



WEEK OF APRIL 04, 2022 WEEK 14/52

Onions & Hoeing

Onions are looking wonderful. Papa Ramon has been doing his thing, steady and methodically hoeing the weeds. And that is clearly seen in these nice clean



onion beds.

Always Check Your Perspective

Countless times a day, our little brains make snap judgements. We hear something, see something and an opinion is formed, a story created and sometimes a judgement is pronounced. We all do it, it is how we can move through life quickly, and sometimes it is what keeps us safe. Farming is an excellent teacher and it has taught me that we shouldn't always jump to that quick conclusion. And that reminder came to me when I was looking at our fava beans and sugar snap peas yesterday. Walking down the farm road, at one of the field, they both looked pretty sad. I didn't see any pea pods, the fava beans are inundated with aphids, and I didn't see any ladybugs. But, when I was checking out that same row at the opposite end, what I saw was quite different. I found loads of ladybugs, and it seems they are doing a pretty decent job of eating aphids. And I ate lots of yummy peas. I was so happy I made the mental note to check the opposite end of those rows, to get a different perspective.

This was out in one of the fields we rent from my friend Gary, where the beds run north/south. On our land they run east to west. On our land, I often find one side is performing differently to the opposite end. That always made sense to me, especially in the summer when the west end got so much heat of our long afternoons. But this week, in our north/south

fields I was reminded that it is always important to look at things from all angles, and perhaps to hold back on the quick judgement.

Before I came back in from my walk yesterday, I did check both plantings of strawberries, and I found loads of them. I did not see any red yet, but it will happen soon. My hope is we will have ripe, delicious berries for everyone to enjoy the weekend of our **Spring Breakfast, April 23rd/24th**. If you missed the information about our first of the season event, here is the scoop:

Come up for breakfast/brunch, walk the farm, enjoy the beauty. Choose which morning you want to come up, OR make a weekend of it, stay and do both mornings. You can always head down the road to Ruhstaller for music and beer later in the day. We will start serving breakfast at 7:30 AM and go until noon. After you eat, walk the farm and explore. Have some fun in the garden, maybe we might have a few strawberries ripening. Tickets are \$15.00 per person, kids under 10 are \$5.00. You can buy tickets [here](#) through our regular webstore. We have sold about half the tickets, would love to sell them all!

We got a bit of rain last week, so things were a little muddy. I had to laugh when I walked past all of the boots sitting in the sun, drying off. The things I see walking around this farm, sometimes crack me up.



We are done picking up asparagus. This was our final week. But I have something special that I would love to offer you, if there is interest. Our neighbor at the Ferry Plaza Farmers Market is Will Brokaw, famous for his avocados. I can tell you, every Saturday morning he has a line by 7:30 with folks waiting to get his avocados. And truthfully they are the best I have ever eaten. Many of the best restaurants in SF agree, because they are buying crates of them. Would any of you have interest in ordering Brokaw avocados? They are not certified organic, just so you know. One of the things I love about Will's avos is they never taste rancid to me. So often I buy avocados and I can smell the oil in them has turned and is off. I would like to offer 2 lb bags at \$12.00 each. If you are interested please let me know right away, so I can work on getting an order together. If there is enough interest I will try to make that happen for next week's deliveries.

RECIPES AND IDEAS FROM LORRAINE

Baked Eggs and Braised Greens

Recipe from *Vegetable Butcher* by Cara Mangini

This recipe originally calls for Collard greens, but she does say you can use Mustard Greens, Kale or Chard. It also calls for roasted tomatoes, which you may or may not have at home leftover from last summer. But you can by diced roasted tomatoes and spoon a bit into each ramekin just before adding the egg.

1 Tb Extra Virgin Olive Oil
2 oz Shitake Mushrooms, stems discarded, caps finely diced, about 3/4 cup
Fine Sea Salt
3/4 cup Heavy Whipping Cream
1 to 2 springs fresh Thyme
2 TB unsalted Butter
1/2 small to medium Red Onion, finely chopped
1 Garlic Clove, minced
1 bunch Greens, stems removed, leaves thinly sliced
Freshly ground Black Pepper
6 large Eggs
1 can roasted Tomatoes

Preheat oven to 350 F. Heat the oil in a medium nonstick skillet over medium-high heat. Add the mushrooms and a pinch of salt. Cook, stirring almost constantly, until the mushrooms become golden on the edges and fragrant, about 4 minutes. Reduce the heat to medium-low and add the cream and thyme. Bring the mushrooms and cream to a simmer, then remove the pan from the heat. Carefully transfer the mixture to a 1-cup liquid measure or small bowl with a pour spout. Let it stand to steep for at least 10 minutes and up to 1 hour, then remove the thyme sprig. Meanwhile, melt 1 TB of the butter in a deep sauce pan over medium heat. Add the onion and cook, stirring occasionally, for 2 minutes. Add the garlic and cook, stirring, for 1 minute. Add the greens a little at a time if needed to fit the pan. Add 1/4 tsp of salt and 1/8 tsp of pepper and cook, turning the greens with tongs, until they just start to wilt, about 1 minute. Add 1/3 cup of water, cover the pan, and cook on medium-low heat until the greens are tender. Uncover the pan and continue cook until any remaining water evaporates. Add the remaining 1 TB of butter and cook, turning the greens into the butter until well distributed, about 1 minute. Divide the greens evenly among six 6oz ramekins. Lift the mushrooms from the cream with a slotted spoon, leaving most of the cream in the bowl, and divide them evenly among the ramekins, spreading them over the greens. Spoon 1 TB of the infused cream into each ramekin. Put a spoonful of roasted tomato into each ramekin. Crack 1 egg into each, being careful not to break the yolk. Lightly season with salt and pepper. Pour another tsp of infused cream over each egg. Place the ramekins on a rimmed baking sheet or in a shallow baking pan, rotating the pan halfway through cooking, until the whites are just set and the yolks are still runny, 15 to 20

minutes, or until white are just firm and the yolks are almost hard, 20 to 25 minutes. The eggs will continue to cook when they come out of the oven. Serve immediately.

Sheet Pan Roasted Chicken and Cabbage

Recipe found on Food52 by Alexandra Stafford

1 tsp neutral Oil, for greasing
1 TB Sesame Oil
1/4 cup melted Coconut Oil or Olive Oil
3 TB Soy Sauce
1 TB Rice Vinegar (or other)
1 TB Sriracha, optional
8 pieces bone-in, skin-on Chicken Thighs or Drumsticks
1 pinch Salt and Pepper to taste
1 Cabbage, 2 to 3 lbs.
Preheat the oven to 425°F. Pour a teaspoon of neutral oil over a rimmed sheet pan. Rub to coat. In a small bowl, stir together the sesame oil, coconut oil, soy sauce, rice vinegar, and sriracha, if using.

Place chicken in a large bowl. Season all over with salt and pepper. Pour 1/4 cup of the prepared mixture over the chicken and let marinate while the oven preheats. (Chicken can marinate longer, too, but try, if time permits, to bring it to room temperature before cooking—the coconut oil will solidify in the fridge and look clumpy, which is fine.). Cut the cabbage in half through the core. Cut again through each core and repeat this process until you are left with many wedges, no greater than 1-inch wide. Place the wedges in a large bowl, season all over with salt and pepper, and toss with the remaining dressing. Place chicken on prepared sheet pan spreading it out evenly. Roast for 10 minutes. Remove pan from oven, and nestle cabbage wedges all around the pieces, tucking it under if necessary—it will feel like a lot of cabbage. Roast for 20 to 25 minutes more or until chicken is golden and cooked through. Remove pan from oven, transfer chicken to a platter to rest. Return cabbage to the oven to roast for 10 to 15 minutes more, or until juices have reduced and edges of cabbage wedges are caramelized.

Radish and Parsley Salad with Ricotta Salata

Recipe found on ciachowbambina.com

1 bunch Radishes
2 - 3 Tbsp. minced Shallots
1/2 - 1 tsp. Salt
3 Tbsp. Olive Oil
1 Tbsp. Red Wine Vinegar
2 cups loosely packed chopped Parsley
2 oz. fresh Ricotta Salata, crumbled
Wash and dry the radishes, trim the greens, then thinly slice them. Transfer the radishes to a bowl. Add the shallots and salt. Toss to combine and set aside. In a medium bowl, whisk the vinegar with olive oil until emulsified. Add the parsley and dressing to the radishes. Toss gently. Transfer to a platter and top with crumbled ricotta salata.

This Week's Box List

*Green Cabbage, TF
*Green Garlic
*Radish
*Chard OR Tatsoi
*Mustard Green
*Eatwell Mandarins
*Parsley
Fennel
Dill OR Cilantro
Broccoli
Arugula OR Spinach
* = Items in Box for 2