



WEEK OF MARCH 7, 2022 WEEK 10/52

Celebrating The Women

Today is International Women’s Day. Thinking about what that means in my life I realized we support some pretty amazing women by offering their products to you as part of our add-on



program. I thought it would be nice to share their stories with you. So, to get me started I would like to tell you about my friend Aruna Lee from **Volcano**

Kimchi. I met Aruna at the Ferry Plaza Farmer’s Market (which is where I met all of these women!). If you are lucky enough to be around Aruna you will no doubt recognize her passion for kimchi, Korean traditions and crazy sense of humor. She has an incredible life story, having grown up in a buddhist monastery, in South Korea. Every meal included lots of home-grown or locally-harvested vegetables. It was within those temple walls that she learned the art of fermenting food and making traditional kimchi. Today, Aruna’s passion has taken her well past those walls and traditions to a place of amazing creativity, turning just about anything into delicious, well-balanced kimchi. The photo above is Aruna cooking in my kitchen a few year’s back, when she and her husband Pete came up for a visit. And boy, was that a delicious meal!

Nana Joe’s Granola, the creation of my friend Michelle Pusateri, has turned me into a real granola lover. Have you ever tried the Paleo with Chocolate?

Seriously addicting! Michelle is such an inspirational woman, who is really open about all that goes on in her



life, the good, the bad and the really hard. She learned to cook at her father’s side making “messy pasta and pizza”. Eventually found she had a real passion for baking, which brought her to the Culinary Institute of America and SF. She worked as a pastry cook at the Fairmont, the Four Seasons, Nopa, and as the pastry chef at Magnolia

Brewing and Nopalito. She started Nana Joe’s in 2010, with a true commitment to all natural and whole food ingredients.

Aedan Fermented Foods was founded by Mariko Grady. In her former life, Mariko was a performance artist, who traveled internationally with her theater troupe. Mariko claims that her homemade miso kept her healthy during that hectic time in her life. After the devastating Fukushima Earthquake she started selling her homemade miso to raise money for victims back home in Japan. She discovered that people had a great desire for the quality misos she was making and in 2012 she applied to La Cocina’s food incubator program, where she got her business started.



Mollie Sitkin of Old Dog Ranch, grew up on her family’s ranch, she is the fifth-generation to do so. Mollie says “As a little kid, I always enjoyed going out to the orchards and experimenting with what I’d picked.” Today Mollie infuses farm-fresh flavors into their walnut snacks, and butters. Have you tried the chocolate walnut butter or the sea salt and honey? Yum!! If memory serves, it was Mollie who convinced her father to convert one of their orchards to certified organic, which is what we carry for you.



How could I finish up today without mentioning **Orchard X** formerly known as Guru Ram Das Orchards, owned and farmed by Abbie and Joanna. Both grew up in agricultural communities, St Helena and Modesto. Abbie’s background is in her family’s winery and is always looking to push for more complex flavors. Joanna’s family were ranchers and orchardists. She is always looking for ways to improve efficiency and to create a manageable orchard system to deliver quality fruit to their customers. Unfortunately, I couldn’t snag a photo of either of them!

RECIPES AND IDEAS FROM LORRAINE

Sweet Winter Slaw

Recipe from *Plenty* by Yotam Ottolenghi

I am writing this recipe in its original version, but I would like to use it as an example of how I take recipes as inspiration for a box/local/our season kind of dish. The foundation is all there, but this recipe uses a lot of ingredients that are not local to us, like mango and papaya, which I would switch to the citrus that *is* in the box.

Macadamia nuts, as much as I love them, come from far away, so I would use my locally grown walnuts. I would switch out Lemongrass stalk for Fennel stalk and include finely chopped fennel fronds. This recipe does use the inner leaves of Savoy cabbage, which we do not have in the box this week, but why not try some Bok choy? When eating from a CSA box it is important to remember that recipes can be our guides and there is nothing wrong with switching things up, out and in!

6 1/2 TB Lime Juice

1 Lemongrass Stalk, chopped into small pieces

3TB Maple Syrup

2 TB Toasted Sesame Oil

1 tsp Soup Sauce

1/4 tsp Chile Flakes

4 TB light Olive OR Sunflower Oil

Salad:

1 1/4 cup Macadamia Nuts

2 tsp Butter

2 TB Sugar

1/2 tsp Salt

1/2 tsp Chili Flakes

7 inner leaves of Savoy cabbage 6 oz in total, finely shredded

1/2 Red Cabbage, finely shredded about 10 oz

1 Mango, cut into thin strips

1 Papaya, cut into strips

1 fresh Red Chile, seeded and finely sliced

1/4 cup Mint, leaves picked and roughly chopped

1 1/2 cups Cilantro, leaves picked and brought chopped

To make the dressing, place all ingredients, except the oil, in a small saucepan and reduce over high heat for 5 to 10 minutes, until thick and syrupy. Remove from the heat.

Once cooled down, strain the sauce into a bowl and add the oil. Put aside for later. Place the macadamias in a frying pan over medium heat and dry-roast for a few minutes, stirring occasionally, until they are lightly colored on all sides. Add the butter. When it has melted add the sugar, salt and Chile flakes. Use a wooden spoon to stir constantly to coat the nuts in the as it caramelizes. Watch carefully as it will only take 1 to 2 minutes and the sugar can burn quickly. Turn out onto a sheet of parchment paper. Cool the nuts, the roughly chop. Place the shredded cabbage in a large mixing bowl with the rest of the salad ingredients, including the nuts. Add the dressing and toss together. Taste and add more salt if you need to.

Ricotta Spinach Calzones

Recipe by [Kitschenat](#)

It is impossible to find recipes for Spinach Calzone using fresh Spinach, so we will have to improvise. First wash well! That means filling a bowl with a lot of water (I was told salt water help remove the dirt faster) and let it soak for a couple of minutes to loosen the dirt. Drain and repeat until the water is clean. The pink tips at the bottom are the sweetest part of the spinach so chop them up and include them. Bring a pot of salted water to a boil, and cook your spinach until it is soft, shouldn't take more than a couple of minutes. Allow to drain while you are waiting for it to cool enough to handle. Squeeze out as much excess water as possible, then chop and proceed. To add a bit of zippy flavor why not try mixing in some of this week's Mustard greens or Arugula with the spinach?

10 oz chopped Spinach

8 oz Ricotta Cheese

4 oz Mozzarella cheese, shredded

1 oz Parmesan cheese, grated

1 TB Olive Oil

1 large Egg, lightly beaten with 2 tablespoons water,

1 large Egg Yolk

1 tsp Garlic powder OR use one stalk of Green Garlic finely minced 1/2 tsp minced fresh Oregano

1/8 tsp Red Pepper flakes

1 tsp Salt

1 lb Pizza Dough

Preheat oven to 500 degrees. Combine spinach, ricotta, mozzarella, oil, egg yolk, garlic powder, oregano, pepper flakes, and salt in a large bowl. Place dough on lightly floured surface and divide into 4 even pieces. With a rolling pin or your hands, flatten each piece into a 7 inch round on a piece of parchment paper. Spread 1/4 of spinach filling evenly over half of each dough round, making sure to leave a 1 inch border around the edge. Brush the edges with the egg wash and then fold the other half of the dough circle over spinach mixture, leaving the bottom 1/2 inch border uncovered. Press edges of

dough together and pinch with fingers to seal. With a sharp knife, cut 5 steam vents in top of calzones and brush tops with remaining egg wash. Transfer calzones onto parchment lined baking sheet and bake for 8 minutes, brush with any remaining egg wash and sprinkle with grated parmesan, then bake for another 7 minutes. Move to wire rack and let cool for 5 minutes before serving.

Green Garlic Pesto

Recipe found on brooklynsupper.com

2 - 4 stalks Green Garlic, roots trimmed, rough chopped

2 cups dark, leafy greens like radish or turnip greens, arugula, or spinach, chopped

1/2 cup plus 2 TB raw, hulled Pumpkin seeds, divided

1/2 cup plus 1 TB Extra Virgin Olive Oil, divided

1/4 cup grated Parmesan cheese

1/2 teaspoon Sea Salt

1/2 tsp Pepper

Serve With:

4 Eggs, steamed 7 minutes

4 Naan, grilled or warmed

1 bunch Radishes, halved or quartered

1/2 Lemon

Sea salt

In the bowl of a food processor, pulse to break down the green garlic, greens, and 1/2 cup pumpkin seeds. With food processor running, drizzle in olive oil. Pulse to add Parmesan, sea salt, and pepper. Spoon into a serving bowl. If desired, toast remaining 2 tablespoons in a small skillet for 2 minutes. Rough chop and toss with sea salt. Sprinkle on top of pesto and drizzle with olive oil. To serve, halve eggs and sprinkle with sea salt and pepper. Tuck eggs and radishes around the pesto and serve warm naan triangle on the side. Pesto will keep sealed in the fridge at least 3 days.

To steam eggs: Add 1 inch of water to a large pot. Place steamer insert inside, cover, and bring to a boil over high heat. Add eggs to steamer basket, cover, and continue cooking, 6 minutes for soft-boiled eggs or 12 minutes for hard-boiled. Serve immediately if serving hot. If serving cold, immediately place eggs in bowl of ice water and allow to cool for at least 15 minutes before peeling. To peel, first gently tap hard-boiled eggs all over to thoroughly crack the shell, then remove shell under a thin stream of running water. (The water helps get under the shell and lift it off the egg.

This Week's Box List

*Bok Choy

*Green Garlic

*Radish

*Spinach

*Red Cabbage Terra Firma

*Parsley

*Eatwell Mandarins

Fennel

Mustard

Arugula

Lettuce

* = Items in Box for 2