



WEEK OF FEBRUARY 8TH 2016 #06/52



Estate Management
Agustin is standing on a ladder against the 5,000 gallon tank by our well. This provides all the water for our house, pack-house and greenhouses. The well fills the tank and then the float valve, which he has in his hand, turns off the pump. This valve has been in place for 5 years and has stopped working, so the water came gushing out of the top of the tank. The float valve has a small split, so water was getting inside and corroding the contacts. We have a new one on order. The repair is only \$150, cheap compared to some we've had.



Anniversary, Grapefruit and Aussie

We are fast approaching our 20th anniversary harvest share delivery in early April. We started with 48 boxes the first week back in 1996. We started farming in March of 1993 selling at the Ferry Plaza Farmers Market, but we took our time to get set up for the service we offer you now. On February 26th, there is a National CSA Sign-Up Day to get as many people to connect with their Farm and join as a member. You will hear more from us soon. Please encourage your friends to join or bring them along to a Strawberry Event.

This week we have a grapefruit from our good friends in Winters, Jim and Georgeann. Jim has been a wonderful source of advice and help to me for 20 years. Always ready to listen and help me work through any problem. He had two very productive grapefruit trees in his garden that he cannot use all the fruit from. He does not use chemicals on these, pesticide or fertilizers. We cannot say they are organic but...



Georgi in the picture below at the market came with me to get these grapefruit from Jim. She is a young farmer

Coppicing and Strawberries

Agustin, with all his safety gear, is trimming the branches around the base of our Lombardy Poplar windbreaks. It was too windy to cut down the trees last Thursday so we prepared the trees for a calm day. These have a normal life of about twenty years, then they can die and fall over. Ours are getting close to that, so I have decided to coppice them. This involves cutting them down to a 6" high stump.



This spring about 10 to 20 new shoots with burst forth from each stump. We will select the best 3. They continue to provide us with a windbreak but in cutting them down we will have logs to saw into lumber, nice logs to inoculate with mushroom spawn, firewood, and brush to shred into mulch. In fact, we are saving the trees and getting rewarded with all the above benefits. In eight years, we will have nice 8" diameter trees to cut down again. This time they will all go to growing mushrooms. This is truly a permaculture solution.

The trees in this row do need to come down, as they are shading our new strawberry planting. As many of your know, we have to have a great crop ready for the events that start in May. We have replaced all but one section of last year's strawberries. We are looking forward to seeing everyone in May. The events are on either a Saturday or a Sunday each weekend in May, weather permitting.

from 'Down Under'. Georgi completed a years study/work program and asked us if she could see what we do. She was here five days and got to go out with the eggs crew, harvest crew and come with us to the farmers market. Visiting farms is one of the best ways a young farmer can learn. It was a big part of my education and still is. We all have so much to learn from one another. This was her first credit card transaction! There is a desperate need for young, well trained farmers. The average age of a farmer is in the late 50's. They have to have the passion and determination so get an education and experience. It is



not a high paying job so Lorraine and I are doing everything we can to help. Connie, who you speak to in our office is here learning how to run the business side of a farm. This is all import stuff. Last week Connie and I completed our annual workers compensation audit. Such fun stuff!

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



Recipes and Menu Suggestions

General Tso's Romanesco, serve with Rice

Uses: Romanesco and Onion

Roast Celeriac, Steamed Broccoli and Roast Chicken

Uses: Celeriac and Broccoli

Fusilli with Spinach, White Beans and Arugula Pesto *This recipe was in the newsletter a couple of weeks ago, but very easy to find Arugula Pesto online.

Uses: Spinach and Arugula

Turnip Latkes with Green Salad with Grapefruit or Apple

Uses: Turnips, Onion, Lettuce, Grapefruit or Apple

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

A Note From Lorraine

There are a couple of recipes I have been looking forward to sharing with you, but had to wait for the right items to end up in the week's share. One I am really excited about is a version of General Tso's Chicken made with Romanesco. This one is a bit of work, but so worth it! The other, Turnip Latkes, I made a few weeks ago and they were so delicious. A bit lighter than the traditional Potato Latke, and it was an excellent use of both the turnips and their tops. Lastly, in Ottolenghi and Scully's new book *Nopi*, I saw a recipe for a simple whole celeriac roasted. It looks beautiful, and I have been waiting to try it for weeks now!

With regard to the cabbage, I don't know if you are getting either red or green, so I am leaving the usage up to you this week. I continue to play with my new Instant Pot and loving it. If you don't know what that is, simply, it is an all in one kitchen machine that: slow cooks, pressure cooks, steams, makes yogurt, rice/grain cooker, and you can even sauté. If you are cramped for space, as well as time, this is the perfect kitchen tool, and, so far, I have not been disappointed. Last night I made a roast chicken in 30 minutes by first cooking Bruce in the pressure cooker and then popped him in a very hot oven and roasted for about 15 minutes, just long enough to get the skin brown and crisp. It was very tender, and yummy, and the juice that was left in the Instant Pot made a super delicious gravy!

Turnip Latkes

Eatwell Farmhouse Kitchen

I made this for Nigel and I, several weeks ago. It was one of those nights looking in the fridge. I didn't want to cook a full meal, but wanted some comfort food (potato pancakes are just that for me). I only had 1 potato and a bunch of turnips. So this is what I ended up with and they were a bit lighter than traditional latkes, a great use of turnips and turnip greens and incredibly delicious!

1 bunch of Turnips; tops saved, turnips washed, tops and bottoms removed - you can peel them if you want, but I just washed them well
2 Eatwell Farm Eggs

1 large Russet Potato, washed well or peeled

1 Onion from the share; separate green top from the bulb

1/2 cup Breadcrumbs or crushed Croutons, use more if it seems wet
Salt and freshly grated Nutmeg, to taste

Oil for frying

In a skillet start to heat the oil. I like to start out on a low medium temp and work my way up while I am prepping my batter. I use the grating attachment in my food processor to grate the turnips and the potato, but you can also use a box grater. Put the grated veg into a kitchen towel and ring out as much liquid as possible. Finely chop the turnip tops. Beat the eggs in a good size bowl, add about a tsp of salt and a nice grating of nutmeg. Put the turnip/potato into the egg, add the breadcrumbs and about 1/2 the chopped turnip tops. Mix well. Turn the heat up on the oil and make one small latke to test for seasoning. Fry until golden, carefully flip over and fry until the other side is golden. Taste and adjust your seasoning if you need to. We enjoyed these with sour cream and a bit of lemon zest.

General Tso's Romanesco

Original Recipe is on purewow.com as General Tso's Cauliflower
Serves 4

Made this for lunch today and everyone LOVED it! I will definitely make it again. I have made a few adaptations, which I noted. The recipe said it takes about 1 1/2 hours to make, but I think it only took me about 45 minutes. I would suggest reading through the recipe, getting things measured out and prepped and it will all go smoothly and rather fast. You can work on cooking the sauce as the Romanesco is frying up. I used 1 lb of Romanesco and that worked out perfectly and was enough to feed 4.

For the Romanesco:

1/2 cup All-Purpose Flour

1/3 cup Cornstarch

3/4 tsp Baking Powder

1 tsp Salt

1/3 cup of Water *Original recipe only suggested adding water if it was too thick, it definitely was

2 Eggs

3 TB Soy Sauce

1 TB Rice Vinegar

2 cups Neutral Oil (like Peanut) *The original recipe called for 1/2 cup oil, but there was no way I could get these fried all the way with such a small amount of oil

1 head Romanesco, cut into bite-size florets

For the Sauce:

2 tsp Sesame Oil

3 cloves Garlic, minced

1 TB Ginger, minced

1 tsp Red Chiles (optional) *The original recipe called for 5 chilis

1/4 cup Vegetable Broth, I used our Chicken Stock because that is what I have in the house

1/4 cup Soy Sauce

3 TB Rice Vinegar

2 TB Mirin

1 TB Sugar *The original recipe called for 3 TB, so if you like these types of dishes really sweet, you will want to add more!

1 TB Cornstarch

Sesame Seeds, for garnish (optional)

In a medium bowl, whisk the flour, cornstarch, baking powder and salt to combine. In a liquid measuring cup, whisk the eggs, soy sauce and vinegar to combine. Slowly pour the egg mixture into the flour, whisking constantly. You should end up with a thick, but still dip-able batter (thin with a little water if needed). Heat

the oil in a medium cast iron skillet until very hot (you can test it by dropping small amounts of batter into the oil - it should immediately sizzle and float). Dip each piece of Romanesco fully in the batter, then place in the oil. Pan-fry until it's golden on all sides, 4 to 5 minutes. Drain on absorbent paper towels. In a medium pot, heat the sesame oil over medium heat. Add the finely-chopped white scallions, garlic, ginger and chiles, and cook until fragrant, 1 to 2 minutes. Add the broth, soy sauce, rice vinegar and mirin, and bring to a simmer over medium heat. Simmer for 5 minutes. In a small bowl, whisk the sugar and cornstarch to combine. Pour about 1/2 cup of the hot sauce over the mixture, whisking constantly until the mixture is smooth and lump free. Return the mixture to the pot and bring to a simmer. Stir in the large pieces of green scallion. Cook, stirring occasionally, until the mixture thickens and has good flavor, 7 to 9 minutes more. Add the Romanesco to the pot and toss to coat until it is re-warmed, 4 to 5 minutes. Serve immediately, garnished with sesame seeds and with a side of steamed rice.

Whole Roasted Celeriac

From *Nopi* by Yotam Ottolenghi and Rameal Scully's

1 Celeriac (1 lb), trimmed, hairy roots discarded, rinsed clean
Olive Oil for rubbing, plus extra for serving

1 tsp coarse Sea Salt, plus a pinch to serve

Preheat the oven to 375 F. Place the celery root on a small parchment-lined baking sheet, rub all over with the oil and salt, and roast for about an hour, until a knife inserted into the flesh goes in very easily. Slice into wedges and serve with a final pinch of salt and a drizzle of oil. *The original recipe is for a celeriac that is 2 lbs 10 oz in size, our celeriac is a fair bit smaller. I have portioned everything down, including the time. The original roasting time was 3 hours.

This Week's Box List

Turnips

Celeriac

Green Kale

Broccoli

Lettuce

Red or Green Cabbage

Spinach

Onions

Arugula

Romanesco

Apples (Hidden Star Orchards)

Grapefruit (Not Organic, Jim -
a Good Friend of Nigel's)

Kale and Potato Soup with Red Chili Recipe and All Other Recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."