



WEEK OF APRIL 22ND, 2019 #17/52

### Things We Can't Grow

Several weeks ago, Cameron reached out to you all about micro-greens. He jumped the gun, thinking this would be an easy project for us to take on, only to find it isn't really. Re-thinking the idea of growing micro-greens, we turned to a local grower, Sacramento Sprouting Company. Unfortunately, the wholesale price is much more than we had anticipated, and they pack in 4 oz bags. 4 oz bags of Sunflower Sprouts are \$7.00 and Broccoli or Arugula Sprouts are \$14.00 for 4 oz. We are starting slowly; Your feedback is really helpful. Many of you pre-ordered and Cameron is getting all of your orders filled at the price and quantity of that initial order. Please text me and let me know what you think, and is this something you would like more regularly? My number is 530-554-3971.

Asparagus is another challenging crop to start; the crowns are very expensive and we would need a large quantity to make planting worthwhile. Once in the ground, it takes about 3 years to get your first small harvest. In the meantime you still have a lot of hand weeding. I do have an opportunity to order organic Asparagus from Durst, who is certified organic. If you would like to order asparagus, it's \$6.50 lb/bunch, please text me, your name and what date you would ideally like to have them delivered. Please note, this is for informational purposes only, I just want to see if there is demand. By texting me you are not placing an order, you will still have to do that online once we go live.

### Best Laid Plans

The crew has been really busy moving chickens, mowing fields, tilling, prepping beds and planting. We are in a serious race against the clock now to get plants in the ground. Cameron creates all of the purchase orders for the whole year's transplants, with desired arrival dates and sends that off to Headstart, the company that grows our plants from seed to a start.

We had planned for the first shipments to arrive week 6, the week of February 3rd. What we had hoped to receive that week are Broccoli, Wakefield Cabbage, Cauliflower, Collards, and Tuscan Kale. Those plants should have gone into the ground then, and had we been able to plant, we would all be enjoying most of them already. In actuality, they were not planted until March 19th. Thankfully, the



soil is dry and the guys are moving as fast as they can. We now have the first tomatoes in the ground, potatoes were planted last week. Eggplants will be going in soon, as well as peppers and summer squash.

As a year-round CSA it is not ideal to have so little options for the box for the better part of Spring. Again, I find myself wishing I had Nigel to go to for advice. I am thinking that maybe one solution is to have several beds prepped and cover them in plastic until we are ready to use them. This would keep the weeds from growing, hopefully preserve the bed, and allow us to just go in to plant. Of course it would still need to be dry enough for the tractor to drive down the rows, but it would eliminate several steps and allow us to go straight to planting. It would be a lot of work, but the real downside is the use of plastic which cannot be re-used. Things to ponder for next year.

### Strawberry Days & Lavender Harvest

Strawberries are coming in, and they are quite tasty. In another couple of weeks they will be even better and just in time for our first two Strawberry Days. The first is scheduled for May 5th and the second is May 12th. This is a great time to come out to the farm, see where your food is grown, enjoy some Spring weather and eat loads of berries.



The Lavender Harvest is an important weekend for us. Having your help over the past few years has saved our crew hours of work at a time that is critical for them because there is just so much to get done. It is a lot of fun to come up for the weekend and work with other CSA members and friends.

We do this in the spirit of the French grape harvest, everyone camps on the farm, and we feed you fabulous meals in the farm house. It's an event that lasts from Friday evening through Sunday afternoon.



To get your tickets for Strawberry Days: <https://strawberry2019.bpt.me>

To volunteer for the Lavender Harvest: <https://lavender2019.bpt.me>

# RECIPES AND IDEAS FROM LORRAINE

## Stir Fry Mix

The fact that we have stir fry mix in the box tells us that we are getting close to full sized spinach, chard, kales, collards. To me it is a promising sign. This mix is really quite versatile, you can use it for a heartier salad, or, as the name implies, stir fry. I often grab a small handful for a quick sauté to use as a bed for poached or fried eggs. And it is a nice blend to add to a soup.

## Pan Roasted Baby Turnips With Mint & Pistachio Pesto

Recipes from *Gjelina* by Travis Lett

### Mint Pistachio Pesto

1 cup chopped fresh Mint leaves  
1/2 cup Extra Virgin Olive Oil  
1 tsp finely grated Lemon Zest  
1 TB finely grated Pecorino Romano cheese  
2 TB Pistachios, toasted  
1 stalk Green Garlic, very finely chopped  
Kosher Salt  
Freshly ground Black Pepper  
In a small bowl, combine the mint, olive oil, lemon zest, green garlic and Pecorino. Coarsely chop the pistachios and stir them into the mixture. Stir to combine, season with salt and pepper.

1 bunch Turnips, with their greens

If you want to add Carrot, cut a few of them into rounds  
1 TB Extra Virgin Olive Oil  
Salt  
Freshly ground Black Pepper  
1 to 2 TB Broth, vegetable or chicken  
Lemon Juice

Preheat the oven to 450. Put a cast iron frying pan on the center rack and heat until the pan is very hot, about 15 minutes. Separate the turnips from their greens. In a medium bowl, toss the turnips with the olive oil and season with salt and pepper. Add the turnips to the hot pan and roast until just softened, 4 to 6 minutes, depending on the size and variety of turnip. Return the pan to the stove top over medium-high heat, stir in the turnip greens and saute briefly. Add the stock, followed by a small spoonful of the Mint Pistachio Pesto. Taste and adjust seasoning with salt, pepper and more Mint Pesto.

## Fried and Marinated Tofu with Bok Choy and Exotic Mushrooms

*Recipe from Food and Travel Magazine*

This recipe calls for Chard, however, I think it would be a great way to use the Bok Choy this week.

1/2 lb block of firm Tofu

1 bunch Chard OR Bok Choy  
3 TB good cooking Oil, like Sunflower  
2 cloves Garlic, thinly sliced  
1/4 lb assorted Mushrooms, sliced  
1/2 bunch Spring Onions, thinly sliced diagonally  
6 stems Chinese Garlic Chives, chopped  
For the Marinade  
3 TB Oyster Sauce  
3 TB light Soy Sauce  
1 pinch Sugar  
1 TB Sesame Oil  
Put the tofu in a dish, cover with cling film and place weights or tins on top to press down. Balance the dish so the liquid drains into one side of the dish. Leave for 3 hours, pouring off liquid

occasionally. Meanwhile, separate the chard or bok choy leaves from their stems. Pile up the leaves, roll and slice them into 1/2" strips. Slice the stems into 1/2" pieces. Drain the tofu and cut the block into 20 pieces. Mix the tofu marinade ingredients together in a large dish and put aside. Heat a wok and add 2 TB of the oil. Fry the tofu, in batches, on all sides until golden, then put into the marinade, turning the pieces in the mixture to coat. Leave for about 20 minutes. Wipe out the wok with kitchen paper and heat on medium. Add the last tablespoon of the oil, and add the garlic and stir until it fizzes. Add the stems and stir for 2 minutes, add the mushrooms and stir-fry for 2 minutes. Add the chard leaves and give it another 2 minutes before adding the spring onions, Chinese chives and the marinated tofu to the wok. Cover and cook for a further minutes.

## **More Recipes: (Clickable Links)**

[Salmon with Swiss Chard and Couscous](#)  
[Strawberry Mint Sangria](#)

[Sautéed Turnips and Carrots with Rosemary-Ginger Honey](#)

### This Week's Box List

- \* Bok Choy
- \* Carrots (from Terra Firma Farm)
- Chard
- Chives
- \* Green Garlic
- \* Mint
- Oranges
- Rosemary
- \* Stir Fry Mix
- \* Strawberries
- \* Turnips

\* = Items in Box for 2