

**Box Contents:**

1 bu Carrots  
1 bu Green Garlic  
2-3 Mei Qing Choy  
1 Leek  
1¾ lbs Navel Oranges  
1 lb Satsuma Mandarins  
¼ lb bag Sun-Dried Tomatoes

**Field Notes:** We had a gorgeous Saturday, giving us the chance to get some fieldwork done. All of our crews were on hand to hoe and transplant lettuces and fennel into fresh beds. This week's weather forecasts to be a brutal reminder that we are still in the middle of winter: rain (and snow!) with highs in the 40s and freezing nights. The hills are coated white with snow, and we even received some on the valley floor. It's a wondrous, albeit head-scratching, sight. We welcome any form of moisture, but with the harsh combination of muddy fields and cold temperatures, we are limiting our harvest to fulfill just the essential orders

– namely, your veggie boxes and our farmers markets. In the greenhouse - the best place to be during this time of winter - we are busy with maintenance and seeding projects for spring and summer. One of the added benefits of transplanting our lettuces was that it cleared out the greenhouse, creating workspace and time to renovate the benches. We've been rotating our chickens between two-acre blocks, but our fields will fill up come spring and moving the flock may become more challenging. In preparation, we'll soon begin work on fencing our semi-permanent six-acre pasture for our chickens.

**Navel Oranges 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:** We altered our box contents due to the snow and the harsh harvest conditions. In place of broccoli and a stalk of leek, we packed sun-dried tomatoes. The sundries have rich flavor and are ideal additions to sauces, stews, or soups. Green garlic is the young garlic plant harvested before the bulb has developed. I prefer this form of garlic to the familiar dried heads. Like scallions, the entire plant can be prepped and used. Green garlic is less intense than the dried cloves, but can be added to most (if not all) of the recipes that call for use of garlic - I find it pairs better with greens than chopped cloves. For those who love garlic and can tolerate its spiciness, green garlic can be served lightly cooked (or even raw) in chicken salads. Try stir-fried Mei Qing Choy with the green garlic! Thanks for all the wonderful feedback regarding our carrots. I think they're great, too. Always great as a raw snack, but if you'd like to heat up the oven, roast them with chopped leeks for a caramelized, savory side. The navel oranges are from Blue Heron Farm (certified organic by CCOF) and the Satsuma mandarins are from Gold Oak Ranch (certified organic by CCOF). You'll find three to four navel oranges packed together with the Satsuma mandarins. Enjoy!

**Buckwheat Linguine with French Lentils, Carrots, Leeks, and Chard** from *The Greens Cookbook* by Deborah Madison with Edward Espe Brown

*"Made with fresh narrow noodles and tiny French lentils, this dish is not as heavy as one might guess, but light and earthy with beautiful tones of brown, green, and orange. It is a perfect dish for fall or winter." DM*

*This recipe calls for chard, however, the Mei Qing Choy in your box this week would work nicely as well. Additionally, the cloves of garlic in this recipe could be replaced with a stalk, or two, of green garlic.*

**8 ounces Soba (buckwheat) noodles**

**½ cup French lentils**

**1 bay leaf**

**¼ teaspoon salt**

**Few spoonfuls virgin olive oil**

**Pepper**

**1 bunch red or green chard**

**6 tablespoons extra virgin olive oil**

**2 cloves garlic, finely chopped**

**2 medium carrots, cut into ¼-inch squares**

**1 celery stalk, cut into ¼-inch squares**

**1 or 2 leeks, white part only, finely chopped**

**Water or vegetable stock**

**1 tablespoon parsley, chopped**

**Parmesan**

Bring a large pot of water to a boil.

Sort and rinse the lentils well; then cover them generously with water and bring them to a boil with the bay leaf and the salt. Cook at a slow boil until they are tender, 15 to 20 minutes. Be careful not to overcook them or they will lose their shape and texture. Drain them and save the liquid for soup stock. Toss the lentils with a little olive oil. Season with salt and freshly ground black pepper, and set them aside.

Cut the chard leaves away from the stems, wash them well, and slice the leaves into strips about 1-inch wide. Save the stems to cook by themselves or to use in stock.

Slowly warm 4 tablespoons of the olive oil in a skillet or sauté pan with the garlic and cook for about 1 minute, taking care that the garlic doesn't color. Add the lentils, carrots, celery, and leeks, and stir to coat them with oil. Cook for 1 minute over medium heat with a sprinkling of salt; then pour in  $\frac{3}{4}$  cup water of stock and add the chard. Stew until the vegetables are tender. If the liquid evaporates, add more so that there will be a little sauce at the end.

When the vegetables are done, salt the boiling water and cook the noodles; then scoop them out and add them to the vegetables. Toss everything together, add the parsley, and season with freshly ground pepper. Serve the noodles and spoon the remaining olive oil over the top. Finish with a handful of grated Parmesan cheese.

*Variation:*

*Goat cheese goes very well with chard and buckwheat. Crumble 5 ounces goat cheese into the pasta and vegetables, and toss just enough to incorporate it; then finish with olive oil and Parmesan.*

**Leek Salad (Salatet Korat)** from *The New Book of Middle Eastern Food* by Claudia Roden

*One or two stalks of green garlic could be used in place of the 2 cloves of garlic called for in this recipe.*

**1 lb Leeks**

**3 tablespoons olive oil**

**Juice of  $\frac{1}{2}$  lemon, or more**

**Salt and Pepper**

**1 teaspoon dried mint**

**1 or 2 cloves garlic, crushed**

**$\frac{1}{2}$  teaspoon sugar**

With a pointed knife, split the leeks lengthwise to their center and wash them carefully, fanning them out in the water to remove all traces of soil between the leaves. Discard the tough outer leaves and trim the tops and roots. Cut the leeks into 1- or 2-inch lengths and boil them in lightly salted water for 15-20 minutes or until soft, then drain and press the excess water out.

Mix the olive oil, lemon juice, salt, and pepper, mint, garlic, and sugar and pour over the leeks in a serving dish. Serve cold.

*Variations:*

*\*Simmer the leeks very gently with the dressing ingredients and very little water to cover, until very soft, about 20 minutes. Allow to cool in their liquid and serve cold, garnished with chopped parsley.*

*\*Roll the boiled leeks in a sauce made by beating 2-3 tablespoons olive oil with the juice of 1 lemon, 4-5 tablespoons yogurt or sour cream, salt and pepper. Serve cold with a sprinkling of finely chopped parsley or cilantro.*

**Carrot and Orange Salad** from *The New Book of Middle Eastern Food* by Claudia Roden

Grate  $1\frac{1}{2}$  pounds of carrots, peel and cut an orange into small pieces, and dress in a mixture of the juice of 2 oranges and 1 lemon and 2 tablespoons orange-blossom water. Stir in a bunch of cilantro leaves and serve.

*Orange blossom water is produced from the blossom of the sour-orange tree and lends a delicate perfume to syrups, pastries, and puddings. As the flavor is rather powerful, it is worth adding less than the amount stated to begin with and adding more to taste.*