



WEEK OF JANUARY 22ND, 2018 #4/52

Growing Our Community

The holidays are behind us, kids are back in school, and we have to get down to the business of growing the CSA. Last Friday we sent out an email explaining a change in the way we gift you for referring people. For every person you encourage to join our CSA you will now receive 20% of their initial order in your cash account. Credit in your cash account can be used for anything you like the next time you go to order. Besides referring friends and family, there are a couple of other ways you can help us with this endeavor.

#1 Get the Word Out - do you belong to a group where you could distribute our post cards? Or perhaps we could do a presentation? Nigel used to get out there a lot, doing talks and tastings at churches, synagogues, preschool classes. Do you belong to a Mommies Group? Or a cooking/food group? Maybe your gym promotes healthy eating, and might consider letting us set up a table with our CSA Share and talking to members? There are many options with this category of assistance.

#2 Help us with Social Media by either posting on your account or the farm's. A picture says a 1,000 words, so posting photos of your fabulous meals featuring Eatwell produce, tagging the farm, maybe even including a link to our website, anything to make it easier for people to click and join, is also really helpful. When you see a post of our's that you like, don't just like, please share. Sharing helps increase our visibility tremendously.

#3 Send us a little story, that we can put on our website and FB page, about what brought you to the CSA, why being a part of this community is important to you, or simply what you do with your share every week when you get it.

Knowing that your dollar keeps this oasis of agriculture alive and thriving means we are 100 acres that stays organic, stays in production year round, working hard to grow soil, not deplete it, keeping our crew working year round, and offer you, your family and friends a place to connect to the land that feeds you. The work we are all doing here, and I include you all in that we, is incredibly important. We are the change we long to see. So let's spread the word, and make that change happen!

Peas & Favas

On our walk last Friday, Cameron and I found a field of some good looking your favas. As I went in closer to snap a few pictures, I realized the middle row was actually a row of peas. Strange because I have no memory of us growing beds of fava, pea, fava. Unfortunately, Roberto is on vacation for the next two weeks, so we can't ask him about this. But now that I have seen it, I will certainly keep my eye on it and follow the progress. No matter the reason, I am excited to see the promises of Spring meals!



Clover & Wheat

Late last fall, Roberto sowed the seeds; the Sonora Wheat mixed with organic Clover. I wrote about this back then, but thought you would enjoy seeing the progress. Now you can clearly see the young wheat and clover growing quite nicely. The field is green and looking pretty full. I am really hoping the clover will help



crowd out some of the weeds. Last year's wheat crop was so overgrown with weeds we couldn't use it. I really miss our flour, pastry dough and biscuit mix, so I am keeping my fingers crossed!

To Color, Or Not To Color

We have some beautiful colored cauliflowers growing out in the field. Unfortunately the seeds for those varieties are quite pricey. Now with the limitations Head Start has put on us by no longer allowing us to mix seeds, we aren't really in a position to grow enough of each color for the shares. Regardless, looking at these beauties I did wonder where they came from. Here is a little information I found on cals.arizona.edu page about cauliflower:



"Colored varieties such as purple Graffiti, orange Cheddar and stunning green Romanesco cauliflowers that are in many markets and produce aisles are now in a range of sizes. They are not genetically engineered but rather a mixture of heirloom varieties, naturally occurring accidents and the hybrids grown from them.

Purple and orange cauliflowers are fairly recent discoveries, dating back only a few decades to separate occasions when farmers noticed an unusually colored plant growing in a white- and-green cauliflower field. Scientists then bred the colorful anomalies into distinct varieties, improving upon taste, color and hardiness."



RECIPES AND IDEAS FROM LORRAINE

Judging by the contents of this week's box, I would say the greens took a bit of a beating with the frost in December, but the brassicas are doing great. I love them all, but my favorite is cauliflower. I made a cream cauliflower soup over the weekend and ate 3 meals straight. On wet cloudy days, a bowl of hearty soup, with some good bread, is just so satisfying. While we were in London I enjoyed a Cauliflower with Gorgonzola Soup at Ottolenghi. Below is a recipe I found to share with you all.

Cauliflower Soup with Gorgonzola

Original Recipe from A Year In My Kitchen by Skye Gyngell I found this recipe on Heidi Swanson's blog, *101 Cookbooks*. She is a Bay Area resident, who shops with us at the market. Her blog is beautiful, and her cookbook *Near and Far* is loaded with wonderful recipes. Her version of this soup uses less Gorgonzola, than Skye's original.

1 medium Cauliflower
1 TB Unsalted Butter
2 smallish Yellow Onions, peeled and finely sliced
4 Thyme Sprigs
2 Bay Leaves
Sea Salt and freshly ground Black Pepper
4 cups Chicken or Vegetable Stock
1/3 to 1 cup Gorgonzola
1/3 cup Creme Fraiche
Parsley for garnish

Add the cauliflower, thyme and bay leaves. Season with little salt and pepper, to allow the flavors to adjust and find their feet. Pour in the stock, stir and bring to a simmer. Then cover and simmer for 20 minutes or so, until the cauliflower is very soft. Crumble in the Gorgonzola and stir over a low heat until it has melted into the soup. Add the Creme Fraiche and stir to combine. Pick out the bay leaves and thyme stalks, then blend the soup until really smooth. Return the soup to the pan and reheat gently. Taste and add a little more salt and pepper if you think it needs it. Ladle into warm bowls, serve topped with chopped parsley. (I love a bit of lemon zest in my cauliflower soup)

Simple Way To Cook Arugula

The other night we had steak for dinner. I cook my steak in a hot cast iron griddle pan. When the steaks were done, I turned the heat off, plated the steaks, covered and let them sit for about 10 minutes. As soon as I had the steaks out of the pan, I threw in the washed arugula. Using tongs, I turned them several times while they cooked in the pan juices. It was delicious and a fantastic way to clean up my griddle pan!

Marmalade!

The Sevilles are in, and that means marmalade season. I wonder though, do any of you use the Sevilles for anything besides marmalade? I am not a jam/jelly/marmalade maker, and have often thought I would love to learn. Maybe this is the year. Any tips on what/how you do yours would greatly be appreciated. Perhaps you could post something on the Eatwellers Slack page?

Go to: bit.ly/EatwellSlack

Spicy Tahini Noodles with Roasted Vegetables

Recipe from Heidi Swanson's blog *101 Cookbooks*.
1 lb mixed Vegetables: broccoli, cauliflower, romanesco, turnips, radishes, carrots, leeks
1 TB Olive Oil
Salt and Pepper
1/4 cup of Tahini
1 Lemon
8 oz dried Whole Wheat Fettuccine
Sesame Chile Sauce
Bonus: Sesame Seeds, Sliced Green Onions, Lemon Wedges

Preheat the oven to 450F. Toss the vegetables with the olive oil, and season with salt and pepper. Arrange in a single layer across two baking sheets, and roast until deeply golden, about 15-20 minutes. Flip with a spatula once or twice along the way. Remove and set aside. While your vegetables are roasting, whisk the tahini with 1/2 cup warm water. Season generously with salt, pepper, and a big squeeze of lemon juice. It should taste delicious. Set aside while you cook your noodles in a large pot of well-salted water, per package instructions. Drain the noodles, and toss on a large platter with the tahini sauce. Serve topped with the roasted vegetables, a drizzle of the sesame-chile oil and any of the bonus ingredients you might have on hand.

Debbie's Honey Kissed Turnips 'N' Greens

Recipe shared on Slack by CSA member Kristina P. Kristina wrote that this is her favorite turnip recipe, the original recipe from the former CSA coordinator for Live Earth Farm in Santa Cruz

1 bunch Turnips
Butter
Olive Oil
Honey

Wash turnip bulbs and trim tops and tails. They do not need to be peeled. Cut in half (or thirds or quarters if larger). Wash green tops, separating out and discarding any yellowed or discolored leaves and keeping the fresh green ones. Spin off excess water and chop greens. In a heavy-bottomed skillet (I love cast-iron), melt some butter and add some olive oil. When butter has melted and starts bubbling, add turnips and stir/shake pan to coat and distribute oil/butter. Let cook over medium heat, stirring and turning periodically, until turnips begin to soften and lightly brown. Sprinkle moderately with sea salt, then add a small spoonful of honey. This will melt quickly so stir to distribute, then toss in the greens along with their clinging water. Continue to stir and cook until greens have wilted. Season to taste with additional salt and several good grindings of black pepper; stir and serve! This dish also keeps warm nicely so you needn't serve it right away like other greens dishes where there is acid involved (lemon or vinegar) which causes the greens to turn an olive color after a short while. You can also refrigerate and reheat the next day no problem.