



WEEK OF APRIL 6TH, 2020 #15/52

Morning Rituals

I start my day with a cup of PG Tips, or three, with a splash of milk. It is something I cherish from my time with Nigel, who most mornings brought me tea in bed. On my first trip to England I learned how the English cope with everything, "Right, I'll put the kettle on". This is the response to the doorbell ringing, the advert break on TV, good news, bad news, no news, the start of your day, the end of your day. When our trucks were heading home from the market we all knew to send a text to the person who was at home about 10 minutes out, "put the kettle on" to ensure tea would be waiting for us upon arrival. Same when family came to visit and they were nearly here from the airport. These past few weeks I have felt such relief with that first sip from a fresh pot and it reminded me of the importance of coping mechanisms, which is what tea has been collectively for nearly an entire country. Americans don't really have such a thing, we may individually, but not something that is so universal as tea is in England. The beauty of it, is it gives you a few moments of task distraction, to collect yourself, your thoughts, your emotions, so that you can move forward with a bit more clarity and hopefully a little less emotion. From the messages I have received from many of you, it sounds like you are coping so far. I wonder will you find ways or rituals that will become a part of our daily lives going forward?



Potatoes starting to come out of the ground, they were planted in mid-February and we hope to start harvesting in May.

Strawberries

As I sit at my desk this rainy Sunday morning I am wondering how much rainfall will come down on us this weekend, and what it will do to all the delicious strawberries out in the field. Today's gray sky suits my mood, but if it rains hard it will damage the berries. We were hoping to have enough to surprise you in this week's box, but not sure that will happen. It is hard to know how hard it is raining from inside my house, as our living roof means you never hear the rain. Quite often I'll head outside and am completely surprised. We shall see what Mother Nature has done for us this weekend. The strawberries coming out of the field right now are huge, red and amazingly sweet and flavorful for early April. I typically don't enjoy strawberries until June at the earliest because the early berries just aren't as flavorful. I think all that warm weather through February and early March really got them going.



A Couple of New Items

I was able to find certified organic, raw almonds from Capay Hills Orchard. We are picking up one hundred pounds. I am pretty excited as raw almonds are hard to find as they have to be purchased directly from the farmer. These are all pre-bagged in 1 lb. bags and coming straight to you. I highly recommend soaking them in a little salt water over night. That starts the enzymatic activity of sprouting and makes them more digestible and nutritious, plus super delicious. Hodo Soy Tofu, so many of you responded to my Thursday email, thank you! And a lot of you are on the wait list. I am hoping to get an order in place and picked up at the market next Saturday, so if all goes well, we will have tofu for you in another week. It helps me tremendously if you want these items to put your name on the waiting list. I will be ordering a lot more cheese from Spring Hill this week and I am adding their organic jack.

Due to the pandemic, it is looking very likely we will have to postpone or cancel our Strawberry Days. This will be a sad decision, should it come to that, because Strawberry Days are such an Eatwell tradition. Most certainly the first on May 3rd will get moved, maybe to May 17th, if we are on the other side of the pandemic, but honestly I am not feeling too hopeful. If you have purchased tickets for either of the two dates, can you please email me and let me know if you would like us to refund you? Or hold on to your tickets until we can reschedule? Or we can offer you credit in your CSA cash account. drinkwellsofters@gmail.com Should it come to it, and we cannot have any events, we will order lots of baskets and the case packs they go in to offer you jamming/freezing berries at a good price.

RECIPES AND IDEAS FROM LORRAINE

Spicy White Bean Stew With *Broccoli Rabe

Recipe from NYT by Alison Roman

4 servings Takes about 40 minutes

This recipe was shared in our Eatweller's Slack page by member Erin, who switched out the *broccoli rabe for the bag of stir fry mix in last week's share. She loved it! Thank you Erin!

1 bag Stir Fry Mix and maybe some Chard

(The original recipe calls for large bunch (or 2 small bunches) broccoli rabe or kale, thick stems separated from the leaves)

¼ cup Olive Oil, plus more for drizzling

4 Garlic cloves, thinly sliced OR use your Green Garlic

1 medium Red or Yellow onion, thinly sliced

Kosher salt and black pepper

2 to 3 TB Harissa or Tomato paste
Red-pepper flakes (optional)

3 (15-ounce) cans large White beans, such as cannellini, butter or great Northern, drained and rinsed

4 cups Vegetable or Chicken Broth

1 Preserved Lemon, thinly sliced, or 1 Lemon, halved, for squeezing

2 oz Feta or other salty cheese, such as Queso Fresco or Pecorino, crumbled

1 cup Parsley or Cilantro, leaves and tender stems

Fried or medium-boiled Eggs, for serving (optional)

Tear leaves into bite-size pieces and set aside. Chop the stems into about 1/4-inch pieces; set aside. Heat 1/4 cup olive oil in a large pot over medium heat. Add garlic and onion, and season with salt and pepper.

Cook, stirring occasionally, until lightly browned and sizzled at the edges, 4 to 6 minutes. Add harissa (or tomato paste and a pinch of red-pepper flakes), and stir to coat in the oil. Cook until the harissa is a nice brick red color, the sugars start to caramelize and the oil turns a nice vibrant fiery orange color, about 2 minutes. Add beans, and season with salt and pepper.

Using a wooden spoon or spatula, crush a few beans to release their creamy interior. Add the broth and reserved stems, and season with salt and pepper.

Bring to a simmer and cook until you've reached your desired consistency (less time for a brothier soup, more time for a thicker stew), 15 to 20 minutes. Add leaves and preserved lemon or lemon juice, and stir to wilt the greens. Season with salt, pepper and more red-pepper flakes if you want it spicier. Serve with feta and parsley, and with eggs, if you like.

Swiss Chard Slab Pie

Recipe from NYT by Tejal Rao

8-10 Servings Takes about 1 1/2 hours

And another great suggestion from one of our members who posted this to the Slack group! Rebecca uses yogurt instead of the sour cream, because that is what she typically has at home. Thanks for the share Rebecca!

3 cups All-purpose Flour, more for dusting work surface

1 tsp Salt

½ tsp Black Pepper

1 ¼ cups cold Unsalted Butter (2 1/2 sticks), cubed

⅔ cup Ice Water

FOR THE FILLING:

½ cup Extra-Virgin Olive Oil

1 large Red Onion, finely chopped

4 Garlic Cloves, thinly sliced

Salt, to taste

1 TB ground Coriander

1 tablespoon ground Ginger

Pinch Red Pepper flakes

3 lb Swiss Chard, stems separated and cut into 1/4-inch pieces, leaves roughly chopped

½ cup dry White Wine

¾ cup Sour Cream

Black Pepper, to taste

1 Egg, beaten with 1 tablespoon water

Make the dough: In a food processor, pulse flour with salt and pepper. Add butter and pulse until mixture resembles a coarse meal, with some large pieces of butter remaining. Sprinkle ice water on top and pulse just until dough comes together.

Scrape onto a work surface, divide in half, and pat each half into a 6-inch square. Wrap in plastic wrap and chill for about an hour. Make the filling: In a pot, heat olive oil over medium-high heat. Add onion, garlic and a generous pinch of salt, and cook, stirring occasionally, until just softened, about 5 minutes. Add coriander, ginger and red pepper flakes. Add chard stems and cook until just softened, about 6 minutes.

Stir in chard leaves in large handfuls, letting them wilt before adding more.

Add wine, reduce heat to medium, and cook until leaves are tender and liquid has evaporated, about 15 minutes. Transfer to a colander to cool completely and drain.

When cool, mix chard with sour cream and season with salt and pepper. Heat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper. On a lightly floured work surface, roll out one piece of dough to a 12-by-16-inch rectangle. Slide dough onto parchment-lined baking sheet. Spread filling evenly, leaving a 1-inch border. Roll out remaining dough and ease it over the filling. Fold the rim over itself and pinch edges to seal. Cut a few slits in the top of the pie and brush with egg wash. Bake for 50 to 55 minutes, until crust is golden and cooked through. Let cool for at least 15 minutes before cutting. Serve warm or at room temperature.

Sugar Snap Pea and Radish Salad with Feta

Recipe found on Kara Lydon's website

When I clicked on this recipe, the first thing I read, was how she had been without a CSA for 3 years, and now that she is back with a farm in the Boston area, it is like Christmas every Wednesday when she gets her box. This recipe uses radishes, but if you have turnips this week, use those instead.

1 cup sliced Radishes OR Turnips

2 cups Sugar Snap Peas

1/2 cup crumbled Feta cheese

1/2 cup crushed Walnuts

1 tsp Lemon juice

1 tbsp Olive Oil

pinch of Salt and Pepper to taste

Optional: 2 tsp chopped fresh Mint

Combine radishes, snap peas, feta, and walnuts in a bowl. Add lemon juice, olive oil, and toss to coat. Salt and pepper to taste. Optional: add fresh mint.

This Week's Box List

*Chard

Parsley

*Lettuce

*Radishes or Turnips

Oranges

*Green Garlic

*Stir Fry Mix

Fennel

*Sugar Snap Peas

*Mandarins

* = Items in Box for 2