



WEEK OF FEBRUARY 7, 2022 WEEK 6/52

### Crew Update

By last Wednesday, we had 3 guys out with COVID. Jose & Josesito tested positive a week ago Saturday, but neither of them got very sick. Both have clean tests and were eager to get back to work today. Wednesday Luis tested positive, he is feeling good too, but we have to wait a few more days and make sure he has a clean test. By Sunday Alesia tested positive, but her husband Jesus is fine. Fortunately, Lupe, the mother to all the “boys”, is still healthy and working hard out in the pack house. In the meantime, Agustin came back from his vacation in Mexico and brother Victor came back with him to work with us for the next several months. And today Roberto is back from his vacation, so we are in much better shape than we were last week. To help ease the burden just a little, we brought in the Dino kale from Terra Firma. This meant the crew had one less item to pick. Having a farm like Terra Firma only a few minutes down the road is pretty wonderful. They really helped out because this was a last minute order that I called in on a Sunday.

went through them like wild fire. Several restaurants in SF have shared the same stories, needing to close a couple of days a week. Even if COVID hasn't affected you personally, it is still wreaking havoc on all of our lives. This is everyone's story

### Our Newest Care Share Recipients

California State University Maritime Academy in Vallejo is now receiving Care Share boxes each week. They have a large population of low income students who live on campus and we are part of a program to get them fresh veggies and fruits. I am pretty excited and I thank you all for your donated boxes and cash



Between being shorthanded and having to work in the crazy wind, I wanted to give our remaining healthy crew a break. It was clear we didn't have enough hands to harvest what we would normally bring to the market, and some down time was seriously in order. We could have skipped this week, but we've not missed a market in 29 years; so we went down with eggs and our lavender products. It actually turned out to be a pretty terrific day and a lot of fun. Of course not having to set up produce made it much easier, and it was an excellent opportunity to showcase all the wonderful salts, lavender and body products we make. But equally important, we were there to share our story, because most people don't see anything past a supermarket shelf, and it is important for people to hear about the folks who are out there growing/harvesting and packing their food. And the truth is this is not my story, it is everyone's story. Talking with Hazel from 5th Crow, the farm that is next to us at the market, more than half their crew was out a few weeks ago. My friends at our local Frosty's had to shut down for 5 days because COVID

donations to our Care Share Fund that helps us make this possible. Here is a little writeup from the school:

California State University Maritime Academy (or Cal Maritime) is the smallest campus in the CSU system. It is located on the beautiful waterfront in Vallejo, California. Cal Maritime is one of seven maritime colleges in the United States and the only maritime college on the west coast. We have a student population of 800-900 cadets (80% live on campus) and we offer five undergraduate majors specialized around the maritime industry. The training ship, The Golden Bear, serves as a classroom while docked during the school year. Cadets have an opportunity during the summer to go on an annual training cruise for two months. Since most of the cadets live on campus and do not have access to transportation, getting fresh fruits and veggies are a BIG challenge. In partnership with our campus food pantry and Eatwell Farms, the Peer Health Educators' pop up food pantry program will allow cadets an opportunity to have better access to fresh produce and healthier options. This weekly program will be piloted by a cadet and Peer Health Educator, David Chrisman, who will be helping distribute the boxes to fellow cadets and facilitate cooking programs. Thank you Eatwell Farms for giving our cadets an opportunity to access fresh produce!

# RECIPES AND IDEAS FROM LORRAINE

## Ditalini With Tender Herbs, Chickpeas & Yogurt

Recipe by Sohla El-Waylly from Food52 June 30, 2021  
Thanks to CSA member Alison who shared this link on our Slack by CSA member Alison. I read through the original article that Alison shared (which is [linked here](#)) and there are some really great suggestions and tips on how to use up any and all greens, including turnip/radish/carrot tops etc. I highly recommend you give it a quick read, I think it could really change the way you get through your box each week. For this recipe you could use the Parsely, Arugula, Spinach, and to add some extra flavor fennel fronds and the green tops from the onions. In the meantime here is a recipe:  
5 oz (1 1/2 cups) Ditalini (or another short dry pasta, such as macaroni or penne)  
3 cups Chicken or Vegetable stock or water, divided  
3 TB Butter, divided  
3 Anchovy Fillets  
3 garlic cloves, smashed, peeled, and chopped  
6 cups roughly chopped tender Herbs and/or Greens (such as dill, parsley, basil, arugula, radish tops, beet tops, etc), plus a handful to serve  
1 (15.5-oz.) can Chickpeas, drained and rinsed  
Kosher salt and freshly ground black pepper  
1/3 cup Whole-Milk Greek Yogurt, plus more to serve  
Lemon zest and juice, to taste  
Put the pasta in a small bowl and cover with 1 1/2 cups of chicken stock or water. Stir occasionally to make sure the pasta isn't clumping together. Add 2 tablespoons of butter to a medium Dutch oven over medium heat and melt until foamy, about 2 minutes. Add the anchovies and garlic and cook, stirring often, until the anchovies melt into the fat and the garlic just begins to brown, 3 to 5 minutes. Add the herbs and greens, the remaining 1 1/2 cups of chicken stock or water, and a big pinch each of salt and pepper. Increase the heat to high and bring to a boil, then reduce heat to a maintain an active simmer. Add the beans and cook, partially covered, until the liquid has reduced to about 1 cup and the greens are tender and silky, 10 to 15 minutes. Taste the greens and add more salt and pepper if needed. (You want it to be very well seasoned at this point, so the liquid and greens can season the pasta.) Add the pasta along with the soaking liquid and simmer, stirring constantly, until the pasta is al dente, 3 to 5 minutes. Remove from the heat and stir in the yogurt, remaining 1 tablespoon of butter, and season with lemon zest and juice to taste. Taste and add more salt and pepper if needed. Divide the pasta between 4 bowls and garnish with more yogurt.

## Cabbage Bake

Recipe by Lavanya Narayanan from Food52 July 2021  
3 cups finely shredded Cabbage  
1 1/2 cups Gram Glour (kadalai maavu)  
1/2 cup Buttermilk, plus more as needed  
1/2 teaspoon ground Turmeric  
1 pinch Asafetida  
1 medium Green Ghile, finely chopped  
1 tsp Red Chile powder  
1 1/2 tsp Salt  
1 tsp Cumin seeds

1/2 teaspoon ground Cumin  
1 tsp ground Coriander  
1 (2-inch) piece Ginger, grated  
1 small handful chopped fresh Cilantro  
2/3 cup Vegetable Oil  
Preheat oven to 350°F and grease a 9x13-inch baking dish. In a large bowl, mix together cabbage, gram flour, and oil and let sit 5 minutes. Add buttermilk and all of the spices (save for the fresh cilantro), and mix well. If mixture is too thick, add water as needed. Batter should have the pourable consistency of cornbread batter. Bake 45 minutes, or until cabbage and flour are cooked through. Let rest, cut into squares, and garnish with chopped fresh cilantro. No condiments required—though you can serve this with cilantro chutney if you'd like.

Mandarin & Orange Cake  
Recipe found on [taste.com](#)  
This recipe is very much like the Orange Almond Cake I have posted many times.

2 Mandarins, unpeeled  
1 Orange, unpeeled  
6 Eggs  
1 cup Sugar  
250g Almond Meal  
1 tsp Baking Powder  
Crème fraîche or Sour Cream, to serve  
Sliced orange, extra, to serve  
Mandarin syrup  
1/2 cup Sugar  
1/2 cup Mandarin juice  
1 cinnamon stick  
1 tbs mandarin zest

Place the whole mandarins and orange in a large saucepan. Cover with cold water. Bring to the boil over high heat. Drain well. Repeat. Return mandarins and orange to the saucepan and cover with water. Bring to the boil. Reduce heat and simmer for 30 mins or until mandarins and orange are very tender. Drain well. Set aside to cool. Preheat oven to 180C. Grease and line the base and side of a 20cm round cake pan. Coarsely chop the mandarins and orange, discarding any pips or seeds. Process, with the peel, in a food processor until smooth. Use an electric mixer to whisk the eggs and sugar until mixture doubles in size and a ribbon gently falls when the beater is lifted. Add the orange mixture, almond meal and baking powder. Use a metal spoon to gently fold until just combined. Pour into the prepared pan. Bake for 1 hour or until a skewer inserted into the centre comes out clean. Set aside in the pan to cool completely. Meanwhile, to make the syrup, combine sugar, mandarin juice, cinnamon stick and 1/2 cup (125ml) water in a medium saucepan over low heat. Cook, stirring, for 5 mins or until sugar dissolves. Increase heat to high and bring to the boil. Cook, without stirring, for 3 mins or until syrup thickens slightly. Set aside to cool. Stir in mandarin zest. Remove cake from pan. Drizzle with the syrup and top with crème fraîche or light sour cream and sliced orange.

### This Week's Box List

\*Arugula  
\*Lettuce  
\*Fennel  
\*Spring Onion  
\*Tangelo  
\*Parsley  
\*Gold Oak Mandarins  
Cabbage OR Romanesco  
Celeriac  
Spinach  
Purple Turnips  
\* = Items in Box for 2