



WEEK OF FEBRUARY 06, 2023 WEEK

Kitchen Kids & Family Time

Many of you have probably heard me say this before, but I firmly believe one of the most important things we could teach our children is how to cook. There are so many lessons we get out of cooking: math skills, especially fractions, reading skills, you have to read a recipe, learning to follow steps, you will want to boil the water before you put the pasta into the pot, improve your focus, if you don't something might burn, and you hone your senses, smell, taste, look, touch, hear. Plus you learn timing and how to order tasks. Truly, so much can be learned, and I haven't even touched on the health and social benefits. One of the things I have committed to is spending an evening cooking with my grandson David as often as I can. Our last meal together consisted of a turnip and walnut puree and an omelette with sautéed arugula and spring raab. We always have the best time together, and he literally pushes his way right into the kitchen and has to be an important player in the dinner. Not yet 2, he is surprisingly adept at cracking eggs, and you should have seen him laugh when, together, we "shook up" those eggs. David has learned to stay away from a hot stove, but he is invited to bring his cooking tower over to put things into a pot before we turn the heat on. For Christmas I bought him a sweet little cooking tool set, that included a wooden chopper, toddler appropriate knives, a cutting board, etc. He knows where his tools belong and will go get them when it's time for us to cook together.



I know it takes time, energy and patience to have our little ones join us in meal prep. It can be hard to handle a determined young one demanding to take over when they just don't have the skills yet, especially at the end of a long day. Perhaps dinner isn't the best time to work together in the kitchen, maybe a better choice would be to prep breakfast? Together you can crack and whisk eggs the night before. Have your little ones put the pan on the stove, and the bread in the toaster, so everything is ready to go in the morning. Have the glasses and plates out, cut some fruit? Could they make their lunch the night before? There are many opportunities for our young future cooks to participate, sometimes we just need to look at things differently, and have a little faith to let go of the reins.

My friends Eliana and Alicia have started this wonderful program to help families learn how to cook together. It is called Joyful Family Cooking.

Some of you will remember Eliana from years back when she had BayLeaf Kitchen Kids Cooking Camp. Alicia was one of the chefs who helped out at the summer camps. Alicia is also an Eatwell CSA member. Some of our younger members even attended BayLeaf Summer Cooking Camp. My friendship with these two women runs deep, for many reasons, so I am thrilled to be able

to share with you their new adventure in helping bring kids to the cutting board as well as the table!

Their online course consists of about 3 classes, which you go through on your own time. Designed to introduce all family members to working together in the kitchen, Joyful Family Cooking gets you started. Alicia and Elianna are family food coaches, on a mission to make healthy habits come to life in tangible and sustainable ways, teaching families to cook nutritious meals together and build lifelong healthy relationships with food. They also offer personalized family food coaching and classes. If you have any interest in checking out their course please visit the website [here](#). And on Sundays they are doing an IG Live Cookbook Club class. If you are interested in that you can check out their Instagram [@joyfulfamilycooking](#)

Egg Update

Production is definitely trending upward, albeit slowly. This is excellent news and we will have enough eggs to fill all CSA orders this week. The young flock has started laying a few here and there, but that too will only increase over the next few days. Now that all the girls are on fresh, green pasture, you will see those yolks get even prettier.

Boxes And Delivery Days

After this week, one of our SF routes is moving to Tuesdays. There are many reasons for doing this and certainly one of the most important is this means we won't have to rent a second van for our Wednesday delivery day, so we will be able to do all deliveries in the one, much bigger, van. One of the added bonuses is I will be able to move forward with an idea I have kicked around for a while now. A few months back we did some fundraising to build a back up cooler. We didn't raise enough to actually build a cooler, but we did raise plenty to work on a couple of alternative ideas and the first one is to build a platform with an air conditioner/coolbot on it that we can slide right up to the back door of the van. We refrigerate our egg cooler with an air conditioner/coolbot, and we keep that space at 42, it works great! In the warm months we have to pack the boxes and store them in our big cooler overnight. This is hard work for the guys, who are literally running stacks of boxes from the pack house to the cooler. Then at 4 am, the drivers have to load all of those boxes into the van. So if we can rig this up to chill the van over night, the crew can pack the boxes and load them straight into the van. The drivers can just get into the van early in the morning and hit the road. We wouldn't have to run the big cooler over night either, which in the summer months could save us a lot of money. All in all, this could be an amazing benefit for us, and is a big reason why I am moving one of our delivery days. I will post which sites are switching days on the back side of the newsletter.

RECIPES AND IDEAS FROM LORRAINE

SITES MOVING TO TUESDAY DELIVERY

RUSSIAN HILL
PACIFIC HEIGHTS
LOWER HAIGHT
CUMBERLAND
DOLORES
NOE VALLEY
SUNNYSIDE
BAYVIEW

BERNAL HEIGHTS
POTRERO HILL

**THE TWO VACAVILLE SITES
ARE MOVING TO THURSDAY**

And now for a few recipes.

This week we have a mixed bag of baby Bok choy & Tatsoi. While searching for some recipes, I stumbled upon this site The Woks Of Life that has a great list of Chinese Leafy greens with excellent descriptions, and recipe links It is also offers many recipes. If you are interested, you can find it [here](#)

Stir Fried Baby Bok Choy

Recipe from The Woks of Life

1/2 lb Baby Bok choy
1 TB Oil
3 cloves Garlic
Salt and White Pepper, to taste
Pinch of Sugar

Trim the bottoms off of each bundle of bok choy, and split them in half or quarters. Just make sure all of the pieces are relatively uniform so they cook evenly. You can leave them whole if they're very small and tender. Wash thoroughly with cold water two to three times. The best method is to use a large basin or sink to rinse and swirl around the vegetables letting them soak for a few minutes before draining and washing again. Shake off the excess water after the final rinse and transfer to a colander to drain. It is important to drain the vegetables well since these veggies will release quite a bit of water during the cooking process. Heat the wok over high heat until smoking, and add 2 tablespoons oil. Swirl around the oil so the wok is coated. Add all of the garlic and immediately add the bok choy. Move quickly to stir and sauté the greens in the oil and garlic. Stir quickly so you don't burn the garlic!

Provençal Greens Soup

Recipe by Martha Rose Shulman

2 TB Extra-Virgin Olive Oil
2 Leeks, cut in half lengthwise, sliced, rinsed of dirt and drained on paper towels
4 Garlic cloves, sliced
Kosher salt
6 cups chopped Greens (leaves only), such as Swiss chard, dandelion greens, watercress and beet greens
Black pepper, to taste
2 large Eggs
4 thick slices Country Bread, toasted and rubbed with a cut clove of garlic
Grated Parmesan, for serving (optional)

Heat 1 tablespoon olive oil in a large, heavy soup pot over medium heat, and add the leeks. Cook, stirring, until tender, 3 to 5 minutes. Add the garlic and 1/2 teaspoon salt, and cook, stirring, until the garlic is fragrant, about 1 minute. Add the greens, and stir until they begin to wilt. Add 1 1/2 quarts water (6 cups) and

salt to taste, and bring to a simmer. Reduce the heat and simmer, partially covered, for 15 to 20 minutes, until the greens are very tender and the broth sweet. Add pepper, and taste and adjust seasoning. Beat the eggs in a bowl. Making sure that the soup is not boiling, whisk a ladle of it into the beaten eggs. Take the soup off the heat, and stir in the tempered eggs. Brush the garlic croutons with olive oil, and place one or two in each bowl. Ladle in the soup, sprinkle on some Parmesan if desired and serve

This Week's Box

*TURNIPS
*FENNEL
*LEEKS, TF
*RADISHES
*BABY TATSOI/MEI QING
*MANDARINS, GOLD OAK
*SPRING RAAB
ARUGULA
BROCCOLI OR CABBAGE
LETTUCE OR SPINACH
MIZUNA/MUSTARD

* = Items in Box for 2

Chicken Ragù With Fennel

Recipe Andy Baraghani NYT Cooking 2 TB Olive Oil

6 oz Bacon, thinly sliced crosswise
6 bone-in Chicken thighs (about 1 3/4 lb)
Kosher salt
1 medium Onion, finely chopped (about 1 cup)
1 bulb Fennel, cored and finely chopped
6 sprigs fresh thyme
1/2 cup dry White Wine
Pasta (optional)
1/2 cup whole milk

Ground Black Pepper

2 TB Unsalted Butter

1/2 cup grated Parmesan, plus more for serving

2 TB chopped Parsley

Put the oil in a wide saucepan or deep skillet that will fit six thighs snugly and turn the heat to medium. Add the bacon and cook it until it's crisp, 5 to 6 minutes, then, using a slotted spoon, transfer it to a small bowl. Sprinkle the chicken generously with salt. Turn the heat to medium-high and add the chicken, skin-side down, to begin to brown. After 3 or 4 minutes, turn it and cook for another 3 minutes. Transfer the chicken to a plate and pour off all but 3 tablespoons of the fat. Add the onion and fennel and sprinkle with 1/2 teaspoon salt. Cook, stirring occasionally, until the vegetables are soft and just starting to turn golden, 6 to 7 minutes. Add the thyme and cook for another minute or so. Pour in wine and simmer, stirring and scraping up any browned bits in the bottom of the pan. Reduce the wine by half, 2 to 3 minutes. Add the bacon and then the chicken with any accumulated juices, skin-side up, keeping the thighs in a single layer. Pour in enough water to almost cover the chicken. Bring to a simmer and then turn the heat down so the liquid is bubbling very gently. Partially cover with a lid, setting it so some steam can escape. Cook until the chicken is tender, about 45 minutes. Remove the chicken to a plate and set aside to cool. Once you can handle it, remove the bones and skin and shred the chicken by hand. If you are serving the ragù over pasta, get your water going: Bring a large pot of salted water to a boil. Cook the pasta according to package directions, reserving 1 cup pasta water before draining. Add milk to the pan and turn the burner to medium-high. Cook, stirring occasionally to prevent sticking, until sauce is nearly reduced by half and slightly thickened, 10 to 12 minutes. Add the shredded chicken back to the pan and season with salt and pepper. Stir in the butter, then the Parmesan. If serving over pasta, add some of

the starchy pasta water if the sauce seems too thick. Add the parsley, and toss sauce with the pasta, if using. Pass more Parmesan at the table.