



WEEK OF JUNE 15TH, 2020 #25/52

Supporting Local

The past few weeks I have written about the downfall of our massive industrial food system, and the importance of supporting local food producers. As much as I am here to help convert people to that way of eating, I also try to practice what I preach. This morning we had a delivery from our local feed store Higby's Country Feed, which is just down the road from us. Bonus, one of the owners is also a CSA member. I have been buying gloves, horse, dog and cat food from them for years. Plus all kinds of odds and ends. Today we had a delivery of 56 bales of rice straw. Those will go on top of our refrigerated sea containers to insulate and protect them from the intense summer heat. Last week I had to go out to buy new hedge trimmers, and rather than running to Vacaville to go to a big box store, I drove into town to support our locally owned Ace Hardware. They too have been members. I always get the best service at both of these businesses, so rather than going home feeling irritated and frustrated, I leave having had a great conversation with a neighbor and the joy of knowing that every dollar I spent there helps support my local economy. I say all this because it is a good reminder that there are small choices we can make that in the end could make a significant difference. Local hardware stores always hold a special place in my heart since one of my first jobs was working at Papenhausen Hardware on West Portal in SF. It was there I learned the importance of customer service, and vetting the products you offer your customers. I think it formed the type of shopper I was to become, a person who has real trouble shopping in malls and large stores. I don't need 1,000 choices, I just want the good choices presented to me. Is it worth a little more money? I think so. Ultimately, your choice to support this farm means we can support other small businesses, that ripple effect can go far and wide!

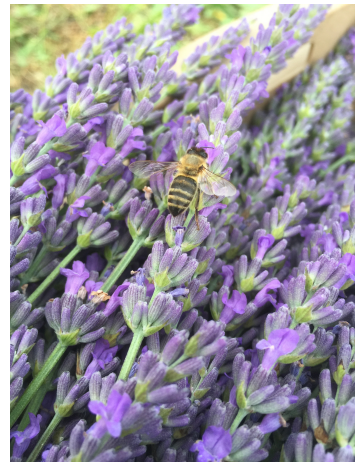
Lavender Harvest

Our first lavender harvest weekend is behind us, and wow what a busy weekend it was! We tried something new this year, rather than working out in the field with the crew, we brought the lavender up to the garden area, and had everyone working at tables making bunches. It was a good way to keep everyone in their individual groups, and give them all plenty of space. It certainly is a much slower process, but life in the COVID era is just different, and we are finding ways to make things work.

We really lucked out with the weather, it was perfect. As has always been the case, we had such a great group of folks here to give us a hand. Thank you, all of you



for spending hours making bunches. This has always been my favorite event, even though I spend most of my time in the kitchen, and not enough time visiting with y'all. A big thank you to the Tilles family for making all that delicious pizza dough and manning the oven. I had the pleasure of working with two of our younger CSA members from our Pleasant Hill pick-up site, Juliette and Colleen who helped us in the kitchen. And my god-daughter Sabrina, who was at the stove with me all day. Thank you Tam for your guidance and tutoring on bunch making, and a big shoutout to Andrew and Ian who kept the lavender moving! It is a pretty big undertaking, this lavender harvest, and I am looking forward to seeing a few more of you this coming weekend. We still have some spaces, so if you would like to join us please call me 530-554-3971.



RECIPES AND IDEAS FROM LORRAINE

Curried Egg and Cauliflower Salad

Recipe from Yotam Ottolenghi's "Simple" Cookbook

This recipe was sent to me by Juliette whose family's home is our Pleasant Hill pick-up site. As I mentioned on the other side, she and her sister were here this weekend helping out in the kitchen. This is one of her current favorite recipes, so we made it for the lavender crew, and it was a big hit! Juliette says she felt the tarragon was excessive so we used a much smaller amount. So I would recommend using tarragon to taste, we subbed thyme and savory for the tarragon.

1 medium Cauliflower (5 cups/500g), broken into 3cm-4cm florets, including tender leaves
1 Onion (2 cups/180g), cut into 1cm-thick wedges
2 TB Olive Oil
3 tsp mild Curry powder
9 large Eggs
6 TB/100g Greek-style Yogurt
2-3 TB Mayonnaise
1 tsp Aleppo Chilli flakes (or ½ tsp other crushed red pepper flakes)
1 tsp Cumin seeds, toasted and crushed
2 Lemons, 1 squeezed to get 1 tbs juice, the second cut into 4-6 wedges to serve
½ cup/10g tarragon, roughly chopped
Preheat the oven to 475°F.

Mix the cauliflower florets (with any young leaves attached) in a large bowl with the onion, oil, 2 tsp curry powder, ¾ tsp salt and plenty of pepper. Spread on a large oven tray lined with baking paper and roast for 15 minutes until softened and golden-brown but still retaining bite. Set aside to cool.

Fill a saucepan with plenty of water and bring to the boil. Reduce heat to medium high, then carefully lower in the eggs and boil gently for 10 minutes.

Drain the eggs, then return them to the same pan filled with running cold water to stop them cooking. Once cool, peel the eggs, place them in a large bowl and break them roughly into large chunks with the back of a fork.

In a separate small bowl, mix together the yoghurt, mayonnaise, remaining 1 tsp curry powder, half the chilli flakes, the cumin, lemon juice and ¼ tsp salt. Add this sauce to the eggs, along with the cauliflower mixture and the tarragon. Combine well, transfer to a large plate, sprinkle with remaining chilli flakes and serve, along with the lemon wedges.

Polenta or Grits With Beans, Cabbage and Harissa Tofu

Farmhouse Kitchen Recipe

This was the main course for our lunch on Saturday. I based this, very loosely, off a recipe by Martha Rose Shulman in NYT Cooking, which used chard, but I had loads of cabbages in the house and decided to use those instead. I used Rancho Gordo's Yellow Eye Beans. Because we had vegetarians with us I decided to make the focus of the meal vegetarian and took advantage of having the Hodo Harissa Tofu Cubes on hand. It was simple and truly delicious. We served this

over Bayview Pasta Polenta, so overall a very local, Eatwell meal!

1/2 lb Yellow Eye Beans, cooked according to instructions, and save the bean water

2-3 TB Oil to saute

1 Onion, chopped

3 cloves Garlic, chopped

1 head Cabbage, cut in half, cored, cut in half again, then thinly sliced

1 pack Hodo Harissa Tofu Cubes, broken apart

1 tsp Cumin

1 tsp Coriander

2 tsp Paprika

Salt to taste

Heat the oil over medium high temp, sauté onion and garlic, until the onion turns translucent. Add the spices, stir well and cook another minutes. Add the cabbage and sauté until soft. Add the tofu and beans, and gently stir them in them distributing evenly. Use some of the bean water to make it just a little saucy. Add salt and taste for seasoning. Give the tofu a couple of minutes to cook it does get a little bit spicy. Add more cumin, coriander and paprika if you like. Serve over polenta.

This Week's Box List

*Cabbage

*Leeks

*Cauliflower

*Romanesco

Chard

Kale

Collards

Garlic

*Potatoes

*Summer Squash

Basil

*Strawberries or nectarines

* = Items in Box for 2

Summer Squash and Leek Puree

Recipe from Williams-Sonoma Collection Series, Soup & Stew, by Diane Rossen Worthington

3 Tbs Olive Oil

2 Leeks, white and light green parts only, cleaned and finely chopped

6 Summer Squash, about 1 1/2 lb. total, thinly sliced

2 Garlic cloves, minced

4 cups Chicken Stock

3 Tbs. finely chopped fresh Basil

2 Tbs. finely chopped fresh Chives, plus more for garnish

1 cup Milk

2 tsp. fresh Lemon Juice

Salt and freshly ground Pepper, to taste

In a soup pot over medium heat, warm the olive oil.

Add the leeks and sauté until softened, about 5 minutes. Add the squash and sauté until lightly browned, about 5 minutes more. Add the garlic and cook for 1 minute more. Add the stock and cook, partially covered, until the squash is very tender, about 15 minutes. Remove from the heat. Using an immersion blender or a standing blender, puree the soup until smooth. Stir in the basil, the 2 Tbs. chives, the milk and lemon juice. Season with salt and pepper. Gently reheat the soup over medium-low heat. Ladle the soup into warmed bowls and garnish with chives. Serve immediately.

More Recipes

- [Southern Collard Green Potato Stew from monkeyandmekitchenadventures.com](http://monkeyandmekitchenadventures.com)
- [Orange Roasted Romanesco on Garlic Sautéed Greens from www.highgroundorganics.com](http://www.highgroundorganics.com)