



FOOD FOR THE BODY & SOUL
WEEK OF APRIL 26, 2021 #17/52



Earth Day

Last week we mostly forgot to bring some excitement to celebrating Earth Day. With everything going on in our world, pandemic, shootings, trials, schools not open, climate change, draught, fire season looming, it is understandably hard to remember we *also* need to raise our voices to fight for this planet we all share. The first Earth Day was in 1970. If you were alive back then you probably remember how yucky the skies could be from all the pollution. Most people drove cars that ran on leaded gas and we guzzled loads of it. 1970 was the year they introduced unleaded gas, but leaded wasn't phased out until 1996. The EPA was formed in 1970 and DDT was banned in 1972 (although it was still produced in the US and sold to other countries). CCOF, our organic certifying body, was founded in Santa Cruz in 1973. They were one of the original organic certifiers. Today organic foods are so common you will find them in just about any grocery store you want to shop. We have come a long way in some regards, but clearly we still have very far to go.



One of our biggest hurdles is the sheer complexity of healing the earth and effectively dealing with climate change. There is no simple solution, there is no one thing we can do to make it all better. To turn things around it will take real effort in all realms of our lives. But you know what, when I walk around our farm and see the incredible diversity of flora and fauna, I know deep in my soul that diversity in farming is certainly one of those answers. As I drive down the street our farm is on I see field after field barren for months on end where no birds or pollinators can survive. I watch one of our most precious assets, **topsoil**, blow away in the winds of autumn and spring and wash away with the rains of winter. The commercial growers around us harvest their crops at the end of summer, and in a matter of hours all signs of the sunflowers, tomatoes or melons that had grown there, have been wiped away. Those fields are sprayed several times to kill anything and everything, left to wait out the winter months, until they are ready to do it again in the spring. I witnessed the first signs of planting season a few weeks back, tilling, spraying and prepping. Last week I watched the big trucks come in with the plants and this morning I drove past acres of tomatoes already planted. It happens fast, loads of chemicals, machinery and a few people performing seasonal jobs.

On my drive back this morning, after my early morning walk with my friend Valerie, I pulled off and drove out to the end of our farm. I wanted to snap a few shots of the potatoes to share with you. Looking out over our fields I see weeds, loads of them, and I see a lot of last season's crops, tall and flowering, swaying in the breeze. We got the tiniest bit of the promised rain, really what a disappointment that was, but it did leave us with crystal clear skies and a view of the Berryessa Gap that just took my breath away. I smiled as I walked past Papa Ramon, his wife Lupe and their daughter-in-law Alicia hoeing in the crisp morning air. No spray does any of the work for them. We rely on hand labor and that is one of the reasons this type of farming is a lot of

work and truth be told, is more expensive. But our fields are productive all year long, whether they are growing actual crops or just resting with pasture or overgrown flowered crops or even covered in "weeds" our land does not sit barren for months on end. Because we rely on our chickens for our source of fertility we have also reduced our carbon footprint because no energy is spent making that fertilizer, no truck is driving countless miles to deliver it to our door, and no tractor is running to spread it on our land. We do, however, have a truck deliver chicken feed, but for that we get eggs we all enjoy, and our girls eat bugs, weeds, then they leave behind the food that feeds our land. It is all pretty magical when you think about it, and the magic is so visible when you walk the farm early in the

morning on a crystal clear day. For those of us who have committed our lives to tending land and bringing good food to our communities, every day is Earth Day. I would like to invite you to celebrate with me each time you open your CSA box. Thank you for being a part of the solutions we so desperately need.

Farm/Potato Update

Potatoes are looking lush and I saw the first blooming flower this morning. That means potatoes are just around the corner. Chard and kales are growing and looking gorgeous. Cabbages are curling and I am keeping my fingers crossed the temps stay on the cooler side for a little while longer and we can make some Spring Kraut!



RECIPES AND IDEAS FROM LORRAINE

This week we have enough Sugar Snap Peas for everyone! I wouldn't be surprised if most of them are eaten straight from the bag, never making it home. BUT if you have the will power, one of my favorites is peas in cream and parmesan over fettuccine topped with some ground walnuts. A bit of lemon zest at the end will make it even more perfect. Please know you can eat the entire thing. Sugar Snaps are somewhere between a shelling and snow pea.

Roasted Salmon with Peas and Radishes

Recipes by Kay Chun from NY Times

Cooking

This recipe actually calls for frozen peas, but go ahead and cut your pea pods in half or thirds and use those. If you have turnips instead of radishes, use them! This recipe also calls for White Miso, so I really hope you have Aedan's White Miso on hand:)

4 (6-ounce) skin-on Salmon or Trout Fillets

¼ cup Extra-Virgin Olive Oil
Kosher Salt and Black Pepper

3 TB Unsalted Butter

2 bunches Radishes with greens (about 1 pound), radishes halved, 1 cup leaves reserved (or 1 pound diced zucchini, or two 14-ounce cans whole artichokes, drained and halved)

1 ½ cups fresh Peas

2 TB drained Capers

1 TB White Miso

1 tsp Dijon Mustard

¼ cup chopped Dill or Parsley OR use the Chives

Heat oven to 425 degrees. On a rimmed baking sheet, coat salmon with 2 tablespoons oil, season lightly with salt and pepper and arrange skin-side up. Roast until fish is just opaque throughout and cooked to medium, 8 to 10 minutes. Meanwhile, in a large nonstick skillet, melt 1 tablespoon butter in remaining 2 tablespoons oil over medium-high. Add halved radishes (not leaves), season with salt and pepper and cook, stirring occasionally, until golden and slightly softened, about 8 minutes. (If using zucchini, you can reduce the cook time to about 5 minutes; if using artichokes, you'll only need to cook about 3 minutes.) Add 1 cup water, the peas, capers, miso and mustard, and cook, stirring to dissolve the miso and mustard, until peas are tender, 3 to 4 minutes. Add remaining 2 tablespoons butter and simmer until a light sauce forms, about 2 minutes. Season with salt and pepper and stir in radish leaves and dill. Divide vegetables among plates or shallow bowls and top with salmon. Spoon pan sauce on top and serve warm.

Barley Salad With Green Garlic and Snap Peas

Recipe by Emily Han found on kitchn.com

I do realize I have two recipes for Snap Peas this week, but the season is a quick one and wanted to have a vegetarian option. I am going to try this one but use Chico Brown Rice instead of Barley which I think would be really delicious.

1 cup hulled Barley

3 cups Water

2 stalks Green Garlic (white and light green parts only), cut into 1-inch pieces*

2 TB toasted Almonds

¼ cup Extra Virgin Olive Oil

2 tsp Lemon Juice

1 tsp Lemon Zest

Coarse Salt

8 oz Sugar Snap Peas

2 TB torn Mint leaves

Cook and cool barley: Combine barley and water in a saucepan and bring to a boil. Cover, reduce heat, and simmer until tender, about 1 to 1 ½ hours. Cool completely. Make green garlic sauce: Blend green garlic, almonds, olive oil, lemon juice and zest, and 1 teaspoon salt in a food processor or blender until smooth. If the mixture is very thick or dry, mix in 1-2 tablespoons of water. Blanch sugar snap peas: Have ready a large bowl of ice water, a slotted spoon, and a plate lined with a cloth or paper towel. Bring a pan of water to boil over high heat. Add a tablespoon of salt and the snap peas and boil just until bright green and crisp, about 30 seconds to 1 minute. Quickly remove the snap peas with a slotted spoon and plunge them into the ice bath. When the peas are completely cool, remove them from the ice bath and drain on the towel-lined plate. Cut the snap

peas lengthwise on the diagonal. Assemble salad: In a large bowl, combine barley and green garlic sauce. Then mix in snap peas and mint. Season to taste and serve immediately or keep covered in the refrigerator.

Roasted Leek Salad With Apple Cider Vinaigrette

Recipe by Annie Chesson TheGarlicDiaries.com

This recipe calls for arugula and spring mix, I am planning on using the lettuce from this week's share, so replace those as you see fit.

4 Leeks, bottoms and dark green tops removed, leeks halved and rinsed out

2 packed cups Arugula

2 packed cups Spring Green mix

1 cup chopped Walnuts, toasted

1 Apple sliced (we like honeycrisp) OR maybe try some Strawberries or Oranges from the box

2 TB Apple Cider Vinegar

4 TB Olive Oil

1 clove Garlic, grated

1 heaping tsp Dijon Mustard

Preheat your oven to 375 degrees. Place your leek halves on a parchment lined baking sheet, drizzle with olive oil, and season with salt and pepper. Roast for 30 minutes. Toast your walnuts, prep your apples, and set them aside. Make your dressing: add the vinegar, olive oil, garlic, mustard, and salt + pepper to a jar (or bowl) and shake (or whisk) to fully combine. When your leeks are done, let them cool to room temperature, and then dice them into 1/2 inch (ish) chunks. To assemble each salad, add 1/2 cup of each packed green to a plate (1 cup greens total) and top with 1/4 of your leeks, 1/4 cup of walnuts, 1/4 of your apple, and a drizzle of dressing. Season lightly with salt and pepper and serve!

This Week's Box List

*Turnips or Radishes

*Leeks

*Green Garlic

Fennel

*Sugar Snap Peas

Mustard Greens

Red Kale

*Oranges or Strawberries

Spring Onion

Bok Choy or Chard

*Chives

*Lettuce from Terra Firma

* indicates Box for 2