



Squash

Walking the fields you can see the yellow flowers in the summer squash beds. Did you know that squash produce a male and female flower? Only the female produces the squash, so you can harvest the male for “stuffed squash blossoms”. Delicious! Squash need pollina-



tors to produce their “fruit”, yes squashes are fruits:). In large, commercial operations they bring in honey bees. But in nature you will find actual “squash bees”, and apparently we have them in abundance here at Eatwell. They get busy early in the morning, buzzing in and out of the flowers, before the honey bees even get out of bed. They are not a particularly social bee, but will nest together, underground. By practicing low to no till farming, we protect the nests these native bees build below our beds. Additionally, we have a lot of space all around the farm that remains untouched, like all the land around the rows of our poplar trees. Those magnificent tall trees play an important role on the farm, breaking the harsh winds, and creating habitat for many creatures. As hive collapse becomes a bigger and bigger problem in the world, maintaining healthy environments for native bees, like the squash bees, also becomes more important. Squash bees only pollinate cucurbits. They can be found from SE Canada, throughout the US and as far south as Argentina. If you look closely at this

photo you can see a squash bee working away in that flower!

We have so many incredible critters on the farm, like really fat hawks. The owls that hoot around here at night are magical, but then there are a few that are definitely unwanted; as is the case of the ground squirrel. They eat so many of our plants and seedlings, not to mention the drip tape for our irrigation. They are true pests, and nearly impossible to get rid of on an organic farm. Thankfully, this wet winter probably slowed the population explosion we have seen during the past draught years. Several months ago we planted about 500 artichokes, and sadly only a handful of plants survived those pesky squirrels. The few that made it have produced some beautiful chokes, but there is literally only a handful of plants that survived. I am determined to plant more, because it would be wonderful to have artichokes in the spring.



Eatwell CSA Members Are Everywhere!

On Memorial Day, Mike and I ran down to Ruhstaller to talk to them about setting up a little mini-market on Sundays. And who did we run into in the tap room but CSA members Bryan (who took this photo), Britt and Olivia! I introduced them to this gem of a spot down the road a few years back after a long hot day of tomato saucing. Now it is there favorite place to stop to get out of traffic when heading back to SF from visiting friends in Sacramento!

RECIPES AND IDEAS FROM LORRAINE

Roasted Cabbage with Beans & Mushrooms

Recipe by Allison Robicelli via Rancho Gordo website

1 lb whole White Button Mushrooms

6 cloves Garlic, sliced

1½ TB plus ¼ cup Olive Oil (divided use)

Salt and freshly ground Black Pepper

1 whole Cabbage, sliced into thick wedges

Half of a Lemon

2 cups cooked Rancho Gordo dark or medium heirloom beans, such as Domingo Rojo or Piquito, warmed

Wipe the mushrooms clean with a cloth or brush. Cut off and discard the end of the stems. Place the mushrooms in a stovetop-safe ceramic pot (with at least a 1-quart capacity); add the garlic and 1½ tablespoons oil, tossing to coat. Place a crumpled piece of parchment directly atop the mixture and put the lid on the pot. Cook over low heat for 45 minutes, shaking the pot from time to time so the mushrooms cook evenly. Uncover and season to taste with salt and pepper. Meanwhile, preheat the oven to 500°F. Toss the cabbage wedges in ¼ cup olive oil and sprinkle with salt. Place on a parchment-lined baking sheet. Bake the cabbage for 10 minutes; remove the baking sheet from the oven, flip the wedges, and return to roast for another 10 minutes. The edges of the cabbage should be a little crisp and caramelized. Remove from the oven, sprinkle with pepper, and add a squeeze of lemon. Serve cabbage wedges alongside warm beans and mushrooms. (You may have leftover mushrooms.)

Salmon & Daikon in Garlic Butter Miso Sauce

Recipe by Naoko Takei Moore from NYT Cooking

I realize it is tricky including recipes that call for ingredients many of us do not have at home, but I know we have several members who do. But more importantly, food and cooking is a way for us to learn about other cultures and to travel the world without leaving the comfort of our kitchen! Finding many ingredients can be tricky for me here in Dixon, so I often hack my way around recipes. As an example, this recipe calls for Shichimi Togarashi (Japanese 7 Spice) & Dashi. Shichimi Togarashi is a blend of Shichimi togarashi (Japanese seven spice) is a mixture of red chili flakes, sansho pepper, sesame seeds, nori, shiso, dried orange peel, hemp, and poppy seeds. I almost always have sesame seeds, and definitely have red pepper flakes, I could zest an orange or even a lemon if I didn't have any orange. And for the dashi, a quick search on

the interwebs tells me I could sub soy sauce, fish, chicken or mushroom stock, I might even try a splash of fish sauce. Granted, this is no longer authentic to the recipe, but the heart of it is still there and it gets us to stretch our wings a bit and play in the kitchen; experimenting and trying new things, which, quite frankly, is exactly how recipes are developed.

FOR THE MISO SAUCE

¼ cup Miso

2 TB Sake & 1 TB Mirin

This Week's Box

*Cherries

*Carrots TF

*Cabbage

*Green Garlic

*Daikon

*Strawberries

*Garlic Chives

New Potatoes

Basil

Red Kale

Rosemary

* = Items in Box for 2

FOR THE SALMON

1 tsp Salt

1 lb Salmon Fillet, skin removed, cut into 6 to 8 pieces

½ lb Daikon, halved lengthwise if thick, then cut crosswise into ⅛-inch-thick slices

1¼ cups Dashi, preferably kombu and bonito dashi

1 (7-ounce) package Enoki Mushrooms, trimmed then torn into small clusters (about 5 ounces)

1 small Carrot, peeled, cut into 2-inch segments then sliced into ⅛-inch-thick matchstick

2 Garlic cloves, thinly sliced

1 TB Unsalted Butter, cut into 6 to 8

pieces and chilled

Fresh or bottled Yuzu juice (or Meyer lemon juice), to taste (optional)

Chopped Dill, for serving (optional)

Shichimi togarashi (Japanese seven-spice powder), for serving

Freshly cooked rice, for serving

Make the miso sauce: In a small bowl, whisk together the miso, sake and mirin; set aside. Prepare the salmon: Sprinkle the salt on both sides of the salmon. Set aside for 15 to 30 minutes, then pat dry using paper towels. Arrange the daikon slices in an even layer to cover the bottom of a large donabe or Dutch oven. Add the dashi, cover with a lid and set over medium-high heat. As soon as the dashi starts to boil, add the enoki mushrooms and carrot in layers. Add the salmon pieces, then pour the miso sauce over the salmon. Sprinkle the garlic on top, followed by the butter. Cover with the lid again, turn down the heat to maintain a simmer, and cook for about 4 minutes, until the salmon is cooked through. Drizzle the yuzu juice over the salmon, if using. Divide among individual bowls and garnish with chopped dill (if using) and shichimi togarashi. Serve with rice.