



WEEK OF JANUARY 11TH, 2021 #2/52

### Commonalities

Sunday morning I was listening to KQED when a listener Perspective came on. It was a beautiful story shared by a Cambodian immigrant who came over with her parents when she was very young. She spoke in a way that brought me right into the story of her first birthday celebration with cake and candles. Her mother, thinking those candles were probably an unnecessary item, felt compelled to save them. As she spoke, I could see her mother taking those used candles off the cake, carefully cleaning them and putting them back into the box to use again next year. Then I realized that I could so easily picture this scene because I shared that same exact experience when I was growing up. She and her parents came from a terrible situation in Cambodia, and my parents grew up during the Depression. My mother came from Germany, where, I am pretty sure there were no extravagances like birthday candles, and certainly you would never toss them after only one use. And just like the mother of this KQED listener, in one of my kitchen drawers, I

too have used birthday candles. How often do we feel our experiences or practices are unique to our culture and “others” wouldn’t understand them? It can make us feel isolated and separate, but how often is that



actually not true? Perhaps what is really happening is we have much more in common than we know. Maybe it’s only the top layer, our frosting that makes us unique? Sharing stories about our traditions, family histories, our cultures, is an important way to, not just acknowledge our differences, but really to show us what we hold in common. Food often plays very important role in connecting us. Many foods are found in multiple cultures, often with very different ways of using and different flavor profiles. An example that comes to mind is the world of peppers. My best friend in high school was half Hungarian and I spent oodles of time with her wonderfully crazy Hungarian family. Because of that experience I always think of peppers in relationship to Hungary and delicious Paprikás. Makes my mouth water just thinking about it! But if you grew up in a Thai family or a Central American family, your immediate thoughts about peppers would be very different. Every Hungarian I have ever met fully owns all rights to “peppers” even though they originated in Central America. Noodles are another great example of food migrating, but becoming a foundation to regional food in many parts of the world. The core is the same, it’s just how we put our own twists that makes it different. Perhaps the truth is we aren’t really so different after all. Here in the Bay Area we are fortunate to live in such a melting pot with exposure to many cultures. We get a small taste of the frosting that creates our uniquenesses and hopefully we remember that under that layer is a whole lot of cake that we share in common.

### Orchard



Growing trees is quite a different thing from growing row crops. The orchard is my favorite area of the farm, but I know very little about our trees. Fortunately, I have no fear of admitting my lack of knowledge or asking for help and advice. Recently I spent some time with the ladies of Guru Ram Das Orchard to start my process of learning and it

was very educational. Last week, Joanna came out and we spent a couple of hours walking the orchard and the farm. We talked a lot about the future of their farm and ours and farming in general. It is my hope to collaborate with them more in the future. Their passion for fruit trees, particularly citrus, really shows when you taste their Valencias. A couple of weeks back they brought Arturo with them, who is doing some pruning work for us. The truth is, our crew is so tight, we no longer have enough time to get all the pruning done, and working in orchards is what Arturo does full time. While walking the farm, they taught me apricot fruit grows on older branches, so you don’t want to prune the old branches much or you won’t get good fruit. Many of the trees in our orchard have been allowed to grow too tall in the center. This directs the energy of the tree into that upward growth, rather than fruit production. The way you prune your trees can give you a better yield, and often it will make harvesting easier. Walking and talking with them, they felt our orchard could benefit from a three year plan to get us to where we need to be. They think there is a lot of room for improvement which ultimately will give us not just more fruit, but better tasting/looking fruit. I am excited by the possibility of collaboration with them. Last week, as Joanna and I were wrapping up our walk we came across a big possum, who didn’t seemed bothered by our intrusion in the least, so I am guessing he agrees!



# RECIPES AND IDEAS FROM LORRAINE

I am slowly working on organizing my cookbooks. Really hope to get them all into one place somehow. I have a section for my English chefs, which is pretty big, just not sure how to handle the rest of them :). Scanning through *Six Seasons* by Joshua McFadden, I found a recipe for Tomato Soup with Arugula. Although I am not sharing the full recipe this week, I did want to suggest if you are making tomato soup, he adds a handful of washed/chopped Arugula to each bowl before adding the hot soup. You could use the mizuna or mustard too.

## Easy Classic French Spinach Soufflé

*Recipe by Rebecca Franklin found on Spruce Eats*

You know we have mountains of eggs coming in right now, so to help you enjoy them, I found this recipe. I love a good Soufflé, pair it with a salad with a light vinaigrette and you have a delightful brunch or supper. If you find you don't have enough spinach you could add the green portion of the bok choy, save the crunchier bottom for soup or chili or stew. You could also use some of the tops from the turnips/radishes/daikons or beets.

5 1/2 tablespoons butter (softened, divided)  
3 tablespoons Parmesan cheese (freshly grated)  
1 pound spinach (stemmed and chopped)  
2 tablespoons All-Purpose Flour  
1/2 tsp Salt  
1 cup whole Milk  
1/8 teaspoon ground Black Pepper  
1/8 teaspoon grated Nutmeg  
3 Eggs, separated

Preheat the oven to 375 F. Gather the ingredients. Brush the inside of a large soufflé, deep casserole dish, or 6 individual ramekins with 1 1/2 tablespoons of softened butter. Sprinkle the buttered surface evenly with grated Parmesan cheese and put to one side while you prepare the filling. Gently heat a large saucepan, add the chopped spinach and sauté until it wilts and the juices have evaporated—keep a close eye on this as the spinach can catch quite easily and burn. In a separate medium saucepan, melt the remaining butter over medium heat and stir in the flour and salt with a wooden spoon. Cook, whisking constantly, for 30 seconds to cook out the flour. Add the milk to the flour while whisking vigorously and cook for about 4 minutes, until the mixture thickens. Add the chopped spinach to the flour mixture and continue cooking over medium heat for 1 minute. Season the mixture with black pepper and nutmeg. Whisk 1/2 cup of the hot spinach into the egg yolks. Then add the egg yolk mixture back into the hot spinach, stirring to completely incorporate. Do not overheat this mixture or you risk splitting the mixture, and if this happens, unfortunately, there is no way back. Beat the egg whites on high speed until stiff peaks form in a scrupulously clean bowl (a greasy or dirty bowl will prevent the eggs from stiffening). Stir 1/3 of the egg whites into the spinach. Then fold the remaining egg whites into the mixture. Spoon the mixture into the prepared dish(es) and bake for 30 minutes, until the soufflé is puffed up and cooked through. Serve immediately. The soufflé is lovely on its own and with a fresh, green salad on the side

and don't forget a glass of wine.

## Acorn Squash with Chickpeas & Chimichuri *Recipe from Love and Lemons*

Alison, one of our CSA members, shared this dish with us on Slack, so it's member approved! She switched out the Cilantro for the parsley from the box. I'm not sure which winter squash we are sending you this week, but you can easily switch them out.

### This Week's Box List

\*Beets or Daikons  
\*Bok Choy  
Arugula  
Chard  
\*Spinach  
Mizuna or Mustard Greens  
Parsley  
\*Winter Squash  
\*Broccoli  
\*Pomelos  
\*Turnips or Radishes  
Lettuce

*\*indicates Box for 2*

2 Acorn Squash, seeded and cut into quarters  
Extra-Virgin Olive Oil, for drizzling  
Sea Salt and freshly ground Black Pepper

**Chimichurri** (makes extra)  
1/2 cup roasted Pepitos with Salt, more for garnish\* (see note)  
1/4 tsp Red Pepper flakes  
1 small Garlic clove, minced  
1/2 cup finely chopped Cilantro OR Parsley, more for garnish  
2 TB fresh Lemon juice  
1/3 cup Extra-Virgin Olive Oil  
1/4 tsp Maple Syrup  
Freshly ground Black Pepper

**Chickpeas**  
2 tsp Extra-Virgin Olive Oil  
1/2 cup chopped Yellow Onion  
2 cloves Garlic, minced  
1/2 tsp ground Cumin  
Pinch of ground Cinnamon  
1 (14-ounce) can Chickpeas, drained and rinsed

1/3 cup Vegetable Broth  
2 tsp fresh Lemon juice  
1/4 cup finely chopped Cilantro OR Parsley  
Sea Salt and freshly ground Black Pepper  
Lemon Yogurt (optional)  
1/2 cup plain Greek Yogurt  
1 tsp fresh Lemon juice  
1 tsp Extra-Virgin Olive Oil  
1/4 tsp Sea Salt

Preheat oven to 450°F and line a baking sheet with parchment paper. Drizzle the squash with olive oil and pinches of salt and pepper. Roast, cut side up, 35 to 40 minutes, or until tender and browned around the edges. Make the chimichurri: Place the pepitas in a food processor and process until finely ground. Transfer to a small bowl and mix in the red pepper flakes, garlic, cilantro, and freshly ground pepper. Add the lemon juice, olive oil, and maple syrup and stir until combined. Set aside. Prepare the chickpeas: Heat the oil in a medium nonstick skillet over medium heat. Add the onion, a pinch of salt, and cook until soft, 5 to 8 minutes, until browned, turning down the heat as needed. Turn the heat to low and add the garlic, cumin, cinnamon, and chickpeas. Stir to coat, then add the broth, 1/4 teaspoon salt, and pinches of pepper and simmer 5 minutes. Remove from the heat and stir in the lemon juice. Set aside, the mixture will thicken. Stir in the cilantro just before assembling the dish. Make the lemon yogurt: In a small bowl, combine the yogurt, lemon juice, olive oil, and salt. On a platter, assemble the squash quarters and top with the chickpeas and the chimichurri. Garnish with cilantro and pepitas and top with the lemon yogurt. \*Note: if you use raw pepitas, add 1/4 to 1/2 teaspoon sea salt to the chimichurri.