



WEEK OF FEBRUARY 29TH 2016 #08/52



Selling Pollen?

Turns out that Fennel pollen is a hot item amongst the tattooed hipster chefs at the Ferry Plaza Market. We took the first bunches of fennel flowers this last Saturday. I am told it can be used fresh or dried in many dishes in pork dishes, salads and fish. We plant the fennel in August, harvest the bulbs late fall to late winter. As the sun comes out in late February the root sends up a new bulb which quickly flowers. Peggy Knickerbocker says "If Angel sprinkled a spice from their wings, this would be it" *Savueur Magazine 2000*



Listening to the Bees

I was walking through the orchard last Thursday taking a look at the fruit flowers and was a little perturbed to see only a few bees on each tree. They were busy and I am sure that their work has pollinated all the flowers.



I then walked the fields and found broccoli in flower that was positively humming with so many bees. There were honey bees and their native cousins galore. It seems that this was the place to 'bee' for the best food, not on the peach blossoms. Unfortunately, Roberto was in the process of closing down the joint with his mower, preparing new beds to plant later this month. No bees were harmed in the process, they are smart enough to get out of the way. The next day I did see a marvelous increase in activity on the peach

Chicks and Compost Playpen

Agustin is pulling one of the 22 chicken tractors, that we have made in the last year, out into the field. It will be the new home of graduating chicks from the brooder house. At five weeks old, we are able to determine the sex of the Black Australorps. The males have thicker legs and develop a comb a week or so before the females. We then take the two week hatch of males and put them in a house on their own separate from the females who have their own abode. We keep them apart because, sad to say, the boys dominate the females at the feed trough. The females are going to lay eggs and need to have the



very best nutrition. The boys will get all they need and more if we let them. These chicken tractors are moved down the field to give them all fresh pasture throughout the time they are in them. This is 16 to 18 weeks for the boys and 26 weeks for the sorority girls. The boys are processed and the girls move to the laying flock.

You will have seen on these pages that I tell people we grow all our own fertility and do not buy in any. Here the brown layers are having a dust bath in food waste compost from San Francisco. Last year, we hosted two film crews for Recology showing them how we spread the compost and explained how important it was in bringing our soil back to life. We now no longer need it. Recology had Five cubic yards delivered, so the reporters could get shots of it being spread and talk to your celebrity farmer.

Farm Events Announced

Your Friday afternoon email has all the details of the main events this year. Connie has set up the links to sign up for these events. Please note we have reduced the amount of spaces to all the Strawberry Days from 400 to 250. We want to make sure there are plenty of delicious berries for everyone and 400 is a lot of people to have on the farm at any one time. We do set a nominal charge for these events, which covers the costs for help and setting them up. Plus our insurance went up \$5,000+ once the underwriter understood what we were doing. If you have never visited the farm, especially those of you who have been members for a long time, please come on down. Find more details at <http://www.eatwell.com/events>.

Twin Girls Farm

The Navels in your harvest share this week come from our good friends at Twin Girls Farm. They are organic growers and also pack for a wholesaler in San Francisco, Purity Foods. You may at times see a sticker on the fruit in your box. Sometimes they wash and label everything before our order is packed.



Recipes and Menu Suggestions

Red Beans and Rice served with Stewed Collards

Uses: Collards, Onion, Garlic and Lemon

Mashed Potatoes and Kale with Smoked Sausage serve with a salad

Uses: Kale, Onion and Lettuce

Burgers and Red Cabbage Slaw with Baked Tofu and Peanut Dressing

Uses: Red Cabbage, Onion tops, Spring Garlic, Parsley

Blue Plate Special Meatloaf, Baked Potatoes and Creamed Spinach

Uses: Parsley, Onion, Garlic, Spinach

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

Mashed Potatoes and Kale with Smoked Sausage

Recipe from my friend Sandee

In her original recipe she used 1/3 sweet potatoes, but as they are not currently in season I changed the recipe to all regular potatoes. If you find some at the store and you are so inclined, use 1 lb regular and 1/2 lb sweet potatoes.

- 1 1/2 LB thin skinned Potatoes
- 2 Onions from the share, bottom portion chopped (chop the tops and save for serving)
- 1 Bay Leaf
- 1 bunch Kale
- 1 tsp Salt
- 1 tsp ground Black Pepper
- 1/2 lb smoked Sausage
- 1 TB Vegetable or Olive Oil
- 2 TB Butter
- 1 TB chopped Parsley

Cut the potatoes in half. Dice onions. Clean, trim and chop kale. Add the potatoes, onion, kale, bay leaf, and salt into a pan. Add just enough water to cover all of the vegetables. Cover and boil gently for about 25 minutes. Meanwhile, slice the smoked sausage. In a frying pan, heat the oil and add the sliced sausage and brown. Remove from heat when done. Remove the bay leaf from the vegetable pan, then drain the water and mash. Add the sausage and the butter to the mashed vegetables, and mix. Top with some of the chopped parsley and onion tops. Serve.

Red Cabbage Slaw with Baked Tofu and Peanut Dressing

From Vegetarian Times

For the Peanut Dressing

- 1 stalk Spring Garlic, chopped using about 1/2 the top
- 2-inch piece fresh Ginger, cut into eight pieces (peeling it is unnecessary)
- 1/3 cup Unsalted Peanut butter
- 1 1/2 TB Tamari
- 2 tsp packed light Brown Sugar
- 1 tsp Apple Cider Vinegar

For the Red Cabbage Slaw

- 1 8-oz. pkg. Oriental-style baked tofu, cut into 1/2-inch dice
- 6 cups shredded Red Cabbage
- 1 medium-sized Carrot, peeled and grated
- 1 TB chopped Parsley
- 1/2 cup thinly sliced Green Onions (use the leftover tops from the other recipes)

To make Peanut Dressing: Place garlic and ginger in mini-chopper beaker, and pulse until finely chopped. Add peanut butter, tamari, brown sugar, vinegar and 1/4 cup water, and blend until smooth. Thin with 1 TB of water or more, if necessary, so that dressing is pourable.

To make Red Cabbage Slaw: Combine all ingredients. Pour dressing over salad, and toss to coat. Season to taste with salt and pepper. Serve.

A Note From Lorraine

I love reading about food, and I particularly enjoy learning the history and backstory of a traditional dish. This morning I was thinking about collards, which brought me to Red Beans and Rice, which brought me to a search of recipes, which brought me to the story behind this iconic southern dish. It turns out that Red Beans and Rice were what many cooked on Monday, as this was laundry day and kept the women busy. A pot of beans could go on the stove and cook all day. Traditionally pork bones and scraps from the Sunday Supper would go into the pot and or some leftover sausage. Looking at recipes on line, I am struck by the quantity of sausage meat the recipes are using. Seems high and probably off from what people were making "back in the day". Most people didn't have a lot of meat to eat, so dishes like these could really stretch your meat portions. Stew up some collards, cook the rice and there you have it, a hearty meal, with little effort, low cost and you can feed a lot of people. In India they do a version of Red Beans and Rice, but of course the spices are quite different. If you are interested in making either of these styles of Red Beans and Rice, there are several options that come up in a Google search, but here is what I threw together rather quickly last night. And, it was great with the Collards!

Red Beans and Rice

Farm House Kitchen

This Week's Box List

Lettuce
Spinach
Onions
Green Garlic
Italian Parsley
Red Kale
Red Cabbage
Collards
Grapefruit
Navel Oranges (Twin Girls Farm)
Apples (Hidden Star Orchards)

- 3 to 4 cups cooked Red Beans (I make my own in the pressure cooker but you can easily use 2 cans of Kidney Beans)
- 2 Onions from this week's share, chopped and include the green tops
- 2 stalks of Green Garlic, same as the onion
- 1 good smokey Sausage (or more if you are looking for more meat! If you have very flavorful sausage you really don't need to use much. OR you can use a tasty Ham Hock)
- Several shots of Tobasco, to taste
- Salt to taste
- 2 TB Butter, divided
- 1 TB Oil

In a heavy bottomed pot heat the oil and 1 TB of the butter, add the chopped onion and garlic. Cook on medium about 4 minutes. If you are not using bulk sausage, remove the casing and chop into small bits. Add the sausage to the pot and cook. I was using smoked sausage, so it wasn't raw and didn't take much time. It was mostly breaking it down a bit more and getting some of the flavor out before adding the beans. Add the beans with one cup of bean water along with remaining butter. If you want it thinner add more water or stock. Stir well, season with Tobasco and some salt. Cover and cook on low for 45 minutes or so. I actually ate mine right away, as I was hungry and it already tasted wonderful. But really I made this for the next night because it is one of those meals that tastes better later. I enjoyed it with cooked rice and the Stewed Collards AND I did laundry:)

Stewed Collard Greens

- 1 bunch Collards, chopped - stems trimmed
- 2 cups Eatwell Farm Chicken Stock (OR good Vegetable Broth)
- Pinch of Red Pepper Flakes
- 2 Onions, chopped - bottom portion only (save the tops for something else)
- 1 Green Garlic, chopped - bottom portion only (save the tops for something else)
- 1 TB Butter
- 1 TB Oil
- Salt and Pepper to taste
- Lemon Juice to taste

In a skillet, heat oil and butter over medium heat. Add the onion and garlic. Sauté a couple of minutes. Add the chopped collards. Stir and cook for about 5 minutes more. Add some salt, pepper, red pepper flakes, and stock. Stir, then increase the heat to medium high, until the stock comes to a simmer. Turn the temp down and cover with a lid. Cook until the collards are tender. The collards I have in the share this week are quite young, so they don't need to cook as long as usual, I cooked them for just a little over 20 minutes. At the end I added on some lemon juice.