



WEEK OF MARCH 16TH, 2020 #12/52

So Much To Say

Where do I start? I wrote my newsletter last night and it feels like things are changing so fast I need to start all over. These are challenging times, to say the least. Over the weekend our orders skyrocketed at a rate we have NEVER experienced. I want to assure you we are doing our absolute best to get your boxes and extras out. I am scrambling to think of everything we need to stay on top of this increase. As I mentioned last week, we will be lining the boxes with plastic bags. This is to help protect you and your food, and honestly something we should have been doing anyway. One of the ways you can help us is by returning your boxes and treating them kindly. The proper way to open your CSA box is to gently bend the top flap in at the crease, then pull up to open. Please do not tear the side flaps. It is critical to keep them in good shape in order for us to be able to re-use them. Some of my fears for the coming weeks is not being able to get the supplies we need, and the boxes are obviously a major component in our system. If you are stashing a bunch in your garage, now is the time to return them.

No one can prepare for a situation like the one we are facing right now. I have to balance wanting to order everything like crazy with a bit of caution as I see our wholesale orders come to a screeching halt, and know there is real potential the farmers market will be closed. At this point even though there is a serious increase in the CSA, with the loss of wholesale and the market and the need to order lots of extra supplies, there is as much extra money going out as is coming in. How I wish I had a crystal ball.

Last week I placed my normal Rancho Gordo bean order and by Saturday it was clear we needed at least twice as much as what I ordered. Sunday morning I spoke with our sales person at Rancho Gordo and he told me by Saturday they had 3,000 orders in their queue! I am hoping we will get our initial order early this week, and have placed another double sized order to get in line. Sunday morning I quadrupled our regular ground beef order. Eggs are temporarily on hold to fill all the orders for this week. As soon as we assess there is in enough inventory for next week we will turn them back. The increase in extras is staggering, so I ask you all to please be patient, if we run out of items, or our orders don't show up in time to get them out to you. We are working hard to avoid mistakes, and make sure what we send out to you is clearly labeled to reduce any potential confusion. Please check the sign-in sheet and only take what is on the list under your name. Quite often members forget their extras, even their eggs, which is pretty sad. Just to remind everyone, please double check to make sure you are taking the correct size box. Often a partner, spouse or friend is sent out to pick up and they don't know the system, so don't forget to explain it to them. If you have any question please call us at (707)999-1150.

Community

Last Saturday I went to SF to work the Ferry Plaza farmers market. My feeling was, if I am asking customers to come out and support us and asking my staff to work, I need to be there too. Rainy market days

are seldom fun, but we were grateful it didn't start raining until after the canopies were up, the van unloaded and most of the stand set up. It is rough working all day in the cold, especially if you start out wet. We set up in record time, and anxiously waited to see what the day would bring. To be honest it was almost too emotional. I was so touched watching the steady stream of folks walking in, determined to get their veggies and eggs and chicken stock, and all the other goodies the market offers. So many people thanked us for being there, and of course, it was us who felt the most gratitude to these loyal amazing customers for coming out in the rain and supporting us. It was an example of the good in people. For years we have heard how the Ferry Plaza Market has become just a tourist destination and the number of regulars has dwindled, but this past Saturday proved to us all that our community is strong, and people wanted us to know they were there for us.

It is truly heartwarming to hear and read how supportive our members and market customers are. However I really have to share something with you, and that is we farmers and small food producers here in California really need this kind of support all the time. We all have heard the stories of the mad rush on grocery stores, so we are indeed lucky to live in a place where there are a lot of amazing farms and small food producers to turn to. But all of us working in the local food business live life on the edge, we are constantly trying to figure out ways to innovate and keep our businesses viable. One thing this crisis has shown me is how important a local food system is. With so much of our food coming from other countries what do we do if the borders close? Even though I am not technically a farmer, I have a lifelong passion for food and feeding people. My heart is deeply linked and committed to this land and our community and right now I am so proud that we are here and able to feed you. I don't even know how to express it properly. You guys are doing the best thing possible, you are supporting farms directly. Please, please, tell your friends, no matter where they live to find a local farm to support. Face masks and toilet paper will not do us any good if we can't get food. Local Harvest has a great resource on their website to find CSA farms all over the country. Let this experience show us how vital it is to have our local businesses. Please consider ordering online from some of our amazing Bay Area Food Producers. If you aren't familiar with them please check out CUESA's website, a lot of them are normally at our farmers market and are listed there. Now is the time to embrace the local food movement and help us build it up to be as strong as possible. One big mention of gratitude for our crew getting literally tens of thousands of plants and seeds in the ground over the past few weeks. With this bit of rain those little plants will be really happy. Now we need them to grow fast. We met with the crew this morning and talked about the jump in orders and boxes, which translates to more work for them. We run a really tight crew, and they are amazing, hard working people. So when you get your boxes this week, please remember our crew because they are amazing!

RECIPES AND IDEAS FROM LORRAINE

Before I jump into what to cook this week, I need to apologize for something. I had said weeks ago that we would keep the price of the chicken stock the same price per ounce. But yesterday I was looking at all of our costs and found there was a significant increase, so I have had to raise the price from \$7.00 to \$8.00.

So what to cook this week? I guess many of you will have some extra time to cook working from home. Big pots of soup or stew, whether with meat or without would certainly be in order.

Remember the tops on everything we send out can be eaten as well. Beet greens are delicious, finely chopped and added to salads or even sautéed. Zest your lemons before you squeeze them, same goes for those mandarins. You can put the zest out on a small plate to dry and save for later, or put it into the freezer. The bottoms of the onions, parsley, greens, garlic, and the root ends of your beets, can be washed and thrown into a pot to make stock. If you aren't making stock this week, throw all of those bits and bobs into a bag or container and into the freezer until you have enough stored up to make a batch of stock. Radish greens make a delicious, slightly spicy pesto.

Beet Greens and Ricotta Tart

Recipe from River Cottage Veg by HFW (Hugh Fearnley-Whittingstall)

For The Pastry:

2 cups All Purpose Flour

A pinch of Sea Salt

1/2 cup plus 1 TB chilled Unsalted Butter, cut into small cubes

About 5 TB cold whole Milk

For The Filling:

Greens form a bunch of beets or a bunch of Chard, about 10 oz

1 TB Olive Oil

1 large Onion, halved and sliced

A handful of thyme sprigs OR use Eatwell Thyme Salt

1 Garlic clove, finely chopped OR use your Green Garlic

Sea Salt and freshly ground Black Pepper

3 1/2 oz Ricotta Salata, finely crumbled

2 large Eggs, plus 2 Egg Yolks

Scant 1 cup Heavy Cream

Scant 1 cup Whole Milk

To make the pastry, sift together the flour and salt, or give them a quick blitz in a food processor. Add the butter and rub with your fingertips, or blitz in the food processor, until the mixture resembles fine breadcrumbs. Mix in the cold milk little by little, until the pastry just comes together, then turn out onto a work surface, knead briefly to bring it into a ball. Wrap and chill for 30 minutes. Preheat the oven to 350 F. On a lightly floured work-surface, roll out the pastry quite thin and use to line a 10" tart pan. Leave the rough edges of the pastry hanging over the sides of the pan. Line with foil, fill with baking weights, and blind bake for 15 minutes. Remove the foil and weights, prick the pastry in a few places with a sharp fork and bake uncovered for a further 10 to 15 minutes, or until the pastry is just starting to color. Using a small, sharp knife trim away the excess pastry from the edge. Leave the oven on.

To make the filling, chop the stalks from the beet tops or chard and shred the leaves. Heat the oil in a large frying pan, add the onion with the thyme and sweat gently for about 10 minutes, until softened. Add the garlic and chopped beets or chard stalks. Cook, stirring often, for about 10

minutes, until the stalks are tender. Add the shredded leaves and cook for another 5 minutes or so, until the leaves have wilted down. Season well with salt and pepper. Spread the leafy mixture in the tart shell. Scatter the crumbled ricotta over the top. Lightly beat together the eggs, egg yolks, cream, and milk in a bowl and season well with salt and pepper. Carefully pour this mixture into the tart shell. Bake the tart at 350 F for about 35 minutes until golden. Serve warm or cold.

This Week's Box List

*Spring Onion

*Radish

*Kale

Spinach

*Lettuce

*Green Garlic

*Chard

Parsley

Mandarins

Beets

*Lemons

* = Items in Box for 2

Beet and Walnut Hummus

Recipe from River Cottage Veg by HFW (Hugh Fearnley-Whittingstall)

This is the recipe I was looking for when I stumbled upon the beet green tart recipe. I have made this hummus in the past and it is DELICIOUS!

1/2 cup Walnuts

1 TB cumin Seeds

1/2 oz stale Bread, crusts removed and torn into chunks

7 oz cooked Beet, not pickled, cut into cubes

1 TB Tahini

1 large Garlic clove, crushed

Juice of 1 Lemon

A little Olive Oil

Sea Salt and freshly ground Black Pepper

Preheat the oven to 350 F. Toast the walnuts on a baking sheet in the oven for 5 to 7 minutes, until fragrant. Leave to

cool. Warm a small frying pan over medium

heat and toast the cumin seeds, shaking the pan, until they start to darken and release their aroma, this should take less than a minute; don't burn them. Crush the still-warm seeds with a mortar and pestle or spice grinder. Put the bread and toasted nuts into a food processor or blender and blitz to fine crumbs. Add the beets, tahini, most of the garlic and cumin, the juice of 1/2 lemon 1 1/2 tsps of oil a little salt and a grinding of pepper. Blend to a thick paste. Taste and adjust by adding a little more cumin, garlic, lemon, salt and or pepper and blending again. Loosen with a dash more oil if needed. Can be kept in the refrigerator for a few days, serve at room temp.

Parsley, Radish and Red Onion Salad

Recipe from BBC Good Food

1 large Red Onion, peeled

1 TB Olive Oil

1 large bunch Curly parsley, 2oz

1 bunch Flatleaf parsley, 1oz

1 bunch of Radishes, well rinsed

For The Dressing

1 TB Balsamic Vinegar

1 tsp Dijon Mustard

3 TB Extra-Virgin Olive Oil

2 TB neutral Oil

Cut the whole onion into paper-fine slices. Heat the oil in a medium-sized frying pan over a high heat. Tip in the onion and fry for 4-5 minutes, stirring almost constantly to break up the rings. When the onion is saggy and the oil has been absorbed, remove the pan from the heat and leave the onion to cool. Strip off the little sprigs of parsley, discarding the main stalks or saving them for a stock. Slice the radishes finely. To make the dressing, pour the vinegar into a small jug, add the mustard and season well. Whisk thoroughly to combine, then pour in the oils and continue whisking to a thickish emulsion. Toss the parsley, radishes and onion together; pour over enough dressing to finely coat the leaves. Serve immediately.