

**Box Contents:**

1 bu Gold, Chioggia, or  
Red Beets  
1½ lbs German Butterball  
Potatoes  
1 lb Broccoli  
2 small hds Lettuce  
1 Kabocha Squash  
1½ lbs Satsuma Mandarins  
1½ lbs Navel Oranges  
1 pc Meyer Lemon

**Field Notes:** One of the perennial tests for the farm comes at times like this when the ground is too wet to hoe or do many other tasks yet the sun is shining and people need work. Pruning, equipment maintenance and winter construction projects can keep only so many hands busy – often the more skilled and experienced hands. We can keep everyone busy for two and a half days a week just with our bare minimum harvest needs, like your boxes and our farmers' markets. When the ground is dry for a few days between rains we need everyone and work very full days, utilizing the opportunity that the weather provides. While we provide a much more stable job for farm workers than most farms (most folks are laid-off entirely during the Winter) it can still be a hard Winter when it is consistently too wet to work. For our core crew of twenty-five, there is plenty of work; it's for the additional fifteen we are trying to carry through that this can be a hard time of year. We need the rain, but we also need a week or two between rains to get our work done and keep our work force around until Spring. We are hoping that by Thursday we will be out hoeing and maybe even transplanting.

**Satsuma Mandarins:** Order your 20 lb case of sweet & juicy organic Satsuma Mandarins. The box price is \$28. Email or call us to place your order by Sunday evening for the following week's delivery. Please mail payment with your order. *This offer is not available to Mountain Bounty customers.*

**Navel Oranges are now available!** A 20 lb case of sweet & zesty navel oranges is \$22. Email or call us to place your order by Sunday evening for the following week's delivery. Please mail payment with your order. *This offer is not available to Mountain Bounty customers.*

**Box Notes:** You might find a bunch of gold, chioggia, or red beets in this week's box. No matter the variety, these roots roast well and taste great with your salad (I say that often, but truly, seasoned, roasted beets have become my favorite dressing). The tops of the beets make a good side to your dinner plate. Steam or braise the tops as you would with Chard. German butterballs are yellow, creamy potatoes that taste great roasted or boiled. The broccoli is very sweet; don't forget to use the greens either with the broccoli or as a separate green. The Kabocha squash is wonderful baked or added to curries and soups. When baked, the skin of the Kabocha gives off a delightful aroma of roasted nori. The Satsuma mandarins come from Gold Oak Ranch (certified organic by CCOF) in Rumsey. The navel oranges are from our friend and neighbor John & Gretchen Ceteras of Blue Heron Farm (certified organic by CCOF), also in Rumsey. Rounding out our zesty, citrus melody is the Meyer lemon from Ron and Helen Voss of Lamb Valley Farm (registered organic with the state of CA) in nearby Esparto. Fire up the oven, this week!

**Beet, Goat Cheese, and Watercress Salad with Walnuts** from *The Best of Bloodroot* by Selma Miriam and Noel Furie

**1 bunch of medium to small beets**  
**¼ cup olive oil**  
**¾ cup walnuts**  
**1 large bunch watercress**

**1 cup water**  
**1 tablespoon salt**  
**1-2 shallots**  
**About 3 oz. creamy goat cheese**

Prepare the vinaigrette by combining the following:

**¼ cup tamari or soy sauce**  
**1 tablespoon balsamic vinegar**  
**Salt and pepper to taste**

**2 tablespoons lemon juice**  
**½ cup olive oil**

- 1.) Rinse the beets. Cut off ends and scrape lightly. Don't peel. Cut each beet into wedges. Turn into a pot. Add the cup of water, ¼ cup of olive oil and 1 tablespoon salt. Cover and simmer until beets are tender. Let cool. (Peel beets now if you like.)
- 2.) Make the vinaigrette.
- 3.) Pour the vinaigrette over the beets and refrigerate.
- 4.) Use a toaster oven to bake the walnuts at 300°F. When very slightly brown, remove, cool, and chop coarsely. Finely dice the shallots to yield about 2 tablespoons. Set both the nuts and shallots aside.
- 5.) Cut the stems off of the watercress and wash thoroughly. Arrange on individual plates. Arrange beet wedges on top and spoon vinaigrette over. Top with walnuts and shallots and slices of creamy goat cheese.

**Winter Squash Soup with Fried Sage Leaves** from *Vegetarian Cooking for Everyone* by Deborah Madison  
*"The squashes to use for these golden soups are small hubbards, butternut, and, best of all, any of the dark green skinned varieties such as Honey Delight and Kabocha...Most winter squash soups don't require a stock, but a quick stock using the scooped-out seeds is so easy to make and so flavorful that I generally make one."* DM

<b>2 ½ to 3 pounds winter squash</b>	<b>¼ cup chopped parsley</b>
<b>¼ cup olive oil, plus extra for the squash</b>	<b>Salt and freshly milled pepper</b>
<b>6 garlic cloves, unpeeled</b>	<b>2 quarts water or vegetable stock</b>
<b>12 whole sage leaves, plus</b>	<b>2 onions, finely chopped</b>
<b>2 tablespoons chopped</b>	<b>Chopped leaves from 4 thyme sprigs or</b>
<b>½ cup Fontina, pecorino, or ricotta salata,</b>	<b>¼ teaspoon dried</b>
<b>diced into small cubes</b>	

Preheat the oven to 375°F. Halve the squash and scoop out the seeds. Brush the surfaces with oil, stuff the cavities with the garlic, and place them cut sides down on a baking sheet. Bake until tender when pressed with a finger, about 30 minutes.

Meanwhile, in a small skillet, heat the ¼ cup oil until nearly smoking, then drop in the whole sage leaves and fry until speckled and dark, about 1 minute. Set the leaves aside on a paper towel and transfer the oil to a wide soup pot. Add the onions, chopped sage, thyme, and parsley and cook over medium heat until the onions have begun to brown around the edges, 12 to 15 minutes. Scoop the squash flesh into the pot along with any juices that have accumulated in the pan. Peel the garlic and add it to the pot along with 1 ½ teaspoons salt and the water and bring to a boil. Lower the heat and simmer, partially covered, for 25 minutes. If the soup becomes too thick, simply add more water to thin it out. Taste for salt.

Depending on the type of squash you've used, the soup will be smooth or rough. Puree or pass it through a food mill if you want a more refined soup. Ladle it into bowls and distribute the cheese over the top. Garnish each bowl with the fried sage leaves, add pepper and serve.

**Orange Vinaigrette** from *Vegetarian Cooking for Everyone* by Deborah Madison  
*"Use this fruit vinaigrette with fennel, beets, and carrots or on a citrus or avocado salad."* DM

<b>1 teaspoon finely grated or minced orange zest</b>	<b>2 tablespoons light olive oil</b>
<b>1 tablespoon extra virgin olive oil</b>	<b>¼ cup fresh orange juice</b>
<b>2 drops orange oil, or 1 teaspoon orange Flower water, optional</b>	<b>2 teaspoons white wine or balsamic vinegar</b>
	<b>Salt and freshly milled pepper</b>

Combine the orange zest and juice, vinegar, and 1/8 teaspoon salt in a small bowl and let stand for 15 minutes. Whisk in the oils and season with a little pepper. Add the orange oil, then taste for salt and adjust the vinegar and oil if needed.