



WEEK OF JUNE 1ST, 2020 #23/52

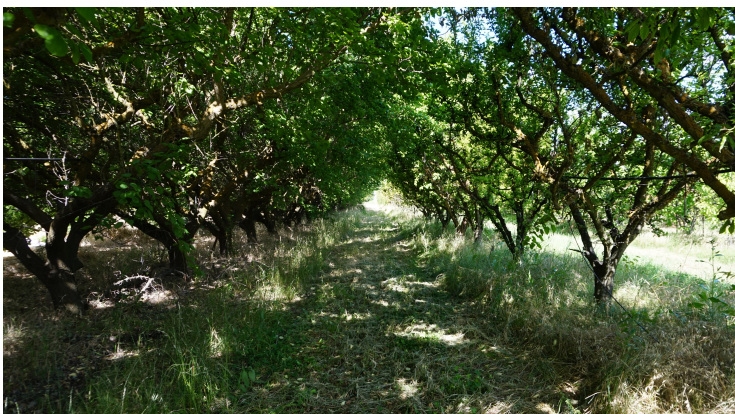
Hard To Know What To Say These Days

I woke up this morning excited to see the members who were coming out to pick strawberries, but then I remembered everything that is going on in our country at the moment, and it made me so sad. I don't want to get into politics, but I also don't feel I can write this newsletter and not mention the deep sorrow, shock and horror I am sure we are all feeling. I often choose not to listen to the news and stay off of social media for a few days, and then it is such a shock when I go back on. I think many of us don't know what to do, so let me say this, if there is something any of you need, and I can help you, please ask. The farm is a place of beauty, weeds and all, and a place of peace. I so often appreciate the isolation from the world, and know how it helps the soul to just wander the farm, especially later in the day when I have the land to

myself. If you need to escape the madness of our world and want some time here just to walk around, hang out in the orchard, picnic in the garden, all you need to do is ask.



I was planning on writing more, but I just can't seem to find any words today, so instead I am going to end this today and give you lots of photos from the farm. Enjoy the beauty of your farm.



Lavender Harvest

We have our Lavender Harvest scheduled for June 13th/14th. If you have already spoken with me about joining us, please send me a text confirming and letting me know if you plan to camp out that Saturday night? If you are interested in joining us I believe we could use a few more hands. Most of us will be working in the garden at tables making lavender bunches. Naturally we will keep y'all well fed, lunch and a pizza dinner out in the garden. If you would like to camp and help us the next day, we will serve you breakfast and lunch again. Want to join us? Please shoot me a text or call me at 530-554-3971.



Coming Soon

Summer Squash has been blooming and small little squash are forming. I know it is a little challenging getting through the long months of greens and we are all going to be happy to see something new. I don't eat tomatoes until we have some ready, so I am really looking forward to those coming in. But summer squash is pretty exciting! So many yummy and simple dishes to make. One of my favorites is to serve it mashed with just a tiny bit of sautéed onion and loads of butter and then a sprinkling of parmesan cheese. Or thinly sliced, served raw with a lemon juice dressing and a bit of fresh, chopped basil. So many possibilities and they will be here soon!

RECIPES AND IDEAS FROM LORRAINE

Cabbage is finally coming in and I am thrilled. No matter what type of cabbage you can always sauté it with a bit of onion, garlic, loads of greens and a small amount of flavorful sausage, like a chorizo. This dish can feed a crew and is great paired with steamed potatoes or rice. I usually throw in the tops of radishes or turnips, basically any greens I have in the fridge. You can season it with soy sauce or go a different direction and add some paprika and nutmeg. It really depends on the seasoning of your sausage, and believe me you don't need to add much. You can also make it just a bit saucy by adding some chicken or vegetable broth. Prefer a vegetarian version? Marinate cubed Hodo Tofu, bake or fry and add it to the cabbage/greens mix.

Nectarine Burrata Basil Salad

Recipe found on forkinthekitchen.com

Serves 4 and takes 10 minutes
You can substitute the peaches for the nectarines if that is what you have in your box.

1 TB Lemon Juice (~1 lemon)
2 TB White Balsamic Vinegar
1/4 tsp Black Pepper
1/4 tsp Red Pepper Flakes
1/4 tsp Sea Salt (halve if using table salt)

1 TB Honey
3 TB Olive Oil

For the Salad

1 head Lettuce, chopped,
1/4 cup Basil Leaves, thinly sliced
1/3 cup Pine Nuts
3 Nectarines, sliced or diced
8 oz Burrata

Whisk together lemon juice, white balsamic vinegar, black pepper, red pepper flakes, salt, and honey. Slowly drizzle in olive oil while whisking, until combined. Toss together lettuce, basil, pine nuts, nectarines, and dressing. Top with burrata ball and cut into it as you serve the salad - remember it will be creamy!

Coconut-Gochujang Glazed Chicken With Broccoli

Recipe by Kay Chun from NYT Cooking

Serves 4 and takes 15 minutes

If you don't have quite enough broccoli use some of the Romanesco.

2 TB Vegetable Oil
1 ½ pounds boneless, skinless Chicken Breasts, cut into 1 1/2-inch pieces
Kosher Salt and Black Pepper
1 (2-inch) piece fresh Ginger, peeled and cut into matchsticks (about 1/3 cup)
½ cup unsweetened Coconut Milk
3 TB Turbinado sugar or 2 tablespoons light brown sugar
2 TB Gochujang paste
2 TB Soy Sauce
1 lb Broccoli, cut into 2-inch pieces
Cooked rice, for serving

Sliced scallions or chopped fresh Cilantro, for garnish
In a large nonstick skillet, heat oil over medium-high. Season chicken with salt and pepper and cook, stirring occasionally, until golden all over, about 3 minutes. Add ginger and cook, stirring occasionally, until softened, about 2 minutes. Add coconut milk, sugar, gochujang and soy sauce and bring to a simmer, stirring until gochujang dissolves. Gently simmer over medium-low heat, stirring, until chicken is cooked through, about 5 minutes. Meanwhile, in a saucepan of salted boiling water, blanch broccoli until crisp-tender, 2 minutes. Drain. Divide chicken and broccoli among plates; spoon with sauce. Serve with rice.

Quick Tuna Cabbage & Pesto

Recipe from thestonesoup.com

Serves 2 and takes 15 minutes

1/2 small Cabbage or 1/4 large about 500g / 1lb

2 - 7oz cans Tuna, drained

6-8 heaped TB Pesto

A good glug Extra Virgin Olive Oil
Shaved Parmesan to serve (optional)
Bring about 1" salted water to the boil in a large saucepan. Slice cabbage, leaving as chunky of fine as you like. Simmer cabbage, covered for 3-4

minutes or until cabbage is softened but still has some bite. You want it to be 'al dente' like cooked pasta. Drain. Return cabbage to the pan and stir in tuna, pesto and a good glug of extra virgin olive oil. Taste and season with salt and more pesto as needed. Serve in big bowls with or without the shaved parmesan.

Turnip Fritters

Recipe from Eatwell Farmhouse Kitchen

Makes about 6 medium sized fritters.

1 bunch Turnips (works out to be about 1/2 lb after removing the tops, bottoms and peeling), save tops*

1 Egg

1/4 Flour

1/4 cup Panko or Bread Crumbs

1 Onion, finely chopped

1 clove Garlic

1 tsp Salt, or Eatwell Farm Rosemary Salt

Freshly ground Black Pepper

Oil for frying

Grate peeled turnips in the food processor (or on a box grater). Put the grated turnip into a bowl and sprinkle on the salt. Mix the salt in well, then put the turnips into a mesh sieve to drain for several minutes. In the meantime, slowly heat 1 TB of oil in a fry pan over medium heat. In a bowl beat together the egg, the rosemary salt and black pepper, then add the drained turnips, onion, garlic. Add in the flour and Panko, mix well. Turn the heat up in the fry pan to medium high, make a few patties and fry on each side until browned. Serve hot with a soy dipping sauce or a yogurt and green garlic sauce. *Save the tops and the liquid drained from the grated turnips to add to the Chard and Chickpea Stew.

This Week's Box List

*Lettuce

Kale

Fresh Garlic

*Potatoes

Fennel

*Romanesco

Chard

*Broccoli

*Peaches or Nectarines

Turnips or Radishes

*Basil

*Cabbage

* = Items in Box for 2