



WEEK OF MAY 6TH, 2019 #19/52

### Strawberry Days

I am sitting out on the farm at the "weigh table" this Sunday morning, the first Strawberry Day of the year. Kind of awesome getting the newsletter done in between greeting folks, sending them off with plenty of baskets, then weighing berries as folks come back in. It is a beautiful 70 degrees here today, which is a bit cool for me, but I think all the berry pickers are really appreciating it. Next week it looks like it will be in the low 80s, so if you don't have your tickets yet, you might consider coming up. I would like to schedule one more Strawberry Day for the first weekend of June 2nd. I have experienced many strawberry seasons on the farm. Sometimes Strawberry Days were just a few people, and sometimes loads of people would make it out. A few years we opened it up to the public and had close to 400 people here a couple of times. Honestly, it was such a relief to go back to the smaller, more manageable members and their guests. Today we are expecting 44 people, and with such a small group, I only needed a little extra help. Thankfully, Wayne and Harmony volunteered to help me this weekend and next. They are set up at the "gate" greeting everyone as they arrive. The strawberries are abundant and delicious.



### Lavender

The destination of my walk this morning was the lavender field. My friend Justina at Araceli Lavender Farm here in Dixon has been posting pictures of their lavender starting to bud. She is hoping to have a bit of purple popping out by

Mother's Day, but from what I am seeing in our field we are ways off from that. They grow other varieties from us and are on the opposite side of Dixon, but it is interesting to see how different it is for our two farms. Looking at these tiny little lavender buds I am glad I decided to plan our Lavender Harvest for the weekend of June 21st. The weather has cooled back down this week, and I am hoping it will stay that way for a couple of weeks. It would be nice for the lavender to ease into its growth and not get pounded by really hot weather, especially after so much rain.

### The Breakfast Project

One of our CSA members, Joyce Lin Conrad piloted the Breakfast Project cooking program at Harvey Milk Elementary School in SF. This past Saturday was their fundraiser breakfast. Another Eatwell CSA member, Ted, joined me to work with the kids and help cook latkes, lots and lots of latkes. What a fun morning we had! We were working with mostly 4th graders, who were articulate, engaged, clearly confident in the kitchen, and oh so excited. This was their chance to show off all their newly learned cooking skills and feed their families. Joyce has done an amazing job getting this program off the ground. She applied for a grant to buy cooking equipment, including a few induction burners and a June oven, and with that the kids who participate in the before school program are able to have a healthy breakfast and learn cooking skills. Seeing how confident these kids were in the kitchen reaffirmed my belief that teaching kids to cook is one of the greatest gifts we can give them. Don't be afraid of teaching them to use a knife, start serrated knives, or kids scissors and have them cut herbs. They can peel carrots, or beat eggs. Let them make a mess, but teach them how to clean up. They want to take responsibility for taking care of themselves and their loved ones. I know it can be stressful, particularly after a long day, but it can also be a time of great connection and fun with your kids, a time to slow down a little and enjoy the moment. From what I saw on Saturday, Joyce really knows how to get the kids motivated and enjoy the process, and their was pride bubbling out of each and every one of them as they brought breakfast plates out to the families looking forward to their meals. Job very well done Joyce, I can't wait to cook with the kids again!



### UC Davis Vet Students

Every year a group of UC Davis Vet students come out with the poultry professor. It has always been fun for me to take them around because my chicken knowledge is very select, and the way we raise our birds is different from most of the places they will visit during their school year. They will visit the very large, factory production type operations. I learned something interesting this time around, the color of the eggs is determined by the color of the ears of the hen. I had always heard it was the color of the feathers, white bird produce white eggs, brown/red birds lay brown eggs. They grabbed a few of our young girls to get a good look, and they all look really healthy and happy. That flock is laying quite well, so we have pullet eggs available. Pullet is a young hen, usually less than a year. We also refer to the eggs they lay as pullets. Pullet eggs are small. The yolk to white ratio is higher than it is in larger eggs. The texture is silkier. We have them available for you to order, they are only available for a short while, so get them while you can!

# RECIPES AND IDEAS FROM LORRAINE

## Rose Geranium

From [delish.com](http://delish.com), here is a recipe for **Rose Geranium Whipped Cream** that would bring your berries and cream to an entirely new level.

2 cups very cold Heavy Cream  
1/3 cup Geranium Flowers and leaves, the leaves are more potent  
1/2 tsp. pure vanilla extract  
1/4 c. confectioners' sugar  
Put heavy cream, flowers/leaves, vanilla, and confectioners' sugar in large mixing bowl. Chill for a least 30 minutes and up to overnight. Strain out petals. With a mixer fitted with whisk attachment, whip mixture on high speed for 3 minutes, or until it forms soft, billowy peaks. Serve right away or refrigerate for up to 4 hours.

## Kale & Chicken Hand Pies

*Recipe from Martha Stewart*

2 TB All Purpose Flour, plus more for rolling  
1 TB Unsalted Butter  
1 Leek (white and light-green parts only), halved lengthwise, cut crosswise 1/4 inch thick, and rinsed well If you don't have leeks at home I would use 1/2 of an onion, diced  
1 small bunch Kale, tough stems removed, coarsely chopped  
1 tsp fresh Thyme leaves, I would sub out some of the herbs from this week's share  
Coarse salt and ground pepper  
1 cup Chicken Broth  
1 cup cooked Chicken, torn into bite-size pieces (about 5 ounces)  
1 large Egg, lightly beaten  
Preheat oven to 350 degrees. Divide dough in half. On a floured sheet of parchment paper, roll out one half to a 14-inch round. With a knife or biscuit cutter, cut out six 4 1/4-inch circles (re-rolling dough once if necessary) and transfer, on parchment, to a baking sheet. Repeat with remaining dough, cutting out six (larger) 4 1/2-inch rounds. Chill rounds on sheet until ready to use. In a large skillet, melt butter over medium-high. Add leek and cook, stirring, until soft, 3 minutes. Add kale and thyme, season with salt and pepper, and cook until kale wilts, 3 minutes. Sprinkle flour over mixture and stir to combine. Add broth and bring to a boil. Cook, stirring often, until mixture thickens, 2 minutes. Transfer to a medium bowl, season with salt and pepper, and stir in chicken. Let cool slightly. Place a heaping 1/4 cup chicken mixture on each of the smaller dough rounds, leaving a 1/2-inch border. Brush edges with egg and top with larger dough rounds; using fingers, press edges firmly to seal. Cut a small vent in each pie. Bake until browned and crisp, 30 minutes, rotating sheet halfway through. Let cool slightly on sheets on a wire rack. Serve warm or at room temperature.

## Collard Greens

Collard Greens make a great no carb wrap. [kitchenista.com](http://kitchenista.com) has a great tutorial for all the steps, even a video. Here is the link to that <https://www.kitchenistadiaries.com/2016/03/how-to-prepare-collard-green-leaves.html>. There are so many options for wrap fillings: Chicken or Tuna Salad, Falafels with some lettuce and a Green Garlic Yogurt Dressing, Spicy Meat or Tofu with some cooked beans from Rancho Gordo.

## Garlic & Herb Yogurt Sauce

*Recipe from eatingwell.com*

The original recipe is made with garlic cloves, but our Spring Garlic is getting closer to cloves, therefore the flavor is intensifying, and I think it would work just fine here. You can use any of the herbs you have in your share this week. You can use this sauce on the beets, or in a wrap, or on a salad.

1/2 cup Plain Yogurt  
2 TB Milk  
1 1/2 TB Lemon Juice  
1 tsp Honey  
1 tsp Extra-Virgin Olive Oil  
1 tsp + Oregano, Chives, Dill, Cilantro, finely chopped  
1 + teaspoon Garlic, minced  
salt and freshly ground pepper, to taste

Combine yogurt, milk, lemon juice, honey, oil, oregano and garlic in a small bowl. Season with salt and pepper to taste.

## Stir Fry Mix

Stir Fry Mix can always be used in a heartier salad. Wash well, trim the bottoms if necessary, rough chop and massage a bit. These greens hold up well in a grain bowl type salad, brown rice, or quinoa, or barley. You can add a bit of cooked beans, almost any of the Rancho Gordo Beans would make a great addition. When you google Grain Bowls, there are loads of "30 ways to a better bowl" type listings. But to keep it simple, cook up some Brown Chico Rice, saute the Stir Fry Mix, maybe use some lemon juice and olive oil OR go with an Asian flavor and use Toasted Sesame Oil and Tamari. Put a scoop of cooked rice in a bowl, tow with sautéed greens, for some protein add a poached egg, an top with a little of the Garlic & Herb Yogurt Sauce.

### This Week's Box List

- \* Beets (From Terra Firma Farm)
- \* Cilantro or Dill
- \* Collards
- Green Garlic
- \* Kale

Lettuce (From Terra Firma Farm)  
Mandarins (From Twin Girls Ranch)  
Oregano or Chives  
Rose Geranium  
\* Stir Fry Mix  
\* Strawberries  
\* Turnips

\* = Items in Box for 2