



WEEK OF DECEMBER 11TH 2017 #50/52



Some Frosty Mornings

We've had some frosty mornings here on the farm, making for some chilly farm walks, but also some beautiful photos. The little Salanova lettuces had a light dusting of frost when we were out there last. Hopefully the weather won't turn too cold and damage them.



On the same walk, we came across a couple of volunteer cherry tomato plants. They still had tomatoes on them! So crazy what you will find growing out here.



Rows of 3 or Rows of 12

Our transplanter is setup to put 3 plants in the ground, our seeder, can seed 12 rows. One of the things Cameron and I are looking at is how density effects weed growth. We need to get a better understanding of how and when the finger weeder comes into play and when does the brush hoe. Looking at the setups of these two styles of growing, I am sure we can only use the finger weeder on the transplants since there is a lot more space between the rows.

For years I've listened to Nigel talk about both of these tools, but never thought about how differently they would work, or when they would work. The little bits of information I have sometimes are so incomplete. But walking around and looking, observing what is going on, we are starting to understand the systems.

As The Dust Settles

As each speck finds its place in my life, I can open my eyes and see more clearly. To say that my life is becoming emotionally easier, would not be accurate. It is more that the sorrow and grief is finding its place in my life. And now I can slowly move on by looking at old stories Nigel has written, old newsletters, old FB posts. I hope someday I will be able to listen to some of the interviews he has done, but I'm not quite there yet. For the time being, I am planning on going through old newsletters and incorporating some articles he wrote for the current season, so that his words can continue to speak to us. It occurred to me that from this summer on, most of our new members will not have had the chance to meet him, and so I would like his words to continue to be a part of the work we do at Eatwell.

Planning Ahead- Words From Nigel December 8th, 1998

I chose this article because it is incredibly appropriate to the work Cameron and I have been doing these past few weeks. And to be clear, it is really almost 100% Cameron doing the work.

"To assure a constant supply and quality of tomatoes through the summer next year, we will be making 6 plantings. And that is just for Tomatoes. Cucumbers and squash need to be sown every 3 weeks; basil almost every week. Needless to say, this can become a planning nightmare. Some years we do better than others in getting it together. Years like the last El Nino do not help as adverse weather messes up even the best laid plans."

— Nigel

With that understanding comes the knowledge to know what questions to ask. I am hoping in the next couple of weeks we will have time to get out in the fields with Roberto and Ramon to learn when we brush hoe and when we finger weed. In the mean time, it is fascinating observing how certain plantings seem to crowd out weeds, and others almost invite them in. Another factor I have observed is the weeds on our land are far worse than on the 40 acres we lease. The difference there is the chickens have been on the 40 acres for the past couple of years. This year we are moving them over to our side. I am hoping, after a year of chickens, we will see great improvement with fertility and a reduction of weeds of on our side of the farm.



The farm will be closed the week of Christmas. There are no CSA deliveries between December 25th through December 30th. Thanks!

RECIPES AND IDEAS FROM LORRAINE

Creamy (Vegan) Saag Paneer

Recipe from Serious Eats by J Kenji Lopez-Alt

This recipe was shared on our Eatweller's Slack Group by diegoruiz. So another Eatwell CSA member tried and approved recipe!

12 oz extra-firm Tofu
1 TB Yellow Miso
3 TB Lemon juice, divided, plus 1 TB zest, from 2 to 3 lemons
3 TB Vegetable Oil, divided
Kosher Salt and freshly ground Black Pepper
6 oz (2/3 cup) Almond, Soy, Rice or Cashew Milk
6 oz Cauliflower florets or peeled Sunchoke
4 medium cloves Garlic, finely minced
1" knob of Ginger, peeled and finely minced
1 to 4 Green or Red Thai Chilies (depending on your heat preference), stemmed and finely minced
1 tsp ground Coriander Seed
1 tsp ground Cumin Seed
1 tsp ground Turmeric
1 Cardamom, smashed
8 oz Spinach
8 oz Arugula or Turnip or Radish Greens

For the Tofu Paneer: Adjust oven rack to center position and preheat oven to 375 F. Press tofu firmly between paper towels to remove excess moisture. Cut into 1 1/2" cubes and set aside. In a medium bowl, whisk together miso paste, 2 TB lemon juice, lemon zest and 1 TB oil. Season generously with salt and pepper. Add tofu and toss to coat. Spread tofu evenly over a foil-lined rimmed baking sheet. Place in oven and bake until golden brown, about 20 minutes. Sauce may darken a little against the foil; this is fine. Set tofu aside. Meanwhile, for the Cauliflower Puree: Combine nut milk and cauliflower in a small saucepan. Cook until cauliflower is tender, about 10 minutes. Press mixture using a hand blender or countertop blender. Set aside.

For the Spinach: Heat remaining 2 TB vegetable oil in a large saucepan or saucier over medium heat until shimmering. Add garlic, ginger, and chilies and cook stirring until fragrant and lightly browned, about 1 minute. Add coriander, cumin, turmeric, and cardamom pod and cook, stirring, until fragrant, about 30 seconds. Add spinach and arugula or mustard greens one handful at a time, stirring and adding more as the greens wilt. Reduce heat to low and cook, stirring occasionally, until greens are fully wilted, about 5 minutes. Stir in cauliflower puree and continue to cook until greens are very tender about 5 minutes longer. Stir in tofu cubes and heat through. Stir in remaining lemon juice, season with salt, adjust consistency with a little water if necessary, and serve.

Fresh Dill Sauce

Recipe by Ina Garten

This recipe can be used on many dishes, salmon immediately comes to mind. I would also use it as a base for a salad dressing, by adding enough to a basic vinaigrette to make it dilly and creamy. This sauce would be delicious with a mix of roasted carrots and turnips or as a dip with lightly steamed broccoli. Or serve this with Latkes.

1/2 cup good Mayonnaise
1/2 cup Sour Cream
1/2 cup plain Yogurt
2 TB Cream Cheese, at room temp
1/2 cup chopped Scallions, white and green parts (4 scallions)
1/2 cup minced fresh Dill
1/4 cup fresh flat leaf Parsley
1 tsp grated Lemon Zest
2 TB freshly squeezed Lemon Juice
Kosher Salt and freshly ground Black Pepper
1 cup seeded, grated Cucumber

Place the mayonnaise, sour cream, yogurt, cream cheese, scallions, dill, parsley, lemon zest and juice, 2 tsp salt and 1 tsp pepper in the bowl of a food processor fitted with the steel blade. Puree for a few seconds, until well mixed. Add the cucumber and puree for another few seconds, until combined. Pour into a container and refrigerate for a few hours to allow the flavors to develop.

Sheet Pan Roast Chicken

Recipe found on Food52 by Alexandra Stafford

1 tsp Neutral Oil, for greasing
1 TB Sesame Oil
1/4 cup melted Coconut Oil or Olive Oil
3 TB Soy Sauce
1 TB Rice Vinegar
1 TB Sriracha, optional
8 pieces bone-in, skin-on Chicken Thighs or Drumsticks
Kosher Salt and Pepper, to taste
1 head Cabbage, 2 to 3 lbs

Preheat oven to 425 F. Pour a tsp of neutral oil over a rimmed sheet pan. Rub to coat. (I always use parchment paper on my sheet pans, and grease the paper, makes for easier clean up.) In a small bowl, stir together the sesame oil, coconut oil, soy sauce, rice vinegar, and sriracha, if using. Place chicken in a large bowl. Season all over with salt and pepper. Pour 1/4 cup of the prepared mixture over the chicken and let marinate while the oven preheats. Chicken can marinate longer too, but if time permits, bring it to room temperature before cooking - the coconut oil will solidify in the fridge and look clumpy, which is fine. Cut the cabbage in half through the core. Cut again through each core and repeat this process until you are left with many wedges, no greater than 1" wide. Place the wedges in a large bowl, season well over with salt and pepper, and toss with the remaining dressing. Place chicken on prepared sheet pan spreading it out evenly. Roast for 10 minutes. Remove pan from oven and nestle cabbage wedges all around the pieces, tucking it under if necessary - it will feel like a lot of cabbage. Roast for 20 to 25 minutes or until chicken is golden and cooked through. Remove pan from oven, transfer chicken to a platter to rest. Return cabbage to the oven to roast for 10 to 15 minutes more, or until juices have reduced and edges of cabbage wedges are caramelized.

This Week's Box List

**Items in Box for 2*

Arugula
*Cabbage
Lettuce
Spinach
*Broccoli
*Leeks
Dill
*Turnips or Radish
Butternut Squash
*Carrots
*Pomegranates
Apples

Creamy Butternut Squash Soup with Sherry

Recipe from Food52 by Merrill Stubbs

This is another recipe shared on Slack by diegoruiz!

2 Tbs Unsalted Butter
1 large Leek, white and light green part only, chopped (about 1 cup)
1 3 to 4 lb Butternut Squash, peeled and cubed
1/4 tsp freshly ground Nutmeg
1/2 tsp freshly ground Black Pepper
Salt to taste
3 TB dry Sherry
2 to 3 cups Chicken Stock
1 cup Milk
2 TBS Heavy Cream, plus more for serving

Melt the butter in a large stockpot over medium-low heat. Add the leek and cook, stirring with a wooden spoon, until softened - this should take about 5 minutes (if leek starts to brown, add a tablespoon or so of water). Add the squash, nutmeg, pepper and 1/2 tsp salt and continue to cook for another 5 minutes, stirring frequently. Add the sherry and cook for a couple of minutes to reduce, then add enough chicken stock just to cover the squash (if you have added all of the stock and still need more liquid, add some water). Increase the heat to high and bring the soup to a boil. Reduce the heat and simmer, partially covered, for about 20 minutes, or until the squash is tender. Using a blender or food processor, blend the soup with the milk in several batches, adding more liquid if necessary. Return to the pot and heat until just simmering. Taste and add more salt and pepper if necessary. Stir in another splash of sherry and the cream just before serving, adding a drizzle of cream to garnish each bowl if you like.