



WEEK OF DECEMBER 5TH 2016 #49/52



## Savoy Spinach

Most folks are familiar with Savoy Cabbage, but perhaps not with Savoy Spinach.

"Savoy" typically refers to a curly version, savoy cabbage is the curly cabbage, and as you no doubt have noticed, our spinach also has a lovely curly leaf. I know Nigel has written about



the dirty spinach many times in the past, but the CSA is dynamic with new members every year who may not know about this concept of "dirty" spinach. You will notice the spinach is dirtier after we have had a few days of rain and since the leaves are curly they take a bit of washing to get clean. We don't wash them ahead of time because that really degrades the leaves. I have found that it really only takes a couple of rinses to get them sufficiently clean, I typically do this in a large pot of water. I dunk it several times, then pull all of the spinach out and put in a colander. I don't pour it out into the colander because then I am just pouring the dirty water back over it. Dump the dirty water out, rinse the dirt out of the bottom of the pot, fill and add the spinach. Repeat until you have it clean. Nigel's favorite part is the tender bottom portion, he says it is the sweetest part. It does take some work cleaning though, I go back and forth, sometimes I go through the process and sometimes well, I just get lazy. In the end though, I think most of us would agree, farm fresh spinach is far superior to that stuff other people eat out of a big bag from the supermarket. Maybe a little more work, but so very worth it!

## CSA Wish List

Almost two months ago, I asked everyone if they had any vegetables they would love for us to grow to include in the shares. I promised to follow up with information about the possibility of growing some of them. Life has a nasty habit of taking over and sending us in different directions, but I haven't forgotten. As Nigel and I sit in our room with a beautiful view here at UCSF we went through all of those texts. We got some really great suggestions and I learned a lot from Nigel; so here is what I found out:

Green Beans & Shell Beans - beans in general have become a challenging crop for all farmers like us who do not specialize in beans and therefore do not invest in the proper equipment. The equipment is only worthwhile if you are growing a large crop. Hand harvesting is slow at about 10 lbs per person per hour. That translates to 6 guys harvesting 10 hours in order for us to have enough beans for the box for one week. Who knew? I certainly didn't. We are hoping that once we have the new harvesting rig set up correctly we might be able to swing it.

Lemon Cucumbers & Persian Cucumbers - Cucumbers in general are rather sensitive plants. Nigel believes they would all do better if we could trellis to get them off the ground. The plants damage very easily when the crew walks through the field to pick. We are hoping with the harvesting machine we can improve our overall yield.

Purslane and other edible weeds - A couple of years ago Nigel and I spotted a beautiful row of purslane that had popped up, so we decided to include it in the share. It is not very well known and that often puts people off, not really sure what to do with it, how to incorporate it in to their meals, etc. But it grows well, so we will look into how we can add it into the rotation.

## CSA Wish List Continued

Siberian Kale - This is one we have not heard of before. Kales obviously grow very well for us, so this will get added to the list to explore seed availability.

Brussels Sprouts - Those are really tricky, because of their shape and the way they grow, Brussels sprouts are like an aphid convention center. The only way to deal with the aphids is by spraying from very early on and spraying the whole way through the growing process. There are organic sprays available to us. However, spraying a crop that much really goes against our farming philosophy. I am a little curious how you all feel about that? Personally it turned me off, but maybe it doesn't bother others.

Hot Chili Peppers, Padrons & Poblanos - The last couple of years we have virtually eliminated all other varieties of peppers besides the Lunchbox Peppers. There are two primary reasons for this. First of all, the Lunchbox Peppers grow extremely well with no sun burning and everyone loves them. The second issue with peppers is the issue of how hot is hot? It is so individual, what one person thinks of as a mild pepper, another considers way too hot to eat. I personally love Poblanos because I love Chile Rellenos. I don't find them to be a hot pepper at all, but we have had complaints. There are so many amazing varieties of peppers though, I would love to see if we can expand some. Perhaps the solution for the hotter varieties is to offer them as extra items that can be ordered with your share and keep the sweeter peppers for the box.

Chayote - I did my own research before speaking with Nigel about it and found out it is a very expensive crop to grow. You don't start with seed, you plant the fruit. The fruit will rot if allowed to touch the soil, therefore it requires stakes and trellising, which really adds to the labor cost, but more importantly, it happens at a time of year when we just don't have spare man hours.

Parsnips - These require a very long growing season, seeds are planted in the Spring to get a decent size root. As our summers are so hot they stop growing, then start up again in the fall but grow a very hard core. Realistically, it is a crop that does much better in the coastal farming regions.

English Peas - These don't tolerate the hot spells we have in April and May. The Sugar Snaps handle it much better, which is why we grow those instead. Another issue with the English Pea is they have about a 5 day harvesting window, whereas the Sugar Snaps are about 10 days. What that means is once the pods are mature and size ready they last longer on the plant and that works well with our CSA harvesting schedule.

Artichokes - I love artichokes, but it was so sad to lose so much of the crop last year to gophers. The artichoke created a great cover for the gophers, protecting them from their predators, owls and hawks. In the end they decimated the crop.

Japanese Sweet Potatoes - Sweet Potatoes are not a particularly successful crop for us, which I find rather surprising since they are so amazingly delicious. The fact is the "slips" (baby plants) are quite expensive. We spend over \$2500 each year for our small crop and the yield is not great. Years ago, Nigel spoke with our supplier about other varieties, including the Japanese Sweet Potato. Chris explained that the sweet potato grows well in sandy soil, which we do not have and the Diane's, which we grow are the only variety that does well in our loamy soil.

Piraciacabe Broccoli - This is a variety Nigel was not familiar with, but doing a quick google search it sounds really interesting. I did notice a lot of seed companies have sold out and we are adding it to our list.

Jerusalem Artichoke - Nigel and I have been talking about growing these again. The last time he tried, the plants grew beautifully, but didn't produce tubers, so no crop. If they grow well, there is the additional problem of making sure we get all of the tubers out of the ground or they will grow again the following year. Nigel is thinking of giving them another try, then following with a crop that is cultivated frequently to prevent them from establishing.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

## Traveling this Holiday Season?

Place your delivery on hold or donate. Our donated boxes go to a charity organization at the end of the year. Login to your account, click My Account, and click Place Box on Hold or Donate for a Week.

Repeat for each delivery.

The Farm will be closed from **December 25th - 31st** for the Holidays. There will not be any CSA Box Deliveries during this time. We hope you have a Wonderful Holiday!

## Chicken Meatballs with Asian Greens

by Paige

I will usually make a double batch of these meatballs and I find that they freeze very well raw and then can be browned up to order for an easy dinner preparation. I would serve these with a lovely bunch of greens and maybe some rice. They also will move into the realm of a delicious warm bowl of Asian Soup by browning them off and floating them in a bowl of Chicken stock with Veggies. Top off the soup with a dash of sesame oil, chili sauce and fresh cilantro.

3 grlic clove, finely grated  
2 lb ground chicken/turkey  
2 T soy sauce  
2 T Sesame Oil or Chili Oil  
1 - 2 T Sriracha or Sambal Oelek, to your taste  
1 - 2 T finely grated ginger, to your taste  
2 leeks, thinly minced  
1 cups low-sodium chicken broth  
¼ C vegetable oil  
1/2 teaspoon crushed red pepper flakes  
Kosher salt, freshly ground pepper  
scallions, for finish herbs

### Asian Greens:

1 garlic clove, finely grated  
1 t fresh ginger, finely grated  
1 T veg oil  
1 bag of Stir-Fry Mix  
1 Bunch Kale or other Rich Leafy Green

Using your hands or a rubber spatula, gently mix garlic, chicken, sesame oil, soy sauce, ginger, 4 leeks/scallions, and ½-1 cup broth in a medium bowl just to combine. Scooping out by the tablespoonful, form mixture into 1"-diameter meatballs. Here is where you can form the meatballs and freeze on a cookie sheet. After the meatballs are frozen you can store them in a Freezer bag for at least a month or more, until ready to use them in the destiny dish. To Enjoy right away: Heat oil in a large skillet over medium-high heat. Add meatballs and cook, turning occasionally, until golden brown all over, 8-10 minutes. Transfer to a plate.

### For Soup:

Combine StirFry Mix and red pepper flakes in same skillet, season with salt and pepper, and cook over medium-high heat until veg is bright green and crisp-tender, about 3-5 minutes. Add meatballs and another 1½ cups broth. Bring broth to a boil, reduce heat, and simmer until meatballs are cooked through and vegetables are tender, 5-8 minutes. Serve sprinkled with more scallions.

All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."



## Crunchy Blue Cheese Slaw w/ Garbanzo Beans

by Paige

I like a hearty salad for my lunch options. This is one that can be enjoyed for dinner the night before and then again the next day — say that about a SALAD!! I know that not all people love the stinky cheeses as I do - so please note that this one can easily be done without the Blue Cheese. If I did this without Stinky Cheese - I would add A WHOLE LOT of fresh herbs taking it to the Ranch Side of the Tasting Pool.

½ head celery (about 6-7 stalks), peeled and thinly sliced, leaves picked and reserved  
1 bunch radishes, ends trimmed, thinly sliced  
1 bunch young turnips, ends trimmed, halved, thinly sliced  
5 red spring onions, white and green parts thinly sliced  
2 C rough Chop Cabbage  
2 Persimmons - Wedged  
1 can well drained Garbanzo Beans  
¾ C fresh flat leave parsley, chopped  
¾ C Fresh Celery Leaves, Chopped  
¼ C Dill, Chopped

For the sauce:

½ C Gorgonzola/blue cheese, room temperature  
3 T Best Foods Real Mayo  
¾ C Plain Yogurt  
¼ C freshly squeezed lime juice plus 2 teaspoons zest (can sub champagne vinegar)  
2 t kosher or sea salt  
10 grinds black pepper  
1-2 T Sugar, if thats you thing. It's not mine...  
In a mixing bowl, whisk together the blue cheese, mayonnaise, yogurt, lime juice and zest, salt and pepper until well combined. Cover and chill until ready to serve. Just before serving in a large bowl toss all the vegetables, chopped parsley and celery leaves; add the sauce and mix well to combine. Taste for seasonings and serve.

### This Week's Box List

Bok Choy  
Fennel  
Celery  
Leeks  
Radishes  
Daikon  
Squash  
Cabbage  
Stir Fry Mix  
Parsley  
Dill  
Apples (Hidden Star Orchards)  
Persimmons (Twin Girl's)

## Savory Roasted Vegetable Galette

by Paige

1 Eatwell Savory Pastry Crust or this (<https://food52.com/recipes/24928-all-buttah-pie-dough>)  
1 C Roasted Butternut Squash, Roast the whole thing and put in your salads this week!  
2 Leeks, White Ends, ¼ inch Slices  
1 Fennel Bulb, fronds reserved, ¼ inch Slices  
1 C Chopped Celery, on the diagonal, ½ inch thick slices  
2 Garlics Cloves, Chopped  
¼ C chopped Dill  
½ C chopped Parsley  
½ to 1 C Blended Sharp Cheese (Gruyere, Asiago & Fontina)  
2 T Dijon Mustard or other Hearty Mustard  
2 T Butter/Olive Oil  
2 t Rosemary Salt  
Pinch of Red Pepper Flakes  
Warm a Cast Iron Skillet or other heavy bottomed pan with Butter/Oil till glistening. Toss Leeks, Celery Stalks, Fennel and Garlic into oil and sauté until slightly brown but still somewhat crunchy. Remove from pan and set aside in bowl. Allow Veggie mixture to cool, Add Dill Parsley, and Celery Leaves to Cooled Veggies. Toss Pre-Roasted Butternut Squash into this mix along with ⅓ of cheese, Rosemary Salt, and a small amount of Mustard. Set Aside.  
Roll out Pastry Dough on floured Parchment Paper. If it gets too warm - remember you can easily throw it in the fridge on a cookie sheet for a few minutes. Paint Mustard over bottom of Pastry Dough leaving a 1 inch margin. Sprinkle Cheese in center of Pastry Dough, leaving a 2 inch margin, top with sprinkle of red pepper flakes to your taste. Place cooled veggie mixture in center. Fold 2 inch margin of Pastry Dough towards center of crust, leaving an opening of approx 8 inches. You can use a touch of egg wash or Cream to bind the crust to itself as you fold the margins into the center. Bake at 400 degrees for 30-40 minutes until nicely browned. Serve warm with a Salad, or enjoy cold as a packed lunch this week!