



WEEK OF FEBRUARY 1ST, 2021 #5/52

### Potatoes

A week ago our seed potatoes arrived from Colorado. We order potatoes from White Rock Seed who works with several Certified Seed Potato Farmers in the San Luis Valley. So why do we get seed potatoes from Colorado? Here is what the association has to say: *We have a high altitude advantage, at 7,500 feet above sea level, where the days are sunny and the nights are cool. This keeps insect pressure low and gives our seed vigor. Fields are closely monitored for insects and disease, by our Potato Certified Services team.*

Two varieties that we have grown for years, Desiree and German Butterball seed potatoes are currently not available because both have been attacked by a new virus. Sheldon, our "guy" at White Rock told me they have some seed they are holding and hoping to work on growing more, perhaps with a bit of crossbreeding and see if they can work the viruses out. Replacing the Desiree is Crimson King. It is described as an oval tuber with red skin and flesh. It is firm and moist, but not waxy after cooking. Good for boiling, salads and red chips. Replacing German Butterballs I ordered Golden Globe. They are a round tuber with yellow skin and flesh, fairly firm, and great mashed. After years of seeing Fingerlings come out of the ground sprouting, soft and oddly shaped I decided this year I didn't want to grow them anymore. I remember years ago at the first health food store I worked, we sold a delicious little potato called a Bintje. Not a very common potato, the only farm close to us growing them is Full Belly. Bintjes are a long, oval tuber, yellow skin and light flesh. They are an excellent new potato, fairly firm texture. Good for boiling, baking and fries. And finally, I decided to replace the Yukon because the sizing on that potato is all over the place. Quite often it is fairly large which is not great for our CSA boxes. In its place I ordered Yellow Finn, another potato I have always loved. It is tear drop shaped, with yellow skin and yellow flesh. A firm potato, with a waxy texture after cooking, good for boiling, baking, fries and salads. We upped the quantity of seed for this year's order. I am hoping we will have a really good set, and have loads of delicious potatoes for us to enjoy in the months to come!

### Farm Events

Around this time each year, we start thinking about our event season. I believe the events are one aspect of our CSA that really sets us apart. Over the years the size and number of events has really grown. Nigel's commitment to getting members to the farm was truly special. And it was an area of farm activity that I could easily jump right

in and get involved. As a Gemini, having giant parties with a hundred people spending the night was really thrilling. For those of you who are new to the CSA, we typically had 3 to 4 U-pick Strawberry Days, a Summer Solstice/Garlic Braiding overnight camping party, Lavender Harvest Work Weekend, several Tomato Saucing parties, and we used to have a Pumpkin Party, and for a few years, we finished up with a Harvest Market in the Farm House the weekend before Thanksgiving. Obviously COVID, upended our entire event season. It was such a disappointment, and no matter how hard I tried, I couldn't find a way to make our usual events work. Honestly, the Sauce parties were



cancelled because of poor air quality, and that was after putting a lot of work into finding a solution to create a COVID safe space for people to come to sauce.

It is now February 1st and I am not feeling hopeful that we will be in the clear in time for our events this year, but, Elise and I talked about it, and we have decided for this year we will not schedule any of our typical events for now. It was an incredible amount of work trying to make things happen last year, only to have to cancel and reschedule over and over and finally realizing it wouldn't happen. In the end, what I found did work, was to have you contact me directly via text or phone call (too much delay with emails, which created loads of problems) to schedule your time on the farm. When the time comes for strawberries, we will let you know. Then you can organize your safe group, preferably with a couple of day/time options in mind and then contact me and we will work on getting you on the calendar. I will do my best to be on the farm and available every weekend to give you the opportunity to come out. We will not charge for events or for strawberries you pick. Like last year, I ask that you donate what you feel is fair to our **Burrito Fund** for the guys. Last year we did a modified version of the Lavender Harvest which worked out pretty well. We will repeat that this year. The Lavender Harvest is a working weekend, not an event for little kids. We will probably do two weekends again, and that happens sometime mid June. If you have an interest in joining us or would like more information regarding the Lavender Harvest please email me directly [drinkwellsofters@gmail.com](mailto:drinkwellsofters@gmail.com). With regard to our Tomato Sauce Parties, we should have plenty of tomatoes available for you to order and pick up in the Bay Area on Saturdays and you can sauce at home. It is hard to imagine a summer without smoke filled skies, and at this point I am planning on that being the case this year. Regardless of where we will be with COVID at that point, when air quality is what it was last summer, we cannot host sauce parties. All of this is quite fluid, and we will make changes accordingly as our life with COVID and Smoke dictates. In the meantime, once the farm dries up, you are welcome to come out for a visit, and to enjoy our messy garden and pizza oven. Just, ya know, text me :). 530-554-3971.



# RECIPES AND IDEAS FROM LORRAINE

We have been eating turnips raw, simply julienned, as a crunchy fresh something on the side, they are sweet and delicious. So no matter if you have radishes or turnips this week, toss them into a salad, or let them quickle in a bit of ACV and lemon juice and salt and water.

One of our CSA members shared on Slack, that she puts Bok Choy into the wok for the last 5 minutes of steaming fish. A simple way to use this vegetable. We have had a few people ask how to use Mizuna, I have been chopping it small and adding it my basic broth soups. Don't forget greens like mustard or mizuna are quite delicious finely chopped and added to meatloaf or meatballs or into sausage meat for a sausage roll:)

Arugula, Blood Orange, and Roasted Beet Salad with Grapefruit-Thyme Vinaigrette  
*Recipe from Better Nutrition, 6 Servings*

CSA member Michele sent this recipe to us last week. It does call for Blood Oranges, but you might switch those out for Pomelo or the oranges from this week's box. And since we don't have fresh Thyme, if you have Eatwell Thyme Salt you might try a little of that.

3 small Beets, scrubbed and trimmed  
1 TB Dijon Mustard  
1 small Shallot, finely minced (about 1½ Tbs.)  
2 tsp finely minced fresh Thyme leaves  
1/3 cup Grapefruit juice (about ½ small grapefruit)  
1/2 cup Extra-Virgin Olive Oil  
5 cups baby Arugula leaves  
2 medium or 3 small Blood Oranges, peeled, halved and thinly sliced crosswise  
1/2 cup crumbled Goat Cheese  
1/3 cup toasted chopped Walnuts  
Additional thyme leaves for garnish (optional)

Preheat oven to 425°F. Wrap beets individually in foil, arrange on large baking sheet, and roast until tender, 45 minutes to 1 hour. Remove from oven, and let stand until cool enough to handle. Peel beets and cut into 1/2-inch cubes. While beets are roasting, whisk together mustard, shallot, thyme, and grapefruit juice in small bowl. Add olive oil in slow, steady stream, whisking constantly. Season to taste with salt and pepper, and set aside. Combine arugula and beets in large bowl. Drizzle with just enough dressing to lightly coat, and toss to combine. Add orange slices, goat cheese, and walnuts, toss gently to mix. Divide salad among six individual plates and top with additional thyme, if desired. Serve immediately, with additional dressing on the side.

## Butternut Squash Alfredo with Broccoli

*Recipe found on superhelathykids.com*

This recipe makes (8) 1 cup servings and takes about 30 minutes.

1 cup, cubes Butternut Squash  
3 cup flowerets Broccoli, florets  
1 tablespoon Olive Oil  
1/4 cup Butter, unsalted  
2 cloves Garlic  
3 TB Flour, all-purpose  
2 cup Milk  
1/4 teaspoon Nutmeg  
1/2 cup Parmesan cheese, shredded  
12 oz Pasta, like Rigatoni

Preheat oven to 400 degrees. Cut butternut squash into 1 inch cubes and place them and broccoli florets on a cookie sheet. Drizzle with olive oil and salt and pepper. Bake for 20 minutes. While your veggies bake, cook pasta and drain out water. In large pan over medium-high heat add butter and garlic. Let melt. Add flour and whisk in until smooth. Cook for 2 minutes and then add milk and

bring to a boil. Stir occasionally. Add nutmeg and cheese and stir until smooth. In a blender, add milk mixture and cooked butternut squash. Blend until smooth. Pour over cooked pasta and stir until coated. Add broccoli and serve!

## Glazed Parsley Carrots

*Recipe by Pierre Franney found in NYT Cooking*

This recipe serves 4 and takes about 15 minutes. I would probably add a bit of lemon zest at the end of the cooking, love that fresh burst of flavor from fresh lemon zest!

1 ¼ lb Carrots, trimmed and scraped  
Salt and freshly ground Pepper to taste  
½ tsp Sugar  
¼ cup Water  
1TB fresh Lemon Juice  
2 TB Butter  
2 TB finely chopped Parsley

Cut the carrot into very thin slices. There should be about 4 cups. Place in a saucepan. Add salt, pepper, sugar, water, lemon juice and butter. Cover tightly. Cook over moderately high heat, shaking pan occasionally. Cook about 7 minutes until carrots are tender, the liquid has evaporated and the carrots are lightly glazed. Take care they do not burn. Sprinkle with parsley and serve.

### This Week's Box List

\*Broccoli  
Arugula  
Spinach  
\*Turnips or Radishes  
\*Bok Choy  
\*Winter squash  
Mizuna or Mustard  
Beets  
\*Parsley  
\*Lemons  
Oranges or Pomelos  
\*Carrots from Terra Firma

*\*Indicates Box for 2*