

Box Contents:

1 bu Green or Gold Chard
¾ lb Broccoli
2-3 Mei Qing Choy
2-3 Little Gem & Baby
Red Romaine Lettuce
1-2 Leeks
1 Red Kabocha or
Butternut Squash
1 lb W. Murcott Mandarins
1½ lbs Navel Oranges

Field Notes: The rainy, muddy days in January made it difficult to keep up with the weeding, but the beautiful, sunny weekend gave us chance to cultivate our fields. Scouting the farm, there is much more weeding to be done. Not to mention, beds need to be formed, gravel roads smoothed, and ditches pulled. Fortunately, with sun-filled days forecast for this week, we'll get some of these projects underway. Hopefully, we'll enjoy similar weather come the **Almond Festival, Sunday, February 24**. It's the main showcase event for the Capay Valley, and it is a celebration of one of the valley's main crop. Dotted pinkish-white with almond blossoms, it's one of the most beautiful times of the year in the Capay Valley. Also during this time of year, we expect to see a few buds pushing out of the branches of our stone

fruit trees. But due to the cold December and January, the buds of our trees - peaches, nectarines, apricots, and plums - are not swelling just yet. Although the beginning of the tomato season is months away, our greenhouse manager, Rossy, is busy seeding the first planting of Early Girls and heirloom tomatoes. That's all for now, more to come next week. Enjoy the glorious sunshine!

W. Murcott Mandarins: A 20 lb case of sweet & tangy organic W. Murcott Mandarins 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: A 20 lb case of sweet & zesty organic 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: Chard is a tender braising green- its fleshy leaves steam or braise very well. Use the stems! It takes longer to steam or braise than the leaves, but the sliced stems of the chard are good eats. You will find two to three heads of Mei Qing Choy (commonly called Baby Bok Choy). These greens are bitterless and delicious plainly steamed or seasoned and stir-fried. Our winter broccolis have small caps, but are tender and easy to prep. Don't discard the leaves of the broccoli as they are sweet, tender and cook much like kale. Depending on the weight, we packed one or two stalks of leeks. Leeks are winter alliums that serve well in roasts, soups, or with braised greens. Some of you will find Red Kabocha in the box, while others will receive butternut squash. The Red Kabocha cooks much like green-skinned Kabocha squash. One thing to note, however, is that the Red Kabocha works better with soup or curry recipes than the traditional Kabocha due to the similarity in colors of its skin and flesh. You will find the W. Murcott Mandarins bagged together with three or four navel oranges. The mandarins are from Gold Oak Ranch (certified organic by CCOF) and the oranges are from Blue Heron Farm (certified organic by CCOF). Good eats, everyone!

Swiss Chard and Slivered Carrots from *The Greens Cookbook* by Deborah Madison and Edward Espe Brown

"The leaves and stems of chard are almost two different vegetables in terms of texture and taste. Here they are served together with narrow slivers of carrots, dressed with oil, and seasoned with garlic and chilies. This is a clean dish, and goes well with more complicated and creamy dishes. It can also be served at room temperature, as a salad with a splash of vinegar or lemon juice added for tartness." DM

3 tablespoons virgin olive oil
2 to 4 small dried red chili peppers
3 medium carrots
Pepper

1 clove garlic, sliced
1 bunch Swiss chard
Salt
Vinegar or sliced lemon wedges

Warm the olive oil in a pan with the garlic and chili peppers. Once the garlic slices are brown, remove them and set the oil and pepper aside.

Separate the chard stems from the leaves. Cut the leaves into large pieces and wash them. Trim the uneven ends off the stems. Then, to make the stems as tender as possible, peel off the thin, transparent outer skin from each stem. Catch the edge of a knife under the top layer of skin, and pull it down the length of the stem. It sometimes helps, especially if the stem is curved, to first cut the stem in half lengthwise. Peel both sides of the stems, cut them into 2-inch lengths, then lengthwise into narrow strips.

Peel the carrots, slice them into long, ¼-inch, diagonals, then into narrow strips.

Bring 4 to 5 quarts of water to a boil, and add 4 teaspoons of salt. Briefly cook the chard stems and the carrots separately until each is tender-about a minute for the carrots, two to three minutes for the chard. Remove them from the water and set them aside. Plunge the chard leaves into the water and cook until they are tender, 3 to 5 minutes, depending on the tenderness and freshness of the chard. When they are done, remove them to a colander. Press against the leaves with the back of a wooden spoon to get rid of the water; then put them in a bowl with the stems and the carrots, and toss them with the olive oil. Season with salt and serve with vinegar or slices of lemon.

Serves four

Winter Squash and Leeks baked in Parchment from *The Greens Cookbook* by Deborah Madison and Edward Espe Brown

"Folded in Parchment, the squash and leeks steam in their own moisture, and none of the sweet flavors are lost. The squash is cut into tiny cubes so that it cooks before the paper gets too dark. The squash pieces will hold their angular geometric shape, but collapse to a puree when picked up with a fork. Fresh sage leaves are used for the seasoning here, but you could use a small dried red chili or chopped Italian parsley. The recipe is for a single parchment package; multiply by the number of people to be served." DM

½ cup winter squash, cut into ¼-inch cubes
2 to 3 tablespoons leeks, chopped into
½-inch squares or smaller
1 piece baking parchment, about 12 x 15 inches
1 to 2 teaspoons butter

¼-teaspoon garlic, finely chopped
1 teaspoon virgin olive oil
Salt
Pepper
2 fresh sage leaves

Toss the squash, leeks, garlic, and olive oil together, and season with salt and freshly ground black pepper.

Preheat the oven to 425°F. Fold the parchment paper in half to make a crease. Open it up and generously butter the bottom half, covering all but an inch from the edge. It is important to coat the surface thoroughly, or the sugars in the squash will stick to the paper and burn. Heap the vegetables into the center of the buttered area and tuck in the sage leaves. Lay a few small pieces of butter on top. Fold the top half of the paper down and tightly roll the edges over onto themselves to make a half-circle. Give the paper a good twist at the end to hold the packet firmly closed. Bake for 25 minutes.

Makes one package; serves one