



WEEK OF MARCH 15TH, 2021 #11/52



Pedal Powered Home Delivery

A year ago, at the start of COVID, we decided to take over our home deliveries from the service we were using at that time. There were several reasons that brought us to that decision, the most important was we wanted to limit the hands touching the boxes. Wow how long ago that feels. So we moved home delivery to Saturdays and figured out routes for both of our drivers plus some driving help from family. And when we asked, several of you switched to pick up sites, which really helped us out too. Since that time we have learned a lot. Recently though I had been thinking the responsibility of home delivery is something we could hand over to the right service. Then out of the blue Candlestick Courier sent us an email inquiring as to whether or not we would be interested in working with their bicycle delivery service. I knew right away this was the option I was hoping for. We discussed all the logistics and started working with Candlestick about a month ago now. We are thrilled that our organic produce home delivery is coming to you on bike. One of the reasons Nigel never liked the idea of home delivery was because of the environmental impact of driving to loads of individual houses. He felt pretty strongly that having a neighborhood pickup location that was hopefully on your route to or from work, or better yet, within walking distance of your home was really the most ecological way we could deliver our boxes. I know he would also be very happy knowing that we can use Candlestick's space as a drop location and from there the boxes are pedal powered!

It's Been A Year

I can't let this anniversary go by without some mention. This past year feels like a black hole with nothing based in our normal reality, but it certainly was very real. If I am completely honest, COVID has been one of the best things to happen to our farm and many others whose primary business was the CSA model. Not to say this past year didn't come with a lot of stresses for us because it did. Reflecting on 2020 I would say one of the biggest benefits was it pushed us to look at things differently. There was a lot of assessing what is important and what isn't, what to hold on to and what to let go of. In many ways it really helped us grow to be better and stronger, at least I hope we are. But for many this past year brought tremendous loss, businesses closed, jobs were lost and the worst, loss of life. Because I know what it means to lose a loved one, my heart really goes out to all of the millions of Americans who lost someone to COVID. I can't imagine the overwhelming sorrow they have lived through because they were not able to be with that

person when they took their last breath. That is unimaginable pain. Looking back on this time last year when the mantra of the day was singing Happy Birthday while washing your hands, don't wear masks because they don't do anything, the virus could live on most surfaces, maybe all surfaces, for who knows how long, we need to shelter in place but only for 2 weeks. 2 weeks, wow how little we knew, but here we are a year later, hopefully looking at a light at the end of a very long tunnel. Spring is literally just days away, I

hope it brings us renewal and new life in all the ways we need it.



Farmhouse Nursery

Our little in-house nursery project is growing faster than we had anticipated. When I read up on pepper germination it said they grow very slowly in cooler soil. The optimal soil temperature is about 86F. Now my house stays

relatively warm all day and night, but nowhere near 86. So I was expecting things to move rather slowly, only to discover last Wednesday the first peppers sprouting. And in just a few days time they are growing like crazy! The problem is we aren't quite ready for them to go out to the newly rebuilt greenhouse, as we still have the final touches to finish up. Plus it is still quite cold, as a matter of fact as I am writing this it is only 48 degrees outside and it's 11 am already. We are going to scramble together a makeshift mini-greenhouse which we will put right in front of



the house where it is protected from the cold. And I can bring everything in at night if I need to protect them from dropping temps. The really exciting news is we found a few packets of the original Italian San Marzanos and we have been sowing many trays with that old seed and they are

sprouting like crazy too! Elise and I are having a lot of fun with this project and almost feel like proud parents of cute little green life forms. It is pretty amazing watching life literally sprout before your eyes!

RECIPES AND IDEAS FROM LORRAINE

For My English Husband - Sausage Rolls *Eatwell Farmhouse Kitchen Serves 2-4*

This recipe came from a newsletter back in February of 2016. I do love these Sausage rolls so I thought I would repeat it, story and all.

When we traveled around England a few years ago, I so enjoyed watching Nigel indulge in many of his favorite English foods. Greasy (and I do mean greasy) Fish N Chips of course were at the top of the list, but new to me were the Sausage Rolls. Seeing how much Nigel enjoyed them as he devoured an enormous roll with such enthusiasm and relish, I figured I had to work on making these at home. This is how I made one the other night and it was a super big hit with my Englishman! A great way to sneak vegetables into a dish where none would be expected.

1 pack frozen Puff Pastry
3/4 to 1 lb of good, bulk Sausage Meat, nothing too spicy, I used an Italian style
2 Eatwell Farm Eggs
1/2 to 1 whole bunch of Mustard Greens, washed and chopped well (stems removed)
Egg and a splash of milk for egg wash if desired

Thaw puff pastry according to directions. Preheat oven to 400 F. Put the sausage meat and the eggs into a food processor and run until the meat is relatively smooth, about a minute or so, stopping to scrape down what is on the sides. Have your mustard greens prepped, washed, shaken dry, and chopped. Put a piece of parchment paper onto a baking sheet and dust with a bit of flour. Lay out the sheet of puff pastry so that the width of the pastry is longer, making sure to leave a good amount of parchment boarder all the way around (you will use the edge to make the roll). Spoon on about 1/2 of the sausage meat and pat it flat, covering nearly the entire width, but only a bit more than half of the depth of the pastry. Remember you want to be able to roll and seal. Put a layer of mustard greens on, pressing the greens into the meat a bit so everything stays put as much as possible. Finish up with another layer using the last of the meat and the chopped greens. Pick up the edge of the parchment paper, the side with the meat and mustard greens, and gently roll it over, pulling the paper away as needed to create an actual pastry roll. Center the sausage roll on the parchment. You can use an egg wash if you like, brushing it on gently. Pop it into the oven and bake at 400 for about 8 minutes. Turn the baking sheet around, I find ovens never bake perfectly even on all sides (but if you have an oven that does, please let me know which one it is!). Bake another few minutes until dark golden. Remove from the oven and let it sit for another 5 minutes, then slice and enjoy!

Fennel and Walnut Chutney *Recipe by Alex Stratta*

I was actually looking for a *Strata* recipe but stumbled on this recipe by Chef Alex Stratta and I thought it looked like a different and fun way to use fennel. Since we have walnuts from Old Dog, and now we have the Pinot and Apple Cider Vinegar, and I am going to switch out the currants and use Capay Canyon Ranch raisins

1 cup Red Wine Vinegar or White Wine Vinegar
3/4 cup Currants, dried

1 head Fennel, medium-sized, stems and feathery tops removed
3 tablespoons Olive Oil
1/3 cup Onion, chopped
1/2 tsp Salt
1/2 tsp Pepper
1 tsp Coriander, ground
1 1/2 cups Orange juice
2 tsp Sugar
1 cup Walnuts, toasted, chopped, or in halves and large pieces
Water, if needed

Combine the vinegar and currants in a small saucepan and let stand for about an hour, to plump the currants. Bring to a boil, and boil for several minutes, until the vinegar has reduced by about half. Set aside. Cut the head of fennel in quarters lengthwise, then cut crosswise into thin slices. In a large saucepan, heat the olive oil over medium-high heat. Add the onion and the sliced fennel and stir for a moment. Turn the heat to low and cook, stirring frequently, for about 15 minutes. Season with about 1/2 teaspoon each of salt and pepper. Add the currants and their vinegar along with the coriander. Increase the heat and add the orange juice and sugar. Bring to a boil and cook for 10 to 12 minutes, or until the juice has mostly evaporated. Turn to lowest heat and add the walnuts. Cover the pan and cook gently, stirring occasionally, until the chutney is very soft, 15 to 20 minutes. If it seems to be getting too dry, stir in water, a tablespoon or two at a time. Before serving, season with additional salt or pepper if necessary. The chutney will keep for several days, refrigerated in a covered container or jar. Bring to room temperature before serving.

Green Garlic Tabbouleh *Recipe from NYT Cooking by Melissa Clark*

I chose this recipe to use the Green Garlic, the green tops from the Spring Onions, and of course the Parsley.

3/4 tsp fine Sea Salt, more for the bulgur cooking water
1 cup medium Bulgur
2 TB Lemon juice, more as needed
1/4 tsp ground Cumin
1/4 tsp Black Pepper
Pinch Allspice
1/2 cup Extra-Virgin Olive Oil, more for serving
2 1/2 cups coarsely chopped Italian parsley leaves
1 1/4 cups finely chopped Green Garlic, tender stems and tops only (save the bulbs for another use)
1/2 cup chopped fresh Mint
1 cup diced Tomato
1 cup diced Cucumber
1 bunch thinly sliced Scallions (1/2 cup)

In a medium pot, bring 2 cups well-salted water to a boil. Add bulgur; cover and reduce heat to low, and cook until tender, 8 to 12 minutes. Drain in a colander and rinse well under cool water. Drain completely and transfer to a large bowl. In a smaller bowl, whisk together lemon juice, salt, cumin, pepper and allspice; whisk in oil. Pour dressing over bulgur and toss well. Toss in parsley, green garlic, mint, tomato, cucumber and scallions. Taste and adjust seasoning if necessary. Drizzle with more oil just before serving.

This Week's Box List

*Onions
*Parsley
*Fennel
*Green Garlic
*Mustard
Bok Choy
Spinach
Red Kale
Leeks
Radishes or Turnips
*Tango Mandarins from Gold Oak
*Red Cabbage from Terra Firma

* indicates Box for 2