



WEEK OF JULY 15TH, 2019 #29/52



The Good Work

I just came in from moving Stella's fence so I could put her out on fresher grass. It is a beautiful morning here on the farm, a light breeze and gorgeous light. There is usually a day in July when the smell of the air changes, and the sound of the breeze tinkling the leaves takes on a different sound. For me this is always the sign that summer will reach its peak soon and in a blink of an eye it will be autumn. No longer are we waiting for summer, summer is here.

Moving Stella's fence is rather meditative work. I am kind of away from the hustle and bustle of the farm, can't be distracted by my phone, or my computer, I am just there with my mind and 10,000 thoughts. The beauty of this chore is you have to physically be there to get it done, but it is basically mindless, so you also get to be with your mind, and your heart and your soul. So much of life's reality hits me when I am out there. This morning my mind drifted off to my dear friend who is losing her father probably this week, and to another sweet friend who lost her's a couple of weeks ago. I think about the fact that we are never prepared for that ending. Our reaction is, I have a little more time, but then you just don't; and it feels like it comes way too soon, which, of course it does.



Walking back to the house I hear and watch the crop duster fly by. For me, the sight of those planes and helicopters breaks my heart every single time. I know that they aren't always spraying poisons, but most of the time they are. But then, the thought of what amazing work you, our CSA members, are doing. With every CSA subscription, or farmers market purchase you are a part of an ecology

that doesn't rely on crop dusters flying overhead, or enormous tractors with huge tanks of chemicals driving up and down the rows in the fields. Have you ever taken a moment, perhaps when you are performing your somewhat mindless tasks, to appreciate just how important your choices are?

I read the stories about the bees, butterflies, fish and carbon sequestration and I know these they can bring us to almost a stand still state of overwhelmed. But then I walk this farm I can't help but think we are so crazy, the solutions really aren't that hard.

(Continued) If you have been to the farm and wandered through our lavender, or sat out in the fields picking strawberries, you must have noticed the bees buzzing all around you. If you looked up you would have seen an array of birds, many hawks, red winged black birds, pretty bright green things and pretty little red orangey ones. This spring I saw so many butterflies, it was just mind blowing. It is incredible the diversity of creatures living on our farm. Your good work, making the commitment to support this family farm, is directly responsible for all of that life. Because of you we are not a single crop farm, with barren fields for months out of the year. Because of you, I know that we could make serious changes to our future, with simple changes, we just need more folks to get on board.

Re-reading this, I realize I have been a bit all over the place this morning. Too many thoughts sometimes make for a challenging newsletter article, but really, all of this, is just another way for me to say thank you. Thank you for being a part of the solution, for making the choices you make, and always, thank you for supporting our family farm.

Herbs

Several years back Nigel replanted many beds of herbs. He planted through the woven plastic, that allows for air flow and for the water to penetrate and it lasts for years. It was great for a couple of years. The problem is, eventually the weeds find their way in. The mint we currently pick is hidden by tall grasses.

Last year I had this idea to plant herbs in our unused squash bins. My thought was to plant intensively, and make it easier to control the weeds. I wanted to place these bins up closer to the house, right next to the Member's Garden, where they would be a bit more protected from the harsh wind, and get shade a little earlier in the day than our fields. Having them located up here will also make it more convenient for us to pick the few bunches we need for the extras that some of you like to order. Cory helped me get this project going. We filled the bottom half of the bins with the wood chips, then added a load of organic compost, then we are topping the bins with organic soil. I got the first few starts from our friend Dan at Flatland Flower Farm, aka Little Apple Treats. I planted the first round last week, mint, marjoram, winter savory and Nigel's big leaf thyme (yes that is what he called it). This week I got some sage and oregano. My hope is, in this more protected space, we can grow a better quality of herbs and add some variety. Of course we will still have to have beds of basil and parsley and dill and cilantro, but those all are more seasonal, and they go into the box as an item.



RECIPES AND IDEAS FROM LORRAINE

Cabbage and Cucumber Salad

Recipe found on natashaskitchen.com

1 Green Cabbage
1/2 Red Cabbage
1 Cucumber
1 bunch Green Onion, use the tops from this week's onions
4 TB Sunflower Oil
1 1/2 TB Vinegar
1 1/2 tsp Salt

Thinly shred the cabbages and place them in a large bowl. Peel and julienne cucumber and finely dice green onion. Add both to the bowl. In a small bowl mix all the dressing ingredients. You may not need all of it on your salad, so just drizzle on to taste.

BLT

When tomatoes are in season I can't help but crave a good BLT, actually I usually go for the BAT, bacon, avocado, tomato. And lately I have really been enjoying Fakin Bacon from Lightlife. It is strips of smokey flavored tempeh, and before I was introduced to good bacon, this was my preferred BLT choice.

Make some mayo from Eatwell eggs, slice the tomatoes super thick. Lettuce or Avocado is great. And you have one of summer's finest sandwich meals. So I did a quick search for Julia Child's Mayonnaise recipe and thought I would link you to this one, since it mentions a summer BLT:) www.thekitchn.com/the-one-who-taught-me-mayonnai-92558

You can throw in some very finely chopped basil and make it even more special. In the Bay Area you have abundant choices of fantastic bread, so go ahead and elevate this simple sandwich to a higher state of lunch or dinner glory!

Massaman Curry with Kale, Chickpea and Potatoes

Recipe from Epicurious submitted by Krisrd453
The original recipe was made with butternut squash, but we have potatoes in season and that is what you usually find in a Massaman Curry. Since we don't have 3 lbs of potatoes in the box, which is what the recipe calls for I am adding in cubed turnips, which I think will be delicious in this curry.

This Week's Box List

Basil
Cabbage
* Chard
* Cucumbers
* Kale, Red Russian
Onion, Spring
Parsley
* Plums or Peaches
* Potatoes
* Tomatoes
* Turnips
* Zucchini

* = Items in Box for 2

2-14 oz. cans Coconut Milk
1/4 cup + 2 tbsp. Massaman Curry Paste (homemade or commercial)
Potatoes and Turnips, cubed
1-14 oz. can or 1 3/4 cups cooked
Chickpeas, rinsed and drained or if you have the RG's at home cook them up yourself
1 small Onion, sliced
1/2 lb. Kale, stems removed and torn into bite-sized pieces
1/2 cup Peanuts
3 Scallions, chopped

Place coconut milk in large saucepan. Add curry paste and heat to a simmer, stirring to dissolve paste. Add potatoes, turnips, chickpeas and onion. Allow to simmer over low heat, uncovered, until potatoes are tender. Add kale and stir. Simmer until kale is well wilted. Divide among plates or bowls and top with peanuts and scallions. Serve with rice.

More Recipes:

- [Grilled Salmon with Aleppo-Honey Glaze, Turnips, and Kale from Fine Cooking](#)
- [Tomato, Basil, Zucchini Goat Cheese Tart from A Pretty Life](#)
- [One-Pan Crispy Chicken Thighs With Potatoes and Chard from Cooking Light](#)
- [Sweet and Sour Stir Fry from Food Republic](#)