

October 10, 2019

# Willie Nillie Farm

## CSA Newsletter

**“I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do”-**  
**Edward Everett Hale**

### FARM HAPPENINGS:

Dear members:

We are at the end. I chose the above quote because I thought it worked well with what we all accomplished this season. We are all one person, but together we all did something incredible. You made the conscience choice to support local, sustainable food and I hope you not only had a great experience, but learned some things along the way and felt a sense of community. I had hoped to do more, but as “one person,” I could only do what I can do. Next season I will add more community events and whether you chose to join us again or move on, you are always welcome. I appreciate you all so much especially in this first year journey with me.

That isn't to say I didn't have so much help and moral support. Thanks to all the volunteers who helped set up my website and Facebook pages, Sarah and Laura for coming out to the farm to help out with everything from fencing to weeding. There sweat and tears are mixed in with mine. To Jackson for making amazing kombucha for everyone and in the process starting his own business with it. We look forward to supporting him in the future. If you are interested in continuing his kombucha let me

| <u>Box of the Week</u>           |             |
|----------------------------------|-------------|
| <b>Featuring: Radicchio</b>      |             |
| Carrots                          | Leeks       |
| Celery                           | Onions      |
| Green Peppers                    | Kale        |
| Garlic                           | Potatoes    |
| <b>Acorn Winter Squash</b>       |             |
| Pie Pumpkins                     | Green Onion |
| <b>Tomatoes or Summer Squash</b> |             |
| Kohlrabi                         |             |
| <b>Arugula</b>                   |             |

know and I'll get ya in contact with him to work out the details. It will now be a separate entity from the farm. Shoutout and thanks to my good friend Heather for the website painting as well as growing some things for us this year including some of the melons, winter squash and the best looking potatoes I've ever seen.

Thanks to my neighbor and friend Chad who provided eggs for those whom chose them and also some of his extra produce. He also went above and beyond and tilled my garden, gave me compost and even graded my driveway when my new gravel arrived. Couldn't have done any of this without him. Some of it I could, but it would have taken so much longer.

And thanks to all of you. Not just for your support, but most of you have volunteered or visited the farm to check it out and that, to me is priceless. I've never had a farm experience so filled with joy when it comes to what I envisioned for how I wished to structure the experience. I really do, however, wish for your feedback either in person or by email. Let me

know what you liked, didn't like, got too much or little of or any ideas for what to grow in the future.

If you are interested in reserving a spot for next season, please let me know. If you sign up now and put down a deposit (which I will cash at the beginning of the new year) of \$50, you will receive one more fall box for free. Otherwise, I will be sending out emails for signing up for the 2020 year in the early spring. If you know you are not interested or if the

**Bingo Veggie**  
**Cranberries**

### **Grilled Chicken with Herbed Radicchio**

1/4 cup balsamic vinegar  
1/4 cup sherry vinegar  
1/2 medium onion, chopped  
1 TB honey or Maple Syrup  
3/4 cup olive oil, plus more for drizzling  
2 heads radicchio  
4 boneless, skinless chicken breast halves  
1 pinch salt and pepper  
2 TB fresh oregano  
1 TB thyme  
1 pinch red pepper flakes  
3/4 cup grated parmesan  
1/3 cup black olives

Combine vinegars, onion and honey in glass jar and let sit 30 min at room temp. Whisk in olive oil and set aside.

Core radicchio and then chop into 1 inch pieces and place in ice water for 15 min. then spin or pat dry. Refrigerate until ready to use.

Prepare grill. While warming up, Pound chicken into 1/2 inch thickness. Place them in a glass baking dish and sprinkle with olive oil to lightly coat and sprinkle with salt and pepper. Then sprinkle herbs and red pepper flakes over the chicken and use hands to distribute evenly over each piece.

Place meat over direct heat on grill and flip every min until lightly charred, 6-7 min. Let rest 5 min. Place radicchio in a bowl and top with a generous drizzle of balsamic dressing and 1/2 the parmesan and olives, toss well. Add additional salt and pepper to taste or dressing as needed. Divide salad among 4 plates and top with whole or sliced chicken.

box was too big and you'd like to find someone to share it with, let me know and I will find another to fill your spot.

\*\*I would love to get all my boxes, bags, tomato clams and kombucha jars back. You can return the items during the Harvest Festival or if you can't make that, I will make a plan to pick them up at the drop spot on a Thursday afternoon. Please realize that all those items cost money and I would love to get them back. Most notably the kombucha jars and reusable bags. I can also coordinate a house pickup if you let me know when you can leave them out and I can drive by and pick em up.

This week we have Radicchio as the feature of the week. Cultivated from Italian Chicory, it's widely used in Italian cuisine and has a bitter, spicy taste. Grilling or roasting can dim down this flavor. Radicchio is great for insomnia as it contains inositol, a natural sedative. In Italian cuisine, it is usually eaten grilled with olive oil, or mixed into dishes such as risotto. It can also be served with pasta, or be used in strudel, as a poultry stuffing, or an ingredient for a tapenade. As with all chicories, its roots, after roasting and grinding, can be used as a coffee substitute or coffee additive.

Note, I did try this a few weeks back just so I knew what I was getting in to. Please be aware it is very bitter. If you chose to eat it raw, you do so at your own risk. The bitterness, they say, gets less with a frost, but we haven't had one and I wanted everyone to be able to try it. Could backfire, but I guess you'll let me know.

Sorry, long winded again. I get caught up in the sentimental moments.

### **Holiday Pumpkin Bread w/Orange Glaze**

|                       |                         |
|-----------------------|-------------------------|
| 3 1/2 cups flour      | 1 tsp baking powder     |
| 2 tsp baking soda     | 1 whole clove, ground   |
| 1 tsp ground cinnamon | 1 tsp nutmeg            |
| 1/2 tsp salt          | 2 cups pumpkin puree    |
| 1/8 c almond oil      | 3/4 +2 TB Vegetable oil |
| 3 c sugar             | 3 large eggs            |
| 1 cup walnuts         | 1 cup raisins           |

#### **Glaze:**

|  |                         |
|--|-------------------------|
| 1 1/2 cup confectioners powdered sugar | 6 tsp orange juice      |
| 1 tsp orange zest                      | 1/2 cup chopped walnuts |

Preheat oven to 350. In a medium bowl, whisk together flour, baking powder, baking soda, clove, cinnamon, nutmeg and salt. Set aside.

In a separate bowl, beat pumpkin, oils. Add sugar and eggs until thoroughly blended. Gradually add dry ingredients to wet. Fold in walnuts and raisins. Divide batter evenly between two greased loaf pans. Bake 50-55 min. Cool in pans for 15 min then remove and cool on racks.

For glaze, combine sugar, orange juice and zest in a bowl until well blended. Spoon over cooled loaves allowing excess to drizzle down sides. Sprinkle with chopped walnuts before glaze hardens.

## Radicchio Risotto

1/4 cup plus 2 TB olive oil plus more for drizzling  
12 ounces radicchio, quartered, cored and thinly sliced  
2 medium garlic cloves, minced  
salt and pepper  
1/4 cup water  
2 tsp lemon juice  
2 quarts chicken or veggie broth, or 1 cup dried mushrooms and 2 quarts water  
1 onion, finely chopped  
2 cups arborio or carnaroli rice  
1 cup dry red wine  
1/4 cup parmesan cheese, plus more as needed  
1/4 cup coarsely chopped parsley

1. Heat 2 tablespoons of the oil in a large wide pot or Dutch oven over medium-high heat until shimmering. Add the radicchio, garlic, and a pinch of salt and cook, stirring occasionally, until the radicchio is wilted, about 1 minute. Add the water and cook until it has evaporated and the radicchio is tender, about 2 minutes more. Add the lemon juice and stir to combine. Taste and season with more salt and pepper as needed. Transfer to a medium heatproof bowl; set aside. Wipe out the pot with a paper towel and set it aside.
2. Place the broth in a medium saucepan over low heat and keep it at a very low simmer. If you're using dried mushrooms, place the mushrooms and the 2 quarts of water in a medium saucepan over medium heat and bring to a simmer. Remove from heat and let sit for at least 15 minutes. Strain the mushroom broth through a fine-mesh strainer set over another medium saucepan, leaving any sediment behind, and keep at a bare simmer over low heat. (Either save the rehydrated mushrooms for another use, or chop them, season them with salt, and add them to the risotto halfway through the cooking.)
3. In the same large pot or Dutch oven that you used earlier, heat the remaining 1/4 cup oil over medium heat until shimmering. Add the onion and a large pinch each of salt and pepper and cook, stirring often, until the onion is translucent, about 5 minutes.
4. Add the rice and cook, stirring, until the kernels start to crackle, about 1 to 2 minutes. Stir in the wine and let simmer, stirring often, until all of the liquid has been absorbed, about 2 to 4 minutes. Pour a ladleful of the simmering broth over the rice. Let simmer, stirring constantly, until the rice absorbs the liquid. Continue adding the broth, stirring and letting it absorb, until the rice is al dente, about 20 to 30 minutes (you may not use up all of the broth). Taste as you go for doneness, seasoning with salt and pepper as needed.
5. When the rice is done, remove from heat, add the reserved radicchio, and stir to combine. Add the Parmesan and parsley and stir to combine. Taste and season with more salt, pepper, Parmesan, and lemon juice as needed. Just before serving, loosen the risotto to the desired consistency with a little more broth or hot water and serve immediately. Drizzle each serving with olive oil.

