



WEEK OF APRIL 8TH, 2019 #15/52



Little Reminders

Sometimes, well actually most of the time, I turn around and see something that reminds me of Nigel. Today I found this sad fig Nigel planted several years back. He planted several herbs and a few trees between the olives and the storage domes, he even set up the irrigation for them. But as with many of his sweet projects the last couple of years of his life, they got lost to time and life. This little fig has been hidden away by an overgrowth of weeds and grasses, yet, neglected as it is, it survives, the new shoots and leaves clearly evident. And it reminds me that the gifts Nigel gave me keep coming.

Spring Cleaning

Cory has been working the past two days with this powerhouse of a mower, cleaning up the area around the house, and the space adjacent to the Members' Garden. Last year he and his partner Tamara started a project growing flowers in that area. It was their "test batch" year. They watched, weeded, learned what grows well and

what doesn't do as well. Turns out tuberoses do exceptionally well there, and so they have planted well over 100 this year. I love fragrant flowers, and certainly love tuberoses. We are hoping to be able to offer you bouquets of fresh farm flowers later this season. Tam has a real eye for putting together beautiful, simple bouquets, which I know you will enjoy.

Member Profile: Open Source Wellness

This week's profile highlights the work of CSA member, Benjamin Emmert-Aronson. Ben co-founded Open Source Wellness, a non-profit based in Oakland which partners with low-income clinics and communities to make the fundamental building blocks of health (good food, exercise, stress reduction, and social support) accessible, affordable, and most of all, fun!

They run weekly, in-person events where participants do 30 minutes of playful, social movement, a short mindfulness meditation, and eat a plant-based meal together in small groups. Each group has a health coach and a peer leader who work with them to make and meet the health goals that matter to them. This model has been run effectively in low-income housing, clinical, community, and corporate settings.

To learn more go to www.OpenSourceWellness.org or email ben@OpenSourceWellness.org. CSA members will get a 15% discount when they book their first corporate event.

Event Season Is Approaching - Update

I wrote the original version of this article for last week's newsletter, but I know many people have been out on spring break, plus all the every other week folks may not have read it, so this is kind of a repeat BUT with updates:

Strawberry Days are the first events of the season. I have been putting off setting dates because the weather has been so bleak and not much has been growing. Last week the forecast for this week was more rain, but that has changed and I see only partly cloudy/little sunny with temperatures going up to a very lovely upper 60's and low 70's. In years past we have had a flush of berries in April, but I guessing that won't happen this year, so I am scheduling the first Strawberry Day 2019 for Sunday May 5th, the second one will be Mother's Day May 12th. Tickets for those dates will be emailed later this week.

Lavender Harvest, last year we harvested too early. We got locked in by Nigel's Memorial, and Jose's wedding. I have vowed to never again let anything get in the way of lavender harvest. It is possible the best weekend will land on the weekend of the Solstice, which traditionally is a camping/party weekend here on the farm. So we may have to switch things up a bit for that, too. I would like to get a list started for all of you interested in helping out with the Lavender Harvest. Please email Noelle at organic@eatwell.com and let her know that you would like to join us for the harvest and which weekend works for you: June 14/15/16 (that Sunday is Father's Day) or if you are available the following weekend June 21/22/23



Tomato Sauce Parties - Many of you really like making sauce with our San Marzanos and they typically ripen a little later in the season, so I have decided not to schedule any sauce parties for the month of July. The first is scheduled for August 16th and the second will be the following weekend August 24th. Then I would like to add one or two more weekends in September. As many of you are out of town while the kids are on summer break, I think the later sauce parties might be a better option for most of you too.

Please remember the farm is always available if you and your family want to come for a visit, maybe pick a few berries if they are ready, or schedule a private sauce party. If that is something you are interested please get in touch.

RECIPES AND IDEAS FROM LORRAINE

Carrot Celeriac Soup

Recipe from The Farmhouse Kitchen

This past weekend we were showing off the CSA shares at the Barn and Pantry's one year anniversary party with this soup I made. It was a pretty big hit with folks.

1 or 2 Spring Onions, chopped save the green tops for stock
2 or 3 Green Garlics, chopped save the green tops for stock
1 Fennel bulb, if you don't have fennel in your box this week, that's ok it isn't really essential
1 Celeriac, or if you have some hidden in the fridge drawer add more, peeled, chopped If you have celery instead of celeriac you could use most of your bunch
1/2 lb Carrots, peeled, chopped
1/2 to 1 can organic Coconut Milk
2 TB Olive Oil or Coconut Oil
1 cup Chicken Stock OR Vegetable Broth, if you want this to be a vegan version
5 cups Water
1 TB Honey, I try not to add sweetener to my food, but it really did help
2 tsp ground Coriander
2 tsp finely grated Ginger
1/4 to 1/2 tsp Cinnamon
Zest from 1/2 lemon, plus the juice
Salt and Pepper to taste, I used our Smoked Chili Salt which added a really lovely contrasting flavor
Plain Greek Yogurt, optional
Chives, finely chopped for garnish

I used Olive Oil because I didn't want the dominant flavor in this soup to be coconut, and that is why I have the coconut milk at 1/2 to 1 can. You can decide how "coconutty" you want it to be.

In a heavy bottomed soup pot, heat the oil over medium heat. Add the carrots, celeriac or celery, fennel and sauté for about 5 minutes. Then add the Spring Onion and Green Garlic and sauce for about another 5 minutes. You may have to add a bit more oil. Put in the cinnamon and coriander in, cook stirring constantly so the spices don't burn, for a minute or two. You want the spices to become fragrant. Add the ginger, salt, pepper, water and stock and simmer on low for at least 30 minutes. Zest in the lemon and add the juice. Allow it to cool a bit then puree in a blender or use an immersion blender, until smooth. Garnish with bowl with a dollop of Greek Yogurt and a sprinkling of chopped chives.

Chives, Because I Love Them

I found this great little article about using chives, not as a garnish, but as a real, honest to goodness ingredient. I thought you might like to take a look. Although we do not put quite enough chive in the box for this recipe, you might try it out as a half recipe.

<http://www.elizabethminchilli.com/2012/06/swiss-chard-chives-goat-cheese-pasta/>

More Recipes

- [Sausage, Greens, and Beans Pasta from Bon Appetit](#)
 - Uses Chard & Rosemary
 - Takes 30- 40 minutes
- [Mizuna with Garlic and Bacon from All Day I Eat](#)
 - Uses Stir Fry Mix
 - Takes 10 minutes
- [Pan-Fried Scallops with Celeriac and Chives from Good Food Australia](#)
 - Uses Chives and Celeriac
 - Takes 20-30 minutes

Tanya's Salad with Fennel and Turnip

Recipe from CSA Member Tanya C.

This dinner idea was emailed to us from CSA Member, Tanya C. Thanks, Tanya!

"Just wanted to share this salad we randomly threw together last night from the veggie box.

Sliced very thinly on a mandolin fennel bulbs and one turnip. Mixed with a few leaves of those delicate looking greens (Mustard Greens).

For dressing: one clove of smashed garlic, juice of one lemon, about a teaspoon of lemon zest, good olive oil, salt and pepper. Mixed with dressing right before eating.

Topped with chopped fennel fronds and shaved Parmesan.

Unexpectedly delicious!

Thank you for your beautiful vegetables. Always enjoying."

This Week's Box List

*Carrots (From Terra Firma Farm)

Celeriac or Celery

*Chard

Chives

*Green Garlic

*Oranges or Mandarins

*Raisins (From Capay Canyon Ranch)

*Rosemary or Sage

Spring Onions

*Stir Fry Mix or Fennel

* = Items in Box for 2



Stuffed Chard Leaves in Creamy Chive Sauce

Recipe from thymeforcookingblog.com

Something different and it looks delicious. It says 30 minutes, but I am a little skeptical about that.

12 Chard Leaves

12 fresh Sage leaves

4 oz Sausage

1 large Shallot, minced or use your Spring Onion

1 clove Garlic, minced or use Green Garlic

1 medium Tomato, peeled and chopped (I would use a little bit of my sauce from last summer)

1/2 tsp Paprika

1/2 tsp Chili Powder

1 tsp Olive Oil

1 cup Chicken Stock

FOR THE SAUCE:

2/3 cup White Wine

1/3 cup Chicken Stock

1/3 cup Greek Yogurt

4 TB fresh Chives, chopped

2 tsp Cornstarch, dissolved in 1 TB cold Chicken Stock or cold vegetable broth

Blanch the chard leaves in boiling water for 20 seconds.

Remove and refresh in cold water, separating the leaves from each other. Cut the stem out by slicing on either side of the stem, about half way up the leaf. Discard or reserve for another use, like stock. Heat the olive oil in a medium skillet. Add spices, shallot, garlic, sausage and sauté,

breaking up sausage as it browns. Add tomato and sauté until tomato softens and liquid has cooked off. To assemble put 1 sage leaf about 1 1/2" from the tip of the leaf. Place 1 TB of sausage mixture on the sage leaf and roll. Roll the end of the leaf over, then roll the whole bundle over once. Tuck the sides of the leaf in, folding as necessary and continue rolling to make a neat bundle. Repeat with remaining leaves. Heat 1 cup broth in a large skillet. Add chard rolls, cover and simmer for 15 minutes.

FOR THE SAUCE:

Heat the wine and broth to boiling. Cook for 5 minutes reducing slightly. With the heat off, add cornstarch mixture and stir until thickened. Stir in yogurt, chives and keep warm until needed. To finish, spoon the sauce onto a large serving plate. Top with chard rolls.