



WEEK OF APRIL 29TH, 2019 #18/52



Member Profile: Hank and Hazel's Sausage Cart



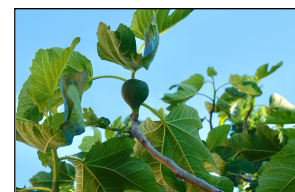
Sarah and Andy Harper are the owners of Hank and Hazel's Sausage Cart, but they are also hosts for one of our Vacaville CSA sites. I realize most of our members are in SF or the East Bay, but our community is

growing fast here near the farm, so all of you Dixon, Davis, Sac, Fairfield, Vacaville, Vallejo and Benicia members, keep your eyes open for the cart.

Years ago, Andy gave up his day job to go to New York to apprentice as a butcher. It was Andy and Sarah's dream to open a butcher shop sourcing locally sourced quality meats and sausages. Andy says, "After realizing my love of quality authentic sausages I decided a sausage cart would be a great way to get outside, have fun, and share my love of sausage with our community!" Currently they are running it as a side hustle on the weekends in addition to their full-time jobs, and hope to get to a phase where they may be able to do this business more full-time. The ultimate goal is to get a retail location in Vacaville. And that dream includes sourcing vegetables from the Farm to pickle and serve as sides to their sausages. Sarah told me, "The surprising best part of this project has been ALL of the amazing people we've met. When you put yourself out there doing what you love, you meet so many other cool people that are passionate about the same things. I knew this theoretically, but it has been magical to see this power work in our lives." You can follow Hank and Hazel's on their FB page <https://www.facebook.com/hankandhazels/>

Outside My Door

This morning I went out for an early walk to check on the lavender. Just outside my bedroom is a beautiful big fig tree, that in a couple of weeks went from winter barren to lush green leaves and figs growing madly. I don't have to walk far to see life bursting into action and the figs are a sure sign that, that is exactly what is going on. I will never forget the gleeful look on Nigel's face every time he would come into the house presenting me with a bowl of the first figs from our tree. Every year he would tell me he never imagined being able to walk out his door to pick fresh figs from his tree. We only have two figs right next to the house, and that land is not certified as organic, however, those trees produce a crazy amount of fruit. So when they are ready we will have some available to order as extras for you. In that same area we also planted a variety of citrus trees. Every time I walk outside I wish I had the ability to share with you the beautiful scent on the farm when the citrus is blooming. It is heavenly and truly floats on the air. Guess you will all have to make a trip to the farm. Hint, hint, the first Strawberry Day is next Sunday.



Chicken Stock Pre-Orders

We finally have a scheduled time with Roli Roti to cook up our next batch of chicken stock. That is happening this Friday, if all goes correctly. Last time so many of you took advantage of the pre-order which really saved us because we just barely had enough freezer space. We are actually processing 50 more birds this time, because Roli Roti has new equipment which is bigger. This time, we seriously need a good amount of pre-orders to go out so we don't have to go out and buy more freezers. This is a 4 pack for only \$24.00. Thanks in advance for helping us out with this. <https://eatwell.csaware.com/store/chicken-stock-preorder-4-pack-C5833?ul>

Strawberry Days & Lavender Harvest

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

Strawberry Salad

Recipe from Lemon Tree Dwelling

1/2 lb Little Gem Lettuces, you can also use some of the Stir Fry Mix

1 cup Strawberries, sliced

1/2 cup Mandarin Orange, peeled, separated into little wedges

1/2 cup Blueberries

1/2 cup Pecans,

3.5 oz Goat Cheese, crumbles

2 TB Chives, finely chopped

For the dressing combine in a jar:

1/2 cup Orange Juice

3 TB Olive Oil

2 TB White Balsamic Vinegar,

1/2 TB Honey

1/4 tsp Salt

1/8 tsp Pepper

Assemble all the parts of your salad into your serving bowl. Shake your dressing well and pour over the salad, toss to combine.

Miso Ginger Braised Chicken Bok Choy & Barley

Recipe from Cooking Light | Serves 6 to 8 | Total time 1 1/2 hours

Sent to us by CSA member Randi S.

1 cup uncooked whole-grain hulled Barley

1 TB Olive Oil

1 - 3 1/2- to 4-lb whole Chicken, trimmed of excess fat

3/4 tsp Kosher Salt, divided

3/4 tsp Black Pepper, divided

8 Green Onions, cut into 1-in. pieces, light- and dark-green parts divided

3 TB minced peeled fresh Ginger

10 medium garlic cloves, smashed

2 cups unsalted Chicken Stock

3 TB White Miso

2 1/2 TB Rice Vinegar

1 lb Bok Choy, halved lengthwise

1/4 cup fresh Cilantro leaves

Preheat oven to 375°F. Heat a Dutch oven over medium-high.

Add barley to dry pan; cook 8 minutes or until deeply browned. Remove from pan. Add oil to pan; swirl. Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add chicken to pan, breast side down; cook 6 minutes. Carefully turn chicken over; cook 4 minutes. Remove from pan. Add light-green onion parts, ginger, and garlic to pan; cook 2 minutes, stirring frequently. Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, stock, miso, and vinegar. Bring to a boil, stirring to dissolve miso and loosen browned bits.

Add barley and chicken to pan. Cover and bake at 375°F for 45 minutes. Arrange bok choy halves around chicken; cover and bake at 375°F for 15 more minutes. Uncover, and sprinkle dark-green onion parts and cilantro over chicken mixture.

Slow Cooked Salmon with Turnips and Chard

Recipe from Bon Appetit June 2014

4 6 oz pieces of skinless Salmon Fillet

4 TB Olive Oil, divided

1 tsp Lemon Zest

Kosher Salt

4 Garlic cloves, peeled, smashed

1 1/2 lb turnips scrubbed, halved

Freshly ground Black Pepper

2 bunches of Swiss Chard, you could supplement with the Stir Fry mix

1 small Shallot, finely chopped

1/4 cup chopped fresh Cilantro

1/4 cup chopped fresh Parsley

1 TB fresh Lime Juice

1 tsp toasted Sesame Oil

Toasted Sesame Seeds for serving

Preheat oven to 250°. Place

salmon in a large baking dish;

drizzle with 2 Tbsp. olive oil,

sprinkle with lemon zest, and

gently rub into flesh. Season with

salt and scatter garlic around.

Bake until salmon is medium-rare

(mostly opaque but still slightly

translucent in the center), 30–35

minutes. Meanwhile, combine

turnips, 1 Tbsp. olive oil, and 1 cup

water in a large skillet; season with

salt and pepper. Bring to a simmer,

cover, and cook until turnips are fork-tender, 15–20

minutes. Uncover and cook, tossing occasionally, until

liquid is evaporated and turnips are golden, 5 minutes.

While turnips are cooking, remove ribs and stems from

Swiss chard leaves. Thinly slice ribs, stems, and leaves

crosswise. Heat remaining 1 Tbsp. olive oil in another

large skillet over medium-high heat. Cook shallot and

Swiss chard ribs and stems, stirring often, until

beginning to soften, about 3 minutes. Add Swiss chard

leaves and cook, tossing often, until leaves are wilted,

about 2 minutes. Toss in cilantro, parsley, and lime

juice; season with salt. Drizzle salmon with sesame

oil. Serve salmon with Swiss chard and turnips, topped

with sesame seeds.

This Week's Box List

*Bok Choy

Carrots (from Terra Firma Farm)

*Chard

*Chives

Green Garlic

Lemon Balm

*Lettuce (From Terra Firma Farm)

Mandarins (From Twin Girl Ranch)

*Stir Fry Mix

*Strawberries

*Turnips

* = Items in Box for 2