

**Box Contents:**

2.5lbs Navel Oranges  
1 bu Dino Kale  
1 bu Chioggia Beets  
2 lbs mixed baby Russian  
Banana Fingerlings, Russet and  
German Butterball potatoes  
1bu Carrots  
1 head Romanesco  
1 head Lettuce

**Field Notes:** Our apologies for the confusing pick-up lists this week, especially for Tuesday folks. We are wrestling with our database, and as usual it is winning the first round through sheer sneakiness. Due to our undying confidence in our database guru (who happens to be in the audience), we are confident of final victory. The ongoing post-freeze (we're still seeing very cold mornings, like 22F last Friday) crop report is not good for broccoli but encouraging for the Fava Beans, due for harvest in late April. We were trying to think positively about them, as in "at least we won't have to hoe and harvest them if they don't come around," but they look great now and we're indeed hoeing them. The peas are not dead, though not really

fully revived yet though we are hopeful. We should be setting trellis for them soon, though we'll probably wait at least another week. In any case we have another round of peas trying to germinate and we will get in at least another planting if the weather holds like this. We are now finishing our second irrigation of our fields since the beginning of the year and would love a dose of rain. We are always cautious of what we wish for on this front... Another week of postponing comments on the still unofficial Leafy Greens Regs.

**Box Notes:** We are still riding the wave of Blue Heron's (certified organic by CCOF) pre-freeze harvested Navel Oranges; a wave we hope will last a few more weeks. Better news yet is that much of the fruit that was unripe during the freeze seems to be staying on the tree and maturing. Unfortunately our broccoli that was young during the freeze is heading prematurely and the main stems are freeze damaged. The Dino Kale and Romanesco, although growing very slowly are doing well despite the freeze. The lettuce, which could be Greenleaf, Redleaf, Batavian Crisp or Romaine Heart has recovered only moderately well from the freeze. Don't let it sit around too long, as it will not hold up well, yet it is sweet and delicious. Possibly as early as next week we will have post freeze (it was tiny) salad mix coming into maturity. The Chioggia Beets, an Italian heirloom variety are delicious and sweet with very tender greens, despite their less than perfect appearances. Their candy striped internal rings will fade and bleed with cooking but maintain a standout profile on the plate. The mixed baby potatoes are roasting ready, though some folks may prefer to cut them in half first. Salt, oil and some herbs and they're ready to roast. They also work well in a soup; each type contributes its own texture and flavor. Look for Brussels Sprouts next week and maybe some cauliflower.

**Navel Oranges** from Blue Heron Farm (certified organic by CCOF) are still available. Please place orders by Sunday evening of the week in which you would like delivery. They are now **\$25.00** for 20 lbs. Please note the price change due to the freeze. Not available to Nevada County / Mountain Bounty subscribers at this time.

**Payment Reminder:** Monthly payers please send \$64.00 for four deliveries in the month of February – Thank you. This does not apply to Mountain Bounty subscribers

**Potatoes with Slivered Garlic**, from *Vegetarian Cooking for Everyone* by Deborah Madison

**3 tablespoons butter or olive oil,  
plus extra or dish**  
**1 lb fingerlings or other potatoes,  
scrubbed and sliced lengthwise  
into halves or thirds**

**6 garlic cloves, thinly sliced**  
**Salt and freshly milled pepper**

Preheat the oven to 400 degrees. Lightly butter a shallow baking dish. Layer the potatoes in the dish with the garlic and small pieces of butter or a drizzle of oil and season with salt and pepper. Make sure there's butter or oil for the top. Add a few tablespoons water to the dish, then cover and bake until tender, 40 to 50 minutes. Remove the foil and bake for 15 minutes longer to brown the top.

**Beet Risotto with Greens**, from *Vegetarian Cooking for Everyone* by Deborah Madison

**5 1/2 to 6 1/2 cups vegetable stock  
using beet or chard stems**  
**3 tablespoons butter or a mixture  
of butter and olive oil**  
**1/2 cup finely diced onion**  
**1 1/2 cups Arborio rice**  
**1/2 cup dry white wine**  
**2 tablespoons chopped parsley**

**2 tablespoons chopped basil or  
1 tablespoon dried**  
**2 to 3 medium beets, peeled and  
grated about 2 cups**  
**2 to 3 cups greens – beet, chard, kale,  
or spinach – stems removed,  
finely chopped**  
**Grated zest and juice of 1 lemon**  
**1/2 cup freshly grated Parmesan**

Have the stock simmering on the stove. Heat the butter in a wide pot, add the onion, and cook over medium heat for 3 minutes, stirring frequently. Add the rice, stir to coat it well, and cook for 1 minute. Add the wine and simmer until it's absorbed, then stir in half the parsley, the basil, grated beets, and the chard or kale. Add 2 cups stock, cover, and cook at a lively simmer until the stock is absorbed. Begin adding the remaining stock in 1/2 cup increments, stirring constantly until each addition is absorbed before adding the next. When you have 1 cup left, add the beet greens or spinach. Taste for salt, season with pepper, then stir in the lemon zest and juice to taste. Serve dusted with the cheese and the remaining parsley.

**Potato and Carrot Tzimmes**, from *Roots: The Underground Cookbook*, by Barbara Grunes and Anne Elise Hunt

**1 1/2 lbs lean chuck or beef brisket,  
cut into small pieces**  
**3 potatoes, peeled and sliced**  
**1 cup golden raisin**  
**1/4 cup firmly packed dark brown  
sugar or honey**  
**Freshly ground pepper**  
**Salt**

**1 lb carrots, sliced**  
**4 sweet potatoes**  
**2 cups pitted prunes or apricots,  
or a combination**  
**3 tablespoons freshly squeezed  
lemon juice**  
**1/4 cup water**

Place meat in a large heavy pot or Dutch oven. Add carrots, sweet potatoes, potatoes, prunes, and raisins. Sprinkle with remaining ingredients; season with salt and pepper to taste. Cook covered over medium-low heat for 10 minutes. Add 1/4 cup water. Continue cooking, stirring once or twice, for 45 minutes. Add more water, up to 1 cup, if the tzimmes seems dry. Cook covered in a 325 degree oven until the vegetables are very soft and the meat is tender, about 2 hours.