scribbles and ideas and offer up suggestions or tell me that I am completely off base. He is a builder, I am not. He spent some time with me last week, going through it all. He made some excellent recommendations like it would be smart to build the "cart" out of steel, which I definitely would like to do in the future. For now I am moving forward with my wood version and considering it a prototype model. Besides helping me with the plans, JE gave me his contacts for a welder, and best of all, he gave us a giant stack of insulation foam board. Mike went to pick it up today and came home with, literally, a van full. I asked and got so much more than what I had hoped for.

Rogue Hens

Our young flock is pretty rambunctious and every day we are finding probably 50 or more of them escaping the fenced area. So every day the guys gather up some small branches and hit the field persuading the girls to go back home. They are voracious eaters and even though we moved their house onto thick, green grass, a week or so ago, they have eaten almost all of it. Every day they are hopping that fence, cause, you know, the grass is always greener! Quite literally.



RECIPES AND IDEAS FROM LORRAINE

Creamed Spinach

Lorraine's Recipe

1 bag of Spinach, washed really well

2 TB Butter

2 TB All-Purpose Flour

1/3 cup Whole Milk, you can also use cream but use a little less

Salt and freshly ground Nutmeg, both to taste

Choose a pot that is big enough to hold all of your spinach. No need to chop it because we are going to puree it. Fill half way with water, add some salt, and bring to a simmer, then add the spinach. I

use tongs to turn the spinach as it cooks and wilts. I don't like using a lot of water in the pan because I use the cooking water to thin the sauce and I want a

concentrated flavor. Once the spinach is thoroughly wilted/cooked, turn off the heat and drain, but save the water! In a heavy bottom sauce pan, melt butter until it is nice and foamy. My mother had a very specific way of making her béchamel sauce and foamy butter was very important. Then add the flour and whisk well. Over medium heat allow the butter and flour (roux) to cook until just turning slightly golden. That was the second really important thing, because as my mother always said, no one wants a "flour-ish tasting sauce". Turn off the heat and add the milk or cream, whisking the entire time.

It will probably turn into a thick pasty ball, not to worry. Slowly add some of the cooking water, maybe 1/4 cup at a time and whisking to mix. Once it is thinned out a bit, (not too much) add the drained spinach and puree with an immersion blender. Add salt and some nutmeg. If it is too thick, add a bit more cooking water. Taste and adjust seasoning and enjoy. *You can do the same thing with cauliflower, but you don't puree the cauliflower, just cut into little florets. For this sauce it tastes best when you add a bit of lemon juice and or sour cream at the end.

Cheesy Cauliflower Pancakes

Recipe found on [Real House Moms](#)

This Tuesday is Shrove Tuesday, or Fat Tuesday, or Pancake Day; whatever you call it, it is common to enjoy pancakes:). Here is a yummy recipe that uses up some of the cauliflower from this week's box.

1 head Cauliflower, approx 1 lb

1/4 cup thinly sliced Green Onions

2 large Eggs

1/2 to 3/4 cup shredded Cheddar

1/2 to 1 cup Bread Crumbs

1/4 to 1/2 tsp Cayenne Pepper

1/4 to 1/2 tsp Salt

3 TB Olive Oil

Sour Cream for garnish

Thinly sliced green onions for garnish

Cut cauliflower into florets and cook in boiling water until tender, about 10 minutes. Drain and mash the cauliflower while it is still warm. Stir in the cheese, eggs, green onions, bread crumbs, cayenne & salt.

Adjust seasoning to taste. (Start with the lower amount of cheese, breadcrumbs, salt & cayenne. Add more as needed for taste and binding the pancake mixture together.) Coat the bottom of a skillet with olive oil

over medium-high heat. Form the cauliflower mixture into patties about 3 inches across. Cook until golden brown & set, about 3 minutes per side. Remove to a paper towel-lined plate to drain. Serve pancakes topped with sour cream and more green onion, if desired.

Southern Broccoli Salad

Recipe from NYT Cooking

by Kay Chun

Salt and Pepper

8 oz Bacon (any type)

10 cups (1½ pounds) 1- to 1½-inch

Broccoli florets

1 cup Mayonnaise

¼ cup finely chopped Red Onion

2 TB Apple Cider Vinegar

1 TB Granulated Sugar

1 cup coarsely grated Cheddar

½ cup Golden Raisins

½ cup roasted, Salted Sunflower seeds

Bring a large saucepan of salted water to a boil. Heat a large nonstick skillet over medium. Add bacon and cook, turning occasionally, until golden and crispy, 7 to 8 minutes. Transfer to a paper towel-lined plate to drain; discard bacon fat or reserve for another use.

Chop the bacon into bite-size pieces. Meanwhile, add broccoli to boiling water and cook until bright green, 1 minute. Rinse under cold water until cool (or transfer to an ice bath). Drain broccoli well and pat dry. In a large bowl, combine mayonnaise, onion, vinegar and sugar and mix well. Add the broccoli, cheese, raisins and sunflower seeds. Season with salt and pepper, and toss until well combined. (If time allows, refrigerate for 30 minutes to 3 hours to allow flavors to meld, stir. Transfer broccoli salad to a serving bowl or platter. Top with bacon. Salad can be served immediately, or refrigerated and served chilled.

This Week's Box

*Broccoli Terra Firm

*Fennel

*Collards

*Cauliflower

*Spinach

*Mandarins

*Turnips

Lettuce OR Pea Shoots

Radishes

Red Russian Kale

Mustard

* = Items in Box for 2