

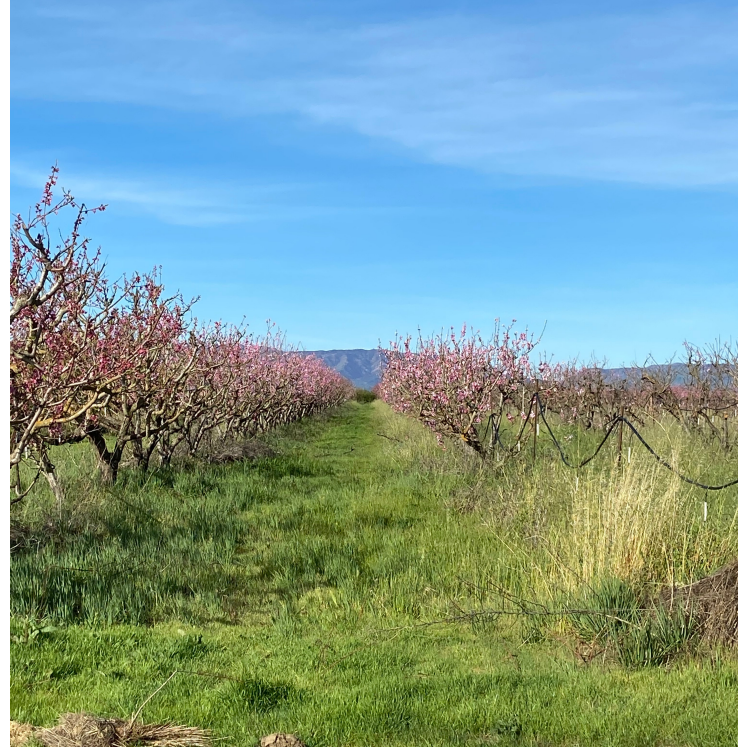


WEEK OF MARCH 8TH, 2021 #10/52



### Farm Walks

It was beautiful out on the farm Saturday morning. We had had some rain during the night and the air felt so fresh. The ground was a little wet, which meant the guys could still get to work planting. On my way out to the fields I passed by the green house which, after the guys had already spent more than a day of planting Thursday and Friday, is still loaded to the gills. Jose was happy the winds had died down because that has kept us from getting these tender little starts into the ground.



Moving on I found a few beds of favas. There are a lot of flowers, and dare I say it? I didn't find aphids. I would be so happy to get favas this year, it has been, I believe 3 years, each year losing them to aphid infestation. We are supposed to have colder days and nights coming with the storm, and that can certainly help. They are a fantastic green fertilizer, so if we don't get a crop, they still perform an important task. If you haven't enjoyed fresh favas, well they are a bit of work, but so rewarding. I love to just eat them plain, but they are also a delicious addition to pasta, or cooked and pureed using them as a dip.

There were a few happy surprises waiting for me, starting with actual strawberries. Still only white strawberries, but they are out there and growing! In addition to the berries, I saw many flowers, strawberry babies growing. The orchard is springing to life and quite colorful. The blossoms this time of year are pretty stunning, and they look quite plentiful. We are hoping the heavier pruning will bring us some benefits this year, not with the apricots, but we should see some



improvement with our peaches, nectarines and plums. I am hoping the storms coming through this week will be kind to us and not bring us any of the hail they say might hit our region. All of our tender young things growing and flowering would not handle that kind of pounding.

Planted next to the favas are the sugar snap peas, which are looking really great. The stalks are pretty hardy and the tendrils are growing fast. I am sure Jose will let us know soon that pea shoots will be an option for our extras list. They are delicious raw, added to salads, or even chopped and cooked lightly added to a cream sauce with pancetta over tortellini, yummm!

Interesting note about snap peas, they are a shelling pea, like the English pea, but you can eat the pods too, like a Snow Pea. Really they are the best of both worlds, and something I look forward to as we approach spring. Isn't it great eating with the seasons!



# RECIPES AND IDEAS FROM LORRAINE

Usually, at least once a year, I write about making salad dressings yourself. Now is that time. I found a great website I found called [wholefully.com](http://wholefully.com). They have a really nice set of 8 salad dressings to make at home. The first one listed is a Greek Yogurt Ranch, which calls for chives, parsley and red onion, all of which you can get from the farm right now. I cannot express strongly enough how much I believe you should make your own salad dressing, they are much healthier (most salad dressings have a ton of sugar, and if you aren't careful they use horrible ingredients), they are expensive, and generally speaking not very good. To make the process even easier, use a regular mouth mason jar with the base of your blender, yes it fits! Put all the ingredients into the jar, put the blade base on and let it whirl on your blender. Put a lid on it and store it in the fridge, how easy is that? Below is a simple recipe for a Spinach and Fennel salad, but it is only dressed with basic oil and vinegar. Try venturing out and making something a bit more flavorful.

## Fresh Spinach and Fennel Salad

*Recipe from Cuisine At Home*

4 cups fresh Spinach  
2 Navel Oranges, peeled and segmented OR use the Mandarins from this week's box

½ Fennel bulb, halved, cored, and sliced into strips (1 cup)

¼ cup thinly sliced Spring Onion

2 Tbsp chopped Fennel fronds

2 Tbsp White Wine Vinegar

1 Tbsp Olive Oil

Salt and Black Pepper to taste

Combine spinach, orange segments, fennel bulb, onion, and fennel fronds in a bowl; toss with vinegar and oil to coat. Season salad with salt and pepper.

## The Green Madame (Sandwich)

*Recipe found on Food52 by Fiveandspice*

I wish I had some green garlic in the house right now because I would make this for my lunch today! I would even suggest cooking up some greens from this weeks share, chop quite small and add a bit of that to give yourself a little extra veg. It would be a very delicious additions.

2 bunches of young Spring Garlic (no cloves formed yet) (or ramps, or leeks...)

Olive Oil

Salt and Pepper

2 TB Butter, plus a bit extra for frying eggs

2 TB Flour

1 1/2 cups Whole Milk (about, I always wind up making bechamel by feel, rather than true measurements)

1 pinch freshly grated Nutmeg

1/2 cup heaping, of grated raw milk Gruyere

2 generous slices of crusty, Country Style Bread

2 large Eggs

Preheat oven to 425F. Trim the bottoms and the top tips of the green garlic. Toss them with a drizzle of olive oil and a sprinkling of salt and pepper. Spread them out on a rimmed baking sheet or large roasting pan, and put them in the oven. Roast them, stirring occasionally, until they are quite soft and have a dark brown splotches all over them. Then, remove from the oven and set aside.

While your garlic is roasting you can make your béchamel. In a small saucepan, heat the butter until it is foaming. Whisk in the flour to form a paste, and turn the heat down to medium low. Cook, stirring for about 2 minutes to keep the flour from tasting raw. But don't let it turn brown. We're not making a roux. Whisk in your milk bit by bit. Whisk vigorously with each addition of milk until the mixture is smooth. Be sure not to add too much milk at a time because that can definitely cause

lumps. When all the milk is added and you have a loose sauce, stir in your nutmeg and a pinch of salt and pepper.

Continue to cook over medium low heat, stirring pretty much constantly, until the sauce has thickened, 6-7 minutes. Then, remove from the heat and whisk in 1/4 cup of your gruyere. Taste and adjust the salt and pepper to your liking.

Toast your pieces of bread until they are golden, then put them on a baking sheet. Sprinkle the remaining grated gruyere onto the pieces of bread, and mound some roasted spring garlic on each. Spoon bechamel generously over the top of each sandwich. Heat your broiler to high and put the sandwiches under it. Broil - keep an eye on them - until the bechamel is bubbling and starting to brown in patches. Then remove from the broiler. While the sandwiches are broiling, melt a bit more butter in a small frying pan. When it is foaming, crack the eggs into the pan and sprinkle them with just a bit of salt and pepper. Fry them over gentle heat until the whites are set but the yolks are still runny.

When they're ready, put an egg on top of each sandwich. These are knife and fork sandwiches. Yeah!

## This Week's Box List

\*Spring onions

\*Parsley

\*Fennel

\*Bok Choy

\*Green Garlic

\*Spinach

Rosemary or Chives

Romanesco or Cauliflower

Turnips or Radishes

Leeks

Chard or Red Russian Kale

\*Tango Mandarins from Gold Oak Partnership

*\*Indicates Box for 2*