



WEEK OF MARCH 14, 2022 WEEK 11/52

Spring Showers Bring May Flowers

I walked out to the pack house early this morning to drop off the extras labels and the egg cooler sheets. It was still dark, thanks Daylight Savings Time, but even in the darkness I could see the ground was wet. A gentle rain has been coming down. I actually slept with my sliding door open last night, hoping the sound of rain would wake me. But the rain has been so gentle it made little sound. The smell is there, and that puts a smile on my face. Our California Dreaming world is dry and we all welcome whatever little bit of rain we get. Sadly, I doubt this sweet little shower will do much for May Flowers.

The calendula we planted last year, never really stopped blooming. It is still going strong, a gorgeous bright orange out in the fields. In a few minutes I will head to town to our warehouse to work on making another batch of our calendula infused oil. This oil, along with our lavender



infused oil, is used in our salves, massage balm and sugar scrubs. For the past few years we didn't have any of our farm grown calendula, so I am thrilled to have it available to me once again. It makes an incredibly vibrant orange oil, which is

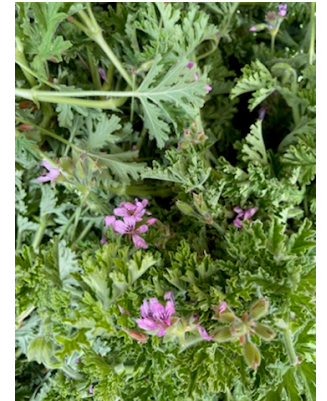
really noticeable in our sugar scrub. Of course, now that I have this intensely colored oil I can't get clear glass jars for our sugar scrub, so it isn't observable until you actually open the jar:). Ahhhh life.

Anytime now our Lilacs will bloom. That is always such a treat. We don't get many bunches, and all of them go to the Farmers Market at Ferry Plaza and, naturally, they sell out quickly. Lilacs always make me think of Nigel, he was my first real exposure to these beautifully scented flowers. For such a grand man, he was really into things that bloom.

Lavender season is just around the corner, and life gets crazy, preparing for Lavender Harvest Weekend, and weeks of running lavender to Sonoma for distillation. For those of you who are new to our farm, this is your first heads up regarding Lavender Harvest Weekend, it is always sometime mid-June. Members come to volunteer their time helping us get the drying lavender bunched and hung in the drying room. This is a

very important job because that dried lavender turns into bunches we sell, plus the buds fill sachet bags, go into salts and infused in oil for our many body products. It is a fun weekend to be sure. We feed you, exceptionally well, if I do say so myself. You get to meet other CSA members, sometimes you even meet your best friend! If you are interested in joining us this year, please email and let me know organic@eatwell.com

Once the lavender is all distilled, we jump right into distilling rose geranium. The scent that comes off of those plants is incredible, and the little pink flowers are so beautiful. Of course, we aren't growing rose geranium for the flowers, but for the Hydrosol and the essential oil. The amount of essential oil we get from the rose



geranium is ridiculously small. For approximately 250 pounds of lavender, we can get somewhere around 72 oz of essential oil. Whereas the rose geranium only gives us 2.2 oz! Yes, 2 oz, and that is why we don't sell it, but save it for the few products we use it in, like our Rose Geranium Sugar, or the Massage Balm.

This week we have Mizuna Flowers in the Family Box. Yes, they are edible! This is a great way of taking advantage of everything that grows.

According to Specialty Produce:

Green mizuna flowers are somewhat sturdy and take well to being lightly sautéed or added into soups. They may also be eaten raw with the mizuna greens in salads as individual blossoms or used whole on the stem like young broccoli. Mizuna flowers compliment apples, pears, peaches, figs, citrus, nuts, light bodied vinegars, garlic, ginger, mushrooms, chiles, basil, mint, bacon, cream, hard aged and melting cheeses, tomatoes, zucchini and grains such as farro and wild rice.

Flowers play such an important role in life. It is important to remember that they are often the first step toward new life, and certainly the beginning of delicious fruits! And of course, that moment we all should take every once in a while to smell the roses, or rose geranium:)

RECIPES AND IDEAS FROM LORRAINE

Corned Beef and Cabbage

Recipe from The Magical Slow Cooker

Thursday is St. Pat's Day, so I had to do it! Enjoy the cabbage

2-4 lbs. Corned beef brisket (flat or point cut) (with seasoning packet that is included)

1 white onion, sliced (this is optional but good!)

2 lbs. red or gold potatoes (or a mixture of both!) Peel them if you'd like!

3 carrots sliced thick

2 garlic cloves peeled

1/2 head cabbage cut into thin wedges

1 1/2 cup water (or see notes below for other liquid ideas)

For serving:

parsley for garnish

melted butter for potatoes if desired

horseradish or stone-ground mustard

Add the sliced onion to the slow cooker. Add the corned beef to your slow cooker. Sprinkle over the included seasoning packet. Add your baby potatoes on top of the roast. If your potatoes are larger you can halve them to ensure they get tender. Add the carrots and garlic. Pour over the water. Add cabbage now if you want ultra-tender cabbage. Otherwise wait to add it until the last 2 hours. Place the lid on the slow cooker. Cook on HIGH for 5 hours or LOW for 8 hours total. (Add the cabbage during the last 2 hours). You may have to rearrange things into the pot to get the cabbage to fit (or cut your cabbage thinner). Remove the meat onto a cutting board and slice into strips. Serve the meat with potatoes, carrots, and cabbage. Drizzle melted butter over the potatoes if desired. Serve with horseradish mustard or stone ground mustard.

Pasta with Mustard Greens and Crispy Sausage

Recipe from My Kitchen Little

In this recipe you can switch out the garlic for green garlic, which will give a milder, sweeter flavor.

1 lb washed Mustard Greens

3/4 lb. bulk Italian Sausage (hot or sweet)

2 shallots, diced

1 tsp crushed red chili flakes

15-oz. can chicken broth

3 Garlic cloves, minced or grated

1 TBSP Apple Cider Vinegar

1/2 tsp sugar

1 lb. Orecchiette pasta, or other small cut that you like

1 1/2 cups crumbled Goat Cheese

1 cup grated Parmesan

Salt and freshly cracked black pepper, as needed

Serving suggestion: shaved parmesan cheese, chopped smoked almonds. Begin by cooking the sausage. Heat about 2 tsp of oil in a large, in a deep skillet set over medium heat. When hot, add the sausage and break it into crumbles. Allow it to

brown almost completely on one side before messing with it again (this is my trick for crispy sausage). Transfer to a plate for now and set aside; don't wipe out the pan. With the heat still on medium, add the greens and shallots to the pan, along with the crushed chili flakes. Season to taste with salt and pepper. Add the can of broth and cook, stirring occasionally (I partially cover the pot), for about 10 - 15 minutes. Add the garlic, cook for 30 seconds. Add the vinegar and sugar; stir. Reduce the heat to med-low and allow the greens-filled sauce to simmer gently, so the stock can reduce by about half. You shouldn't need to salt the sauce much, as the reduced stock, sausage, and parmesan are quite salty, so just hold off until the end. Meanwhile, cook the pasta according to package directions in generously salted water. Drain, and reserve 1 cup of the starchy

cooking liquid. Once the brothy liquid has reduced by about half, add the pasta (as much as you like), along with the sausage to the pan with greens. Add the goat cheese and parmesan; stir to mix, and add more of either to taste (I love lots of goat cheese, to be honest). You can add some of the reserved starchy water to loosen things up if needed. Serve topped with some shaved parmesan and chopped smoked almonds, if you like. Enjoy!

Joe's Special - A San Francisco Treat

Recipe from Saveur Magazine

This recipe was created at New Joes in San Francisco back in the 1920's! Of course it is made with frozen spinach, but I just quickly cook my spinach in boiling water or sometimes I just cook it in the skillet once the ground beef has browned. You can spruce it up and throw in some extra things like mushroom, or chopped turnips, bok choy, kale or mustard. It is one of those dishes you can clean the fridge with!

2 tbsp. Olive oil

5 cloves Garlic, minced

1 medium Yellow onion, finely chopped

8 oz. Ground Beef

1 (10-oz.) package frozen chopped spinach, thawed and squeezed dry in paper towels

8 eggs, lightly beaten

1/4 cup finely grated Parmesan

Crusty Italian bread, for serving

Kosher salt and freshly ground black pepper, to taste.

Heat oil in a 12" skillet over medium-high heat. Add garlic and onion; cook until soft, about 5 minutes. Add chuck; cook, stirring, until browned and all moisture evaporates, about 10 minutes. Add spinach; cook until heated through, about 2 minutes. Add eggs; cook until eggs are cooked and mixture is slightly dry, about 4 minutes. Season with salt and pepper; sprinkle with Parmesan. Serve with bread.

This Week's Box List

*Mustard, Red Giant

*Green Garlic

*Radish OR Turnips

*Lettuce

*Green Cabbage Terra Firma

*Parsley

*Eatwell Mandarins

Fennel OR Red Kale

Bok Choy

Mizuna Flowers

Spinach

* = Items in Box for 2