

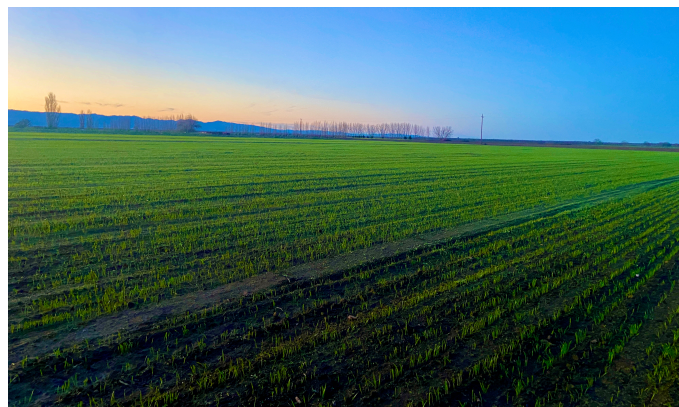


HAPPY NEW YEAR

Well here we are folks, the start of 2024. At the new year, especially after weeks of holiday eating, it is a natural time to take a moment to reflect on the improvements we would like to make in our lives. Many people make those New Year's resolutions about eating better, joining a gym, or beginning some other form of self care. And what better way of eating is there than eating farm fresh from a CSA box? So, if you are so inclined, sharing your CSA on your social media right now could be really beneficial.

The New Year has brought us a bit of water, which is a pretty great way to get things started. It has been raining off and on for a while now. I took advantage of one of the breaks to take Beau out for a long romp. The dead grasses have given way to fresh green, and the orchard is bursting in oranges and yellows, with citrus trees heavy with fruit. I am always so impressed with the gifts nature brings us right when we need them. Cold, dark winter months are brightened by a simple glass of fresh citrus juice. And really, who couldn't use that extra vitamin C during the cold and flu season?

Further out on the farm, we have wheat planted again! Last year David from Capay Mills and I started the conversation about us growing wheat for him. We missed the window for a 2023 crop, but kept the conversation going. Over the last couple of weeks, David has been out sowing his seeds. Round one was a planting of two Italian heirlooms, Timilia and Villa Glori. Timilia was brought to Sicily by the Greeks some 2500 years ago and Villa Glori is a variety that was developed in Italy back in the 1930's. Last week, just before the rain started, he planted Oland; a variety that originally came from the Swedish island of the same name, where it was first grown over 6,000 years ago. It is pretty incredible thinking about thousands of years of history literally growing in our soil. How many loaves of bread were



baked with these same varieties? I find myself in awe of the power found in a tiny seed, seeds that have kept life going for thousands of years.

Collaborating with David this way feels like the perfect full circle. Many years back, we decided to grow wheat for our chickens. But on Sunday mornings Nigel and I played around with grinding up some fresh flour for waffles and pancakes. We were so amazed by how delicious that flour was, we knew we had to start milling. We bought a stone mill and sold fresh flour at our farmers market stand and to the CSA. But after losing Nigel, I had to come to terms with the fact that

we had too many other things to do and not enough time for cleaning and milling wheat. David, by that time, was producing amazing flours, so it made more sense to let the expert do his thing, and I would buy from him to sell to you. But now, with our land, and David's expertise, we will have Capay Mills fresh flours milled with wheat grown on our farm, and I think that is pretty darned perfect.

Raising Some "Fun"

Later this month we have a dinner scheduled here in the farmhouse. My dear friends and very talented musicians, father/daughter team, Joe & Hattie Craven, will provide us with a night of amazing entertainment. Joe is such an entertainer, great story teller, plays ever instrument imaginable, and has played with the likes of Jerry Garcia, David Lindley, and more. I have been following Hattie since the first time I heard her sing several years back when she was just 17. From the first time I heard her I wanted to hear more. They both play regularly at

Ruhstaller and I make a point of going to see them as often as I can. I guarantee you will not be disappointed. So I hope you join us for a very special evening for food, fun, magic and music. If you want more information, email me at organic@eatwell.com or text me at 530-554-3971. Tickets are available [here](#).

What To Cook This Week

The other night I had this crazy craving for breaded cutlets AND for butternut squash. I thought butternuts would probably be pretty fantastic breaded and fried, and then I thought, I'm sure someone has already thought of this. Sure enough, I found a recipe online, so I made it that night. And yep, it was pretty delicious, and equally as delicious reheated the next day. I enjoyed my Butternut "Schnitzel" with some sautéed Bok Choy on the side; that earthy, slightly bitter green flavor went perfectly with the sweetness of the Butternut. Looking for breaded butternut cutlets, I discovered that some folks make a Parmigiana with it as well. I think the sweetness of the butternut would pair well with a squeeze of lemon and maybe some tartar sauce. According to what I read, you can freeze these and just reheat, such a great way to use up butternuts!

Crispy Baked Butternut Squash Cutlets

Recipe found on [Mangia Bedda](#)

I made some fresh breadcrumbs from an old baguette I had, what a difference.

1 1/2 lb Butternut Squash

3/4 cup unseasoned Breadcrumbs

1/4 cup grated Pecorino Romano cheese

1 clove Garlic finely minced

1/4 cup Parsley chopped

1/4 cup All-Purpose Flour

1 large Egg

3 TB Olive Oil divided

Salt and Pepper, to taste

Trim the end of the squash and peel and seed. Slice the squash into 1/4 inch rounds. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper and coat with 2 tbsp. of olive oil. Season the breadcrumbs: combine breadcrumbs; grated cheese; finely minced garlic clove; chopped parsley; 1/4 tsp salt and pepper in a bowl. Place flour and a pinch of salt in a bowl; beat eggs with 1 tbsp. water and a pinch of salt in a third bowl.

To bread the squash slices: dredge both sides in flour, shaking off the excess. Next, dip both sides in the egg wash allowing excess to drip off. Finally, coat both sides in the seasoned breadcrumbs and place on the prepared baking sheet. Repeat with the remaining squash. Drizzle the remaining olive oil over the cutlets. Bake for 30 minutes, flipping the slices halfway, until crisp and golden brown. Serve hot.

Citrus Rice Salad With Parmesan

Recipe found on NYT Cooking by Mark Bittman

I think this recipe could benefit from the addition of blanched broccoli or the Spring Raab, or some chopped

blanched or sautéed greens, even roasted cabbage would be delicious with the citrus flavors. I use recipes like this as a jumping off point to utilize many ingredients found in the weekly CSA. Then you have something nice for lunch, with a little protein on the side, a quick snack, or a great side dish for dinner.

1 1/2 to 2 cups any Rice

Salt and freshly ground Black Pepper

1/2 cup Extra-Virgin Olive Oil

3 TB freshly squeezed Citrus Juice, or more to taste

2 TB grated Citrus Zest

1 TB Sugar or Honey

1 cup chopped Citrus Flesh (or whole segments, if small)

1/2 large Red or mild White Onion, minced

1/2 cup chopped fresh Mint

1/2 cup or more grated Parmesan

Chopped almonds or pecans, optional

Cook rice in abundant salted water, as you would pasta, until it's just done;

white rice will take 10 to 15 minutes, brown 30 or a little longer. Drain, rinse in cold water, drain again, then put in a

large bowl. Combine olive oil, citrus juice, zest, sugar or honey, salt and pepper in a blender and turn the machine on; a creamy emulsion will form within 30 seconds. Taste and add more citrus juice a teaspoon or two at a time until

the balance tastes right to you. Drizzle vinaigrette over rice. Use 2 big forks to combine, fluffing rice and tossing gently to separate grains. Stir in citrus flesh, onion and mint; taste, and adjust the seasoning or moisten with a little more dressing. Serve, sprinkled with Parmesan and chopped nuts, at room temperature, or refrigerate for up to a day, bringing salad back to room temperature before serving.

Kids/Family Cooking Class

Before finishing up here, I wanted to mention, I do have a kids/family cooking class scheduled for February 10th. My hope is to spend the afternoon with kids, helping them get comfortable prepping a simple meal that all of us can share later that day. Tickets are \$35.00 per person which includes the meal. If you have really young kids and want to stay that is perfectly fine. Might be a good time for you to learn how to work in the kitchen alongside your kids! Or, if they are old enough to be on their own, enjoy the afternoon in Winters, do a little wine or aperitif tasting, or some shopping. Then back to the farm for an early supper! Tickets are available [here](#).

This Week's Box

*Broccoli

*Chard

*Butternut

*Pomelo

*Fennel

*Oranges

*Wakefield Cabbage

*Spring Raab

Red Kale

Turnips

Tatsoi

* = Items in Box for 2