



WEEK OF MAY 25TH, 2020 #22/52

### Life During COVID 19

I feel as if I have been holding my breath for two months now, waiting for life as we knew it to magically reappear. As exciting as it is to see our box numbers up, I am also holding my breath waiting for it to drop as fast as it rose as soon as that “normal” life is back. But will our lives ever truly be normal, and do we really want it to go back to the way things were? Everyone ridiculously busy, roads jammed up with traffic? I know a lot of people are hurting through all of this, but I do hope we come out the other end having learned some important lessons, like maybe doing less is OK and spending more time together as a family is actually pretty wonderful.

Now that we are facing the summer months, typically by this the time we would have all of our events planned and lined up. But now I have to figure out exactly what we can do and if we can, just *how*. I appreciate your patience with me while I navigate these uncharted waters. It is one thing to look at the field and imagine people in it, or try to visualize how to make it happen while I am sitting at my desk, and quite another thing to see people actually out there. It has been a lot of work communicating with the folks who scheduled time slots and honestly it got pretty confusing with all the emails back and forth. I know it is important for you to have some time outside, so I would like to get more of you out. I do have a full weekend this coming weekend, but beyond that I would like to get more of you out to the farm. However, I am going to ask that you call me so we can get you on the calendar right away in one conversation. The back and forth with emails takes more time than I have at the moment. If you would like to go strawberry picking, you can come during the week starting at 3 pm and Sundays, possibly Saturdays too. BUT please call me to schedule a time 530-554-3971. And remember this next weekend is full.

Quite a few families came up this past Saturday and Sunday to pick strawberries and enjoy time on the farm. It is such a joy for me to have the



chance to have members out to the farm and get a quick, safely distanced, visit in. Lot’s of air hugs and speaking loudly. Kids are a year bigger, and I got to meet some folks who came for their first time. I love this photo that one of our long-time members (13 years) sent me of her kids out strawberry picking back in 2015 and then this past weekend. I know there is certainly jam being made, in addition to loads of strawberries

eaten out in the field.

Then there is Lavender Harvest. How the heck are we going to make that happen this year? Before COVID we were already talking about doing things differently with a goal of making bunches that are essentially ready for wrapping once dried, rather than packing the drying



room with as many big bunches as we can manage. The truth is with everything that has happened this year we aren’t able to sell through last year’s lavender bunches the way we normally would, so we still have a lot of lavender. My thought is to use all of that left over lavender for sachets, and focus on making wrap ready bunches this year instead. That means we won’t need to harvest as much lavender and it will save us a lot of work during the year. The way I am envisioning this is having shaded tables out in the garden area where families/ households could work together making nice



bunches. We wouldn’t do any big meals in the house. But perhaps we could have a morning crew who could have a pizza lunch, and an afternoon crew who could enjoy a pizza dinner? I have banquet tables which would give each group plenty of space to work comfortably, and we have plenty of space to keep the tables safely distanced. What do you think? Can we get groups up to help us with this? The lavender harvest is a very important job that needs to get done, and as sad as I am to not be able to do it as we have the past several years, I think this is a good solution. Please let me know ASAP if you are interested, as the lavender is starting to bud out. We will have to get this organized pretty quickly. Call me 530-554-3971 if you would like to help out.

# RECIPES AND IDEAS FROM LORRAINE

If your broccoli or romanesco is off color that is due to the sun and heat. It tastes great, I have been enjoying in stir fry with green garlic, turnips and Hodo Tofu. But with this week's heatwave I am pretty sure what is left in the field will be toasted, so enjoy it this week. Try something different with your kale this week and make your own kale chips, here is a recipe for just how you do that.

## Lacto-Fermented Chard Stalks

*Recipe found on Cultures For Health's website*

I wish I had found this recipe a few weeks back when we had dill in the box. But what a great use for stalks if you are choosing to remove them for a recipe you are making. You can also do this with Kale stems.

1-3 Tbsp Sea Salt

1 quart filtered Water, you definitely don't want to use chlorinated water

1 large bunch Chard

1 small sprig Dill

1 tsp Red Pepper Flakes

(optional)

Prepare a brine by dissolving salt in 1 quart filtered water. Slice the stalks away from the leafy greens of the chard. Chop the chard stalks into the desired sizes, from little chunks to long, pickle-like spears. Put the dill and red pepper flakes into the bottom of a clean and dry quart jar. Put the chard stalks in, stacking them like pickles, if desired. Fill the jar with brine, enough to cover the chard stalks but leaving at least 1 inch headspace in the jar. Cover with an airlock fermentation lid or regular, closed tightly. Place the jar in a cool place away from drafts and direct sunlight for 24 hours, tasting the chard once it starts to ferment, and monitoring it daily. Water may need to be added to keep the chard submerged during the fermentation period. Ferment 2-5 days at room temperature. Once chard is fermented to desired taste, place a lid on the jar and store in the refrigerator. The chard stalks will keep for up to 2 months in the refrigerator.

## Crispy Smashed Potatoes with Garlic Pesto

*Recipe found on [minimalistbaker.com](http://minimalistbaker.com)*

Potatoes and pesto are such a delicious combo and a great switch from pasta. I have adapted this recipe to be appropriate for the 1 lb of potatoes in your box.

1 lb Potatoes

1Tbsp Olive Oil (or sub other neutral oil)

1 healthy pinch each Sea Salt & Black Pepper

Pesto

1 1/2 cups loosely packed fresh Basil, remove any large stems

2 cloves Garlic

1 1/2 Tbsp raw Pine Nuts or Walnuts

1 1/2 Tbsp Lemon juice

1 Tbsp nutritional yeast\*

2 Tbsp extra virgin olive oil

1 healthy pinch each sea salt & black pepper

Add rinsed potatoes to a large pot and cover with water until just submerged. Bring to a boil over high heat. Then reduce to medium-high heat to achieve a low boil. Cook uncovered for 15-20 minutes or until tender

and a knife easily slides in and out. In the meantime, prepare pesto by adding basil, garlic, nuts, lemon juice, and nutritional yeast to a food processor, blending to combine. Stream in olive oil a little at a time until a thick paste is formed. If trying to reduce fat, thin the sauce with water instead of additional oil. I like adding a little water to mine to make it more of a pourable sauce, but this is optional. Taste and adjust flavor as needed, adding more lemon juice for acidity,

nutritional yeast for cheesy flavor, salt and pepper for overall flavor, or garlic for zing/bite. Transfer to a small serving dish and set aside. Preheat oven to 450 degrees F (232 C) and line a baking sheet with parchment paper. When the potatoes are soft and tender, place on the baking sheet and smash down with the bottom of a saucepan. For any larger potatoes, cut in half and then smash so they are still "bite size." Drizzle the potatoes with 1 1/2 Tbsp oil and season with a healthy pinch each salt and pepper. Roast for 20-25 minutes or until crispy and golden brown. To serve, spoon the pesto over the potatoes (you will have leftovers). Garnish with chopped basil or parsley and additional pine nuts (optional). Best when fresh. Store leftovers separately in the refrigerator. Potatoes will keep

for 3-4 days. Pesto will keep for about 1 week.

## One-Pot Chicken and Rice with Chard

*Recipe from Martha Stewart*

I personally love one dish meals, so I think we will make this one this week. I almost always buy whole chicken rather than parts. I break it down myself, that way I have the back and wings for stock/soup etc.

4 Chicken leg quarters (about 2 pounds total), patted dry

Coarse Salt and ground Pepper

3 Garlic cloves, roughly chopped

1 bunch Chard (10 ounces), stems cut into 1/2-inch pieces, leaves torn into 2-inch pieces or save them to ferment

1 small Yellow Onion, diced small

2 medium Carrots, diced medium

1 1/2 tsp finely grated Lemon zest, plus wedges for serving

1 1/2 cups Blonde Chico Rice

2 1/2 cups Eatwell Chicken Stock

Season chicken with salt and pepper. Heat a large Dutch oven or other heavy pot with a tight-fitting lid over medium-high. Add chicken, skin side down, and cook until browned on both sides, 12 minutes, turning once. With tongs, transfer chicken to a plate. Reduce heat to medium and add garlic, chard stems, onion, and carrots. Cook, stirring occasionally, until chard stems and onion are translucent, 4 minutes. Add chard leaves, lemon zest, and rice; cook 1 minute. Add broth and bring to a rapid simmer. Reduce to a simmer and season with salt and pepper. Arrange chicken, skin side up, on top of rice mixture and cook, covered, until chicken is cooked through and liquid is absorbed, about 25 minutes. Remove from heat and let sit, 5 minutes. Serve with lemon wedges.

## This Week's Box List

\*Lettuce

\*Kale

Green Garlic

\*Potatoes

Fennel

\*Chard

\*Broccoli or Romanesco

Radicchio

\*Apricots

Turnips or Radishes

\*Basil

Strawberries or Cherries

\* = Items in Box for 2