



FOOD FOR THE BODY & SOUL

WEEK OF MAY 3RD, 2021 #18/52



So Much To Share This Week

Last week was packed full of life's hellos, goodbyes, running around, and experiments bucking convention. Where to start, how about starting with kittens and puppies! Last Sunday Ian found 3 kittens. We set them up in the giant dog crate, fed them, loved them and posted them on FB and IG. By Tuesday all three were adopted by Jose's wife's bestie, Angelica. She was planning on taking two but as she was walking out of the house the third one was crying so loudly, she turned right around and took that one too! They were so adorable, I was kind of sad to see them go that quickly, but Ian and I were thrilled they found a home *and* they get to stay together. That same day I connected with Sean who has a farm up in the Capay Valley. He has a litter of pups,

3/4 Pyrenees
1/4 Anatolian Shepherd.
Mamma is a big lady at 120 lbs! She broke her foot when it got caught in a squirrel hole last week, so when I met her she had on a cone and her foot was all bandaged up. What a great outlook she had about the size of her litter which was sizable at 11 puppies! When I went into the pen to meet the puppies the biggest one came running right up to me and never left my side. He will be a big boy and I just fell in love with him! Can't wait to bring him back to the farm and get started on the training.



And then there was Stella, my beautiful gentle Belgian. Horses need a lot of love and attention and as hard as it was I simply had to acknowledge the fact that my life has changed forever and there just won't be that kind of time in my life that she deserves from me. I have been asking around for a while but nothing has worked out, or for whatever reason I



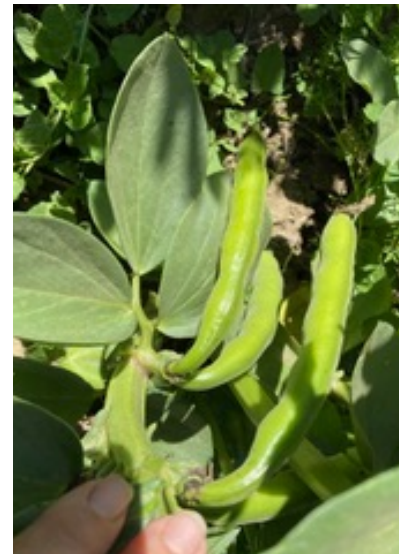
didn't feel compelled to push or move forward with leads. Last week between kittens and puppies and forward momentum I reached out to Vanessa, who works with horses and has adopted and found the right home for many. She completely

understood my situation, and when she came out to see Stella, she knew she could find the right home for my girl. Vanessa reached out to the folks at Warriors Soul up in Lincoln. Warriors Soul has a beautiful program where they work with individuals, groups, families, returning vets and kids with a "variety of backgrounds and needs". They came out the next day, absolutely fell in love with Stella and brought her to their facility this past Sunday. It all happened so fast, which is probably the only way I could have done this. It breaks my heart on many levels but I know she is in the best place for her. And Stella will be thrilled to have such important work and a purpose in life. If you are interested in learning more about what they do visit [Warriors Soul](#).

Strawberries, Potatoes, and Beans!

Bucking conventional wisdom, I went ahead and got this year's strawberries now instead of late July. Jose and the guys got them planted one evening after work last week. They laid down the weed fabric and planted over 15,000 strawberry starts. Even though this is not the time of year we plant strawberries, I went ahead and did it anyway, because honestly I don't know any better. And to be completely honest, as I watch the weather year after year, and just how whacky it is I figured why not do it completely differently? It could get really hot but it is usually really hot in July and August. Typically our new planting gives us fruit by October, so I am gambling that these will give us some fruit a couple of months from now too, which would be in July some time. Talking to my farmer mentors I feel like more and more they are kind of throwing their hands up in the air not knowing how to deal with draught, wind, severe heat and fires. So I am tossing caution to the wind and going for it!

Last week I wrote that I had found the first actual bloom on a potato plant. That was Monday morning by Saturday the early producers are almost in full bloom! It is amazing watching life unfold right in front of my eyes. After checking out the potatoes I poked around in the favas. Early I had found a pretty heavy aphid load and so I was not



hopeful of getting any fava beans this year. To my great surprise I found loads! Ate a bunch right then and there. I didn't walk too far down the row but I am hoping we will at least be able to offer some as extras if not for the boxes. Never tried fava beans? They are delicious! And when they are young and small you can eat them straight from the pod. I love them cooked in pasta with cream, but I love many things cooked that way. You can also cook, puree, season and make a great spread/dip. Top a salad with fava beans or just eat them from the pod like edamame. The farm is always changing and this time of year it changes fast.

RECIPES AND IDEAS FROM LORRAINE

Boy, it is hard doing recipes with so many this OR that's on the list. Full disclosure, we are having a serious issue with squirrels this year and a lot of the crops that we should have plenty of for all boxes have been impacted. Whether you have turnips OR radishes this week maybe try turning them into Refrigerator Pickles.

Miso And Chive Salsa

Recipe by Yotam Ottolenghi from his book Flavor

This recipe is served over cooked leeks and garlic, but Yotam says this Salsa is delicious on tofu, fish or chicken and new potatoes.

1/2 oz peeled, chopped, fresh
Ginger
1 1/2 TB mixed Black and White
Sesame Seeds, very well toasted
1/2 oz finely chopped Chives
1 1/2TB White Miso, go Aedan
Fermented Foods!
2 oz Mirin
3/4 TB Rice Vinegar
1/4 tsp flaked Salt

I don't have flaked salt at home so I am going to try it using our coarse French Sea Salt
Pound the ginger with the salt in a paste using a pestle and mortar, or with the side of a knife. Put into a small bowl along with the remaining ingredients, stir well to combine. This salsa can be kept in the fridge for 3 days.

Leek Risotto With Sugar Snap Peas and Pancetta

Recipe by Susan Spungen from NYT Cooking

I love a good risotto and this one really takes advantage of the season!

1 1/2 TB Olive Oil
3 oz thinly sliced Pancetta or Bacon
1 qt Chicken Stock
3 large Leeks, white parts only, split lengthwise, sliced
1/4-inch thick and thoroughly washed (about 3 cups)
2 Garlic cloves, smashed
Kosher Salt and Black Pepper
1 1/2 cups Arborio Rice
1/2 cup dry White Wine
1 TB unsalted Butter
2 oz grated Pecorino (about 3/4 cup), plus more for
topping
8 oz Sugar Snap Peas, strings removed, snap peas
halved lengthwise
1/2 cup snipped Chives (optional)

Add 1/2 tablespoon oil to a large, wide saucepan, and add the pancetta slices. (It's OK if they're not in one layer, as they will shrink quite a bit.) Turn heat to medium and cook, turning and rearranging the pancetta until lightly browned, crisp, and the fat has rendered, 6 to 8 minutes. Transfer with tongs to a paper towel, leaving the fat in the pan. Add the stock and 1 cup water to a separate medium saucepan. Transfer the saucepan to a back burner and bring to a simmer over low. Keep warm on the lowest heat. Add 1 tablespoon oil to the pan that you cooked the pancetta

in, and add the leeks, garlic and 1/2 teaspoon salt. Cook, stirring, over medium-high until wilted and soft, about 5 minutes. Add the rice and cook, stirring, until grains look slightly translucent, 2 to 3 minutes. Add wine and cook until nearly absorbed, about 1 minute. Add a ladleful of stock to the rice — you want just enough to barely cover the surface of the rice. Cook at a lively simmer, stirring very frequently, until it's nearly absorbed, 2 to 3 minutes. Continue adding stock in this way until rice is very creamy, but still al dente, 15 to 20 minutes total. You may not need all of the

liquid, but you will probably use most of it. Stir in the butter and cheese, and season to taste with salt and pepper. Stir in the snap peas. Add more of the remaining liquid if needed to loosen (it should be a bit soupy), and divide among four shallow bowls. Crumble the reserved pancetta over top, and sprinkle with chives.

French Lentils with Chard

By Martha Rose Shulman from NYT Cooking

MRS says should you have heavy meat eaters cook some sausage on the side. And you know you can get the best French Style Lentils Rancho Gordo with your CSA share!

1 TB Extra Virgin Olive Oil
1 onion, chopped

2 Carrots, chopped
1 Celery stalk, chopped
4 large Garlic cloves, minced
1 lb Lentils, preferably imported green lentils, washed and picked over 2 1/4 cups
A Bouquet Garni made with 2 bay leaves, a Parmesan rind and a sprig or two each of thyme and parsley
Salt
freshly ground Pepper
1 bunch Swiss chard (3/4 to 1 pound), stemmed, washed and coarsely chopped
Freshly grated Parmesan, crumbled goat cheese or feta for serving

Heat the olive oil over medium-high heat in a heavy soup pot or Dutch oven. Add the onion and cook, stirring, until it begins to soften, about 3 to 5 minutes. Add the carrot and celery and cook, stirring, until all the vegetables are tender, about 5 minutes. Add the garlic and continue to cook, stirring, until fragrant, 30 seconds to a minute. Add the lentils, 2 quarts water and bouquet garni. Bring to a boil, reduce the heat, and simmer 40 minutes. Add salt and pepper to taste. Remove the bouquet garni. Stir the chard into the simmering lentils. Cook another 10 minutes or so, until the lentils and greens are tender. The chard should be tender but still bright. Taste, adjust seasonings and serve, passing the cheese at the table for sprinkling. Alternatively, transfer to an oiled baking dish, top with rounds of goat cheese, crumbled feta or grated Parmesan, and heat through in a medium oven.

This Week's Box List

*Turnips or Radishes
Leeks
*Green Garlic
*Sugar Snap Peas
Red Kale
*Chives
*Chard
*Lettuce
*Strawberries or Oranges
Bok Choy or Fennel
Mizuna or Arugula

* indicates Box for 2