



WEEK OF APRIL 20TH, 2020 #17/52

It's one of those Sunday's, I'm sitting at my computer not knowing what to write. Most weeks the words just flow and I am excited to share stories with you, but today I am just feeling lost. I had a long phone call with my 'adopted' daughter Kalina who lives in New York. Today's phone call made it abundantly clear the way I am experiencing this pandemic is very different from most people. I am tired, yes, but at least I still have my work keeping me busy. Kalina is a stylist and has been completely out of work for a month now, and she is alone, all of her family is here in California. New York has been very good for her, but during this unprecedented time you realize just how hard the decision to live thousands of miles away from family can be. I saw that with my mother, who moved to California in 1960 from Germany, leaving all of her family behind. I saw how she suffered when her cousin died unexpectedly from a stroke. I remember how hard it was for Nigel to hear his father almost died in recovery after his heart surgery, but at that time it was easy to book a flight in the morning and get on a plane that night. I know many of you are not native to California, therefore your family is probably also far away. How are you coping? Do you think of moving back home? Or is California now your true home? Is that distance not so far because we live in a world with video calls literally in the palm of our hands? I can't imagine what it's like for those of you who are at home and have little to do. I do see many of you have joined our Slack group and are sharing more recipes. It is nice to see that side of our community growing in the midst of all of this.

### Huángshān-gōngjǔ Chinese Chrysanthemum

Several years back Nigel and I decided to try growing some Chinese Chrysanthemum. I don't think they grew back last year, so I was happily surprised to see them in full bloom. We



sent some to the market this past weekend. Funny how something as simple as a little yellow flower can touch so many memories. One in particular was with a CSA member, Bonnie, who brought us a bag of dried chrysanthemum to make tea. Bonnie explained that it is popular in China to help prevent colds and other ailments. From Vicony Tea Company's website: *Originated in the far East, chrysanthemum is either an annual or perennial herb belongs to the large genre of the daisy family. As an important food supplement and tonix, chrysanthemum has been used in China for more than two thousand years. The Shen Nong's Canon of Materia Medica compiled before the Christian era, rated it as a superior herb the use of which prolongs life. Its central pharmaceutical properties recorded in traditional Chinese medical manuals, are, 'pacifying the liver and brightening the vision, relieving fever and removing toxins.'*

If I can figure out a way to get them to you, would anyone be interested in these flowers for tea?

### CSA Boxes

I spend a lot of my time placing orders, picking up orders and paying for them. We have converted one room of my house to a storage and packing room. We bought new shelving to store all the dry goods, plus loads of paper bags and boxes for packing up all your extras. Last week I made a run up to Sacramento and walked out of Smart Food Service with nearly \$250 in paper bags, and it didn't even phase me. On the drive home I kept thinking how did I get to a place in my life where spending \$250 on paper bags seems like nothing?



It's because with all the money coming and going, it is pretty insignificant, but boy was that a lot of bags!

Even though our CSA is currently full, I do have some concerns for our future. All of our wholesale has stopped, partly because we have had to divert what we have to CSA boxes, but mostly because much of our wholesale business was with restaurants and to tech companies through Capay Valley Farm Shop. I wonder will survive such long closures? Will the tech companies go back to feeding their workers three times a day? Or will they have their workers continue to work from home more than not? Another big concern is how many of our new members will leave our CSA after the SIP/Pandemic is over? I have heard some CSAs are asking for a minimum 6 month commitment. Andrew and I discussed that option, but we both feel it could be a lot to ask of people during these uncertain times. So we are sticking with our 4 box minimum. But looking at all of our expenses, I realize that I may need to adjust the price of our boxes, not by much, only \$1.00 per family box and .50 per box for 2. That works out to either \$4.00 or \$2.00 a month for you, but that increase adds up for us. Please let me know what you think about a possible price increase, my email is [lorraine.ottens@gmail.com](mailto:lorraine.ottens@gmail.com) and my phone number is (530)554-3971.

To wrap this up today, I want to thank all the members who have been with this farm consistently for years. So many of you send us thank you notes for doing the work we do, but the truth is, we can't do this without you. And it is because of all of you who have supported CSAs for years all around this country, that we are here today. When all this is over what kind of world do we want? I am hoping one that definitely supports local food.

# RECIPES AND IDEAS FROM LORRAINE

## Green Shakshuka

*Serves 4 Recipe from [thekitchn.com](http://thekitchn.com)*

One of our members, Trace, shared this to our Slack group. Since we don't have spinach, but we do have Kale, you might consider switching those two to. I would pre-cook the kale a bit in boiling water first to get it nice and tender.

1 TB Olive Oil  
2 large Leeks, halved lengthwise and thinly sliced  
1 large Celery stalk, sliced  
3 Garlic cloves, minced  
1 spicy Chile Pepper (any variety would work here), sliced  
1 bunch of Swiss Chard, cut into 1/2-inch ribbons  
1 cup Spinach (tightly packed)  
1/2 bunch dried Oregano  
1 teaspoon ground Cumin  
Salt and Pepper, to season  
1/4 cup crumbled Feta Cheese  
4 large Eggs

Preheat oven to 375°F. Over medium heat, warm the olive oil in a 9-inch cast iron skillet. Add the sliced leeks and celery. Cook until leeks soften, about 5 minutes. Add the minced garlic and sliced spicy pepper, and sauté for another 3 minutes. Toss in the Swiss chard, spinach, oregano, and cumin. Season to taste with salt and pepper (make sure not to over-salt the mixture, as the feta adds saltiness as well). Once the Swiss chard and spinach have wilted, scrape down the sides, and pat down the mixture. Sprinkle the crumbled feta over the greens mixture and carefully crack the eggs over the top, one at a time and spaced slightly apart. Add some more freshly ground black pepper. Transfer the skillet to the oven and bake for 7 to 10 minutes (longer if you prefer your eggs cooked more, or less time for runnier eggs). Serve immediately with fresh crusty bread. Get creative with the add-ins, including the cheese! Goat cheese and blue cheese are really delicious in Green Shakshuka.

## One Pan Lemon Sage Baked Chicken & Olives

*Recipe from [cottesrunch.com](http://cottesrunch.com) Lindsay Cotter Serves 4*

For the Lemon Sage Sauce (Marinade)

1 to 2 TB chopped Sage  
1 tsp grated Lemon  
2 TB Lemon juice  
1 tsp minced Garlic- 2 cloves  
1 tsp Onion powder or 1/4 c chopped Yellow Onion  
1/4 to 1/3 cup olive oil. If you are using fresh onion, use the 1/3 c oil to blend more evenly  
1/4 tsp Salt  
Crushed Black Pepper to taste  
1/4 tsp Paprika - optional for kick of spice  
1 TB Dijon Mustard or Honey Mustard

For the Pan:

1.15 lbs or 16-17 ounces skinless chicken thighs (see notes if using chicken breast)  
1 to 2 ounces Green Olives  
Handful of sliced Onion  
Lemon slices to place on chicken  
Black pepper to season on top  
Extra Sage leaves to garnish

OPTIONAL Vegetable boost - 1 cup chopped vegetable of choice. You might consider using turnips, or rough chopping the kale. Toss in 1 tsp oil, pinch of salt/pepper and add to the pan or on separate pan to bake/roast with chicken. Preheat Oven to 400F. First blend your lemon sage marinade. Blend marinade ingredients all together in food processor or blender until a creamy yellow sauce is formed. (see notes doubling recipe).

Place cleaned/trimmed skinless chicken in large bowl or casserole dish. Pour the marinade over the chicken thighs or chicken breast. Place chicken in fridge to marinate 10 to 20 minutes. This is optional but gives it more flavor. If you are using chicken breast, you might want to marinate for 15 to 25 minutes in fridge first. Next place all the marinated chicken in an oven safe skillet or keep in a large casserole dish. Add your olives and

## This Week's Box List

Arugula  
\*Chard  
\*Sugar Snap Peas  
Turnips or Radishes  
\*Valencia Oranges  
\*Kale  
Fennel  
\*Lettuce  
\*Green Garlic  
Strawberries  
\*Sage

\* = Items in Box for 2

## Primavera Risotto

*Recipe from NYT Cooking by Molly O'Neill*

Since many of you ordered asparagus and we have sugar snap peas still I thought this would be a lovely almost one dish meal. Make up a simple salad to go with it and you will find yourself very satisfied. Sabrina made a risotto tonight and

she used the Chico Blonde, which turned out perfectly. This recipe calls for zucchini and only asparagus tips, we skipped the zucchini and used the entire asparagus cut into very small rounds.

1 tsp Olive Oil  
1 Leek, rinsed and sliced in thin rounds  
1/2 tsp Salt, plus more to taste  
1 tsp freshly ground Pepper, plus more to taste  
6 cups basic Vegetable Broth or Eatwell Chicken Stock  
1 1/2 cups Arborio rice  
1 cup dry White Wine  
1 small Carrot, peeled and cut into 1/4-inch dice  
1 medium Zucchini, rinsed and cut into 1/4-inch dice  
1 cup Asparagus tips, blanched and cooled  
1 cup Sugar-Snap Peas, strings and stems removed, blanched and cooled  
3/4 cup Ricotta  
1 cup Spinach leaves, rinsed and cut into thin strips  
OR use a bit of Chard  
2 TB minced Parsley  
1 TB minced Chives

Heat the olive oil over medium heat in an oversize, heavy-bottomed skillet or pot. Add the leek, season lightly with salt and pepper, stir and cover. Cook for 3 minutes until soft. Place the broth in a separate saucepan and simmer. Add the rice to the leek and stir to combine. Ladle in 1/2 cup of the broth and stir. Increase the heat to medium-high and, for the next 25 minutes, continue adding the broth, 1/2 cup at a time, and stirring constantly. After 15 minutes, add the white wine and carrot. After 5 more minutes, add the zucchini, asparagus and peas. Stir well. The rice should be tender but firm. If not, add more broth. Adjust seasoning with additional salt and pepper. Remove from heat. Beat 1/2 cup of ricotta into the rice. Add the spinach. Divide the rice among 4 bowls. Top each with a spoonful of the remaining ricotta. Sprinkle with parsley and chives and serve.