



WEEK OF MAY 4TH, 2020 #19/52

Spring Cleaning and New Routines

I was on the phone the other day with Tim from Riverdog Farm, telling him how excited I was that I had ordered a 35 yard debris bin, and we had it almost half full in just a day. He asked me how in the world we had time to fill a dumpster at this time of year? Well, you know the saying, if you want something done, give it to a busy person. We are indeed very busy, but with the increase of boxes and orders going out, the place can quickly start to fall apart and get disorganized. Taking the time to clean up also cleans up your head space, and getting things back to an organized state helps keep everything running smoothly, which in the long run saves a lot of time and reduces mistakes.

Not only have we been cleaning up “no-longer needed stuff” - junk, I worked with Jose, Luis and Agustin this past Saturday to completely clean out the cooler. That is something that hasn’t happened for a very long time. We took



everything out of there and took advantage of having the dumpster here. We all know what it’s like cleaning out our home refrigerators, so you can imagine what might pile up in the back of a giant refrigerated sea container. The back of our cooler had some very old items, I think I found kegs of Softers from our wedding! We pulled the panels off the refrigeration unit, and gave it a good washing. Jose used the pressure washer to clean the walls, ceiling and floor. I spent ages with a big push broom scrubbing the floor and pushing out the water. The shelving got a good wash down with bleach water and a day in the sunlight. We left the cooler off for almost 2 days and the doors wide open to let it thoroughly dry out. It was shocking to see how much dirt/dust covered the refrigeration coils, it’s a wonder that thing was still running. The drain was clogged so we got that cleaned out and working properly. Overall I am thrilled with the work we got done. I am very grateful that Jose, Agustin and Luis gave this project the time we needed to get it done properly. I know all of us will be very happy to have a clean cooler that functions optimally. I am excited to see my PG&E bill in a month, hoping it will come down significantly, because I am sure this behemoth was really struggling and using far more energy than it needed to.

I now have a new routine on Monday mornings. Yes, sometimes I still need to finish up the newsletter if I

didn’t get it completely done on Sunday, but now I have added checking the vans to refill their “sanitation” buckets. In these buckets we have a spray bottle with isopropyl alcohol mixed with a bit of our Rosemary Essential Oil. The rosemary really makes the alcohol less harsh on the hands, plus it is shown to be anti-bacterial, anti-microbial, and anti-viral, so why not? I also make sure there are enough paper towels and gloves, and new garbage bags. I check the soap dispenser in the pack house and refill it. Wash everything with bleach water before I return them to their spots. Later today, after the vans have been emptied of all the market items, I will go through and wash all the handles, steering wheel, shifters, blinkers, seat belts with bleach water. I think this new normal will probably stick, it makes sense.

Strawberry Days

Many of you have written me expressing your desire to come up to the farm for strawberry picking. Everyone feels comfortable that there is plenty of space to easily keep a safe distance from one another and everyone seems fine with the idea of possible time slots. I do know Solano County has extended the Shelter At Home order until May 17th, however they have also added several outdoor activities to the essentials list. As this is currently the state of affairs, I would like to propose our first Strawberry Day for May 17th. That means we are skipping Mother’s Day, partly because I am going with the May 17th date, and partly because it has been years, probably 12 years since I didn’t work a Strawberry Day on Mother’s Day. This year, I am taking the day off and having brunch at home with my kids. I will reach out to all of you who purchased tickets and give you first crack at a time slot. As long as nothing goes wrong at the first one, I will schedule times for the following Sunday, May 24th, and perhaps another one early June. I honestly don’t know how many of you want to come up, so I am thinking of maybe splitting the day into two sessions, with assigned field times. That way if you want to picnic, you can either have an early lunch after picking or have a lunch before picking in the afternoon. I think we have plenty of space here to keep safe distances, as long as we don’t have too many people at the same time. The port-o-potty situation will be a bit tricky so I ask that you all bring gloves but we will have spray sanitizer and paper towels available for the door and the toilet seat. And of course, we might have to put a limit on attendees if we don’t have enough strawberries.

Reading all your notes the past few weeks, whether it was about strawberry days, upping the price of the CSA shares, or just general messages, it has become very clear that the farm, and the CSA boxes, even this newsletter, have played a very important part of keeping a sense of joy and sanity. It is my biggest dream that we come out of this pandemic with an incredibly strong CSA, one with a vibrant and committed community. I want you all to think of Eatwell as *your* family farm, because it is.

RECIPES AND IDEAS FROM LORRAINE

Orange Tofu with Fennel

Recipe found on Eating Bird Food

Since many of you are ordering tofu, and we fennel in the box, this seemed like a great combination for a main dish. We do not have basil yet. Now that everyone is confined to their homes, you are living a cooking life a bit more like mine. Many times I have mentioned that I don't go running to the market for missing ingredients. I just get creative or make do without. If you have cilantro in your box this week, that could work in place of the basil. Or what I would do is use the fronds from the fennel. There might not be as much fennel as this recipe calls for, so get enough crunch factor add some thinly sliced radish or turnip. They both go so well with fennel and orange.

1 lb Extra-firm Tofu, pressed and drained

1 TB Tamari or Soy Sauce

1 teaspoon grated Orange zest

2 fresh Oranges, juiced

1 tsp Hot Red Pepper Flakes

2 TB Coconut oil

2 large Fennel bulbs, chopped into thin strips

2 cloves of Garlic, minced

1 TB freshly grated Ginger

3 Scallions (green parts only), thinly sliced

10 whole fresh Basil leaves, chopped

Crushed Peanuts (optional)

Cut tofu into small cubes. Combine tamari, orange zest, orange juice and hot red pepper flakes in small bowl and set aside. In a large skillet, heat 1 tablespoon of coconut oil. Once oil is hot, add tofu and cook (without disturbing cubes) until bottoms have browned, about 2-3 minutes. Turn tofu and cook another 2 minutes or until the bottom side has browned. Turn and continue cooking until cubes are golden on every side. Transfer tofu pieces to plate and set aside. Add remaining tablespoon of coconut oil to your empty skillet and heat briefly. Add fennel and stir-fry until crisp and tender, about 2 minutes. Add garlic, ginger and scallions and cook until fragrant, about 30 seconds. Return tofu to pan. Stir in reserved orange sauce and add basil. Cook only until the sauce coats the tofu and fennel, about 1 minute. Serve stir-fry over a whole grain like brown rice or quinoa. Squeeze a little extra orange juice over each serving and top with crushed peanuts, if desired. Orange Tofu with Fennel

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This Week's Box List

Radishes

*Strawberries

*Kale

*Fennel

*Lettuce

*Turnips

*Collards

*Green Garlic

Chard

Cilantro or Dill

Valencia Oranges

* = Items in Box for 2

Garlic Kale and Brown Rice Salad with a Zippy Lemon Herb Dressing

Recipe from Pinch of Yum

I realize these two recipes kind of overlap a bit, but they both sounded so good.

Juice of one Lemon

Juice of one Orange

1/2 cup Olive Oil

1 Garlic clove

1/2 cup fresh Parsley

1/4 tsp Salt (more to taste)

1-2 tsp Honey

1 TB Olive Oil (garlic infused is yummy)

1 bunch Kale (chopped, without stems, to yield about 4 cups)

2 cups cooked Brown Rice

A few handfuls Kettle Brand Salt & Pepper Chips, crushed finely

Dried Cranberries for topping

Pulse all the dressing ingredients in a food processor until smooth. Heat the oil in a large skillet over medium high heat. Add the kale and saute until wilted to about half of the original volume. Add the brown rice and stir-fry for a few minutes together with the kale until everything is heated through. Add the dressing into the pan (start with about half of it) and toss to combine. Just before serving (can be served hot or cold), toss with the chips. Top with dried cranberries.