



WEEK OF MAY 20TH, 2019 #21/52

### Andrew and Eric

For you newer members, I would like to introduce you to Nigel's twin sons Andrew and Eric. I know the members who have been with this farm for many years



know the "boys" well, either having met them in person or through the newsletters. Andrew and Eric started making appearances at the Ferry Plaza Farmers market at the ripe old age of 2 weeks! When they got a little older they learned to hustle, hawking thousands of bunches of lavender, strawberries, tomatoes and Romanesco. Eventually they could set up the stand as fast as any of the adults. Chatting with our customers, they shared stories about our land, eggs, the CSA, and the latest Giants scores.

Well, those two little guys, who are now 6+, just graduated from university. Andrew attended Guilford in North Carolina, and studied sports management. He just came back to California, thankfully offering us a bit of help when he has time in between his job searching. Eric chose Ohio University for the journalism program. He is one of the lucky few who was offered a job in his field, straight out the gate. Eric wrote a beautiful post on FB about why he chose to leave California to attend university so far from home.

"Everyone still asks why I would leave California for Ohio. The simple answer is I just really needed to be in a place where I was uncomfortable so I could grow as a person. Not knowing anyone in the whole state forced me to change. Within four days I found someone the one person who had been to Davis and they happened to be in the same group as me, such a small world. Over many late nights in *The Post's* newsroom and throughout the four years I developed so many friendships from stepping out of my comfort zone. Enough of the sappiness. It's been a crazy last month with graduation and finding a job but all of that has been accomplished. Tomorrow I start as a sports reporter for *The Bluefield Daily Telegraph* in Bluefield, West Virginia. I am grateful to have found a job in my field straight out of college and am really excited to start focusing full-time on what I love to do!"

### Cherries and Apricots

Walking through the orchard I was quite surprised to find trees with a nice amount of cherries on them. I thought for sure the rain several weeks back, had knocked off all of the blossoms and there wouldn't be any fruit at all. But life wants to happen, and plants really want to reproduce. We don't have huge amounts of cherries, and those smart birds usually get them just before they are completely ripe. If we are lucky, I am hoping we will have some, not enough for the boxes, but at least enough to order as extras in a week or so. I ate a few and they were already quite delicious.



While out there I also took a look at the apricots. We have trees with no fruit at all and some with just a little, then trees with branches that are loaded. One of the things Nigel did was to plant different varieties within a fruit family, so maybe that is what is going on, different types of apricots in the same row? Or maybe the first couple of trees at the end of a row don't like their location? You know, location is everything! I know we have apricots, apriums, pluots, and if memory serves the pluots come in much later. Most of the fruit that is out there is still small and green, but Jose says there is some we can harvest for some of the boxes this week. **They will ripen after picking, and the best way to do that is to put them into a paper bag, fold the top back and let them sit on the counter. In a couple of days they should color and soften up nicely.**

### Crazy Spring

It's Sunday, it's cold, and rain has been falling off and on for a few days now. My heart sank last Thursday when the massive downpour hit on the farm, knowing that it would destroy the ripe strawberries we had planned to send to the market and sell to our wholesale customers on Saturday. But on the other hand, with the temps in the low 50s, even dropping into the mid 40s last night, the cauliflower, broccoli and romanesco are quite happy. I guess you win some and lose some. We do have broccoli in the box this week, so that is something to be happy about.

# RECIPES AND IDEAS FROM LORRAINE

## Easy Roasted Broccoli with Garlic and Oregano

Because it has been so dark and cold I have had a craving for Broccoli Tuna Casserole. I found a recipe at Veg Times for a “Mock Tuna” Vegetable Casserole [www.vegetariantimes.com/recipes/mock-tuna-noodle-casserole](http://www.vegetariantimes.com/recipes/mock-tuna-noodle-casserole) and I would blanch some broccoli to replace the frozen peas. If tuna is in your diet, here is a recipe that is pretty traditional [www.simplyrecipes.com/recipes/tuna\\_casserole/](http://www.simplyrecipes.com/recipes/tuna_casserole/). Of course there are thousands of ways to enjoy fresh, young broccoli, this recipe from [shebakeshere.com](http://shebakeshere.com) includes the garlic and oregano in this week's box.

3 - 4 cups chopped Broccoli  
1 TB Olive Oil  
1 or 2 cloves of Garlic, finely minced, the “spring” garlic is forming bulbs now, still milder than fully formed and cured garlic, so add more if you want stronger flavor  
1 to 2 tsp finely chopped Oregano  
Salt and Peper

Preheat oven to 450 F and line a baking sheet with parchment paper. In a large bowl, combine broccoli, olive oil, garlic and oregano. Toss until the broccoli is well-coated. Spread the broccoli on the baking sheet and season with salt and pepper. Bake for 15-18 minutes. Chef the broccoli and if it's still a little soft, flip all the pieces with a spatula and cook for another 3-5 minutes. The broccoli should be fragrant, crisp and easy pierced with a fork. Serve immediately.

### More Recipes (with clickable links):

- [Parmesan Crusted Crushed Turnips from A Chef's Kitchen](#)
- [Beet Latkes with Chive Goat Cheese from Williams Sonoma](#)
- [Spring Sheet Pan Salmon from The Defined Dish](#)
- [Savory Vegan Collard Greens from Cozy Peach Kitchen](#)

We were hoping to have Snap Peas, but I just got off the phone with Durst, and they are not harvesting anything at all (this includes their asparagus) until possibly Wednesday because of the rain. We have substituted the Snap Peas with our Collards.

### This Week's Box List

- \* Broccoli
- Chives
- \*Collards
- Garlic
- \* Kale, Red Russian
- \* Lettuce or Spinach
- \* Oregano
- Radishes or Beets
- Raisins (From Capay Canyon Ranch)
- \* Strawberries, Tart Cherries, or Apricots
- \* Turnips

\* = Items in Box for 2

## Green Jade Soup

*Recipe from Moosewood Cooks At Home*

This is a favorite of CSA member Shannon D. She says it is one of the best ways to get her kids to eat all of their greens. Shannon often uses an entire bag of Stir Fry mix plus turnip greens in this one pot meal. This week we have Red Russian Kale, so you can use that AND turnip greens.

4 dried Shiitake Mushrooms  
1 cup boiling Water  
6 cups Vegetable Stock; or 2 cube bouillon dissolved in 6 cups Water  
1 1/2 TB grated fresh Ginger

### Root

1 1/2 cup thinly sliced Carrot rounds  
1 1/2 cups thinly sliced Leeks or Onions  
2 cups Kale  
4 cups firmly packed, rinsed, chopped fresh Spinach  
1 cake Tofu; cut into 1/2" cubes  
Salt, to taste  
Chopped Scallions  
Several drops Dark Sesame Oil; optional

Place the shiitake mushrooms in a heatproof bowl, cover with the boiling water, and set aside for about 10 minutes. Heat the stock or bouillon in a large soup pot. When it comes to a boil, add the ginger, carrots, leeks or onions, and greens. Lower the heat and simmer for about 10 minutes, when the vegetables are tender. Drain the shiitake and add the soaking liquid to the soup. Thinly slice the shiitake caps and stir them into soup along with the spinach and tofu. Cook for 5 minutes. Add salt to taste. Serve garnished with scallions and sesame oil, if desired.