



WEEK OF APRIL 25, 2022 WEEK 17/52

### Spring Is Here

The first sign of potatoes, loads of garlic showing the first signs of bulbing, favas, sugar snap peas and strawberries! It is a grand time to eat in California. Plus, we are lucky enough to get organic asparagus from a local grower. It doesn't get much better than that. Jose dug up a few of the very first potatoes and brought some to me. My friend Brenda was here for the weekend, helping me with the Spring Breakfast, and so, in honor of Nigel, we stood around the pot on the stove, and enjoyed those delicious spuds with butter and a sprinkling of salt. And that's all we ate for dinner that night, they were just that good. I hope they will size up so that we can start putting them into the box next week, but it might take another. The weather has been kind the last couple of weeks. Not too hot, a generous amount of cloud cover, a few sprinklings of rain, we even had some puddles on the farm. And thankfully the wind has died down, at least for now. But that heatwave a few weeks back was not helpful and a lot of what is growing out in the field has flowered. Most of those flowers are edible and delicious, but tough to make a meal out of them. Beau and I were out picking several varieties of flowers for our friends at the Barn and Pantry who are doing a special salad for their Mother's Day Brunch. He's a pretty good flower hunter!



### Upcoming Changes

I think a lot about how we can make things more efficient, more ecological and economical. As I mentioned in yesterday's quick email, we are doing everything we can to keep our costs down, but inflation and rising gas prices are hitting us hard. So when you support us by purchasing the extras, which gives us income beyond our boxes, you are making a really big difference for us. Yes, we have to purchase all of these items, but the labor is tiny compared to everything that goes into growing, so it is a way we try to offset rising costs. We are doing small things, like looking at how much a trip costs us to go pick up small items. An example happened this week, the hose on our pressure washer broke, is it worth paying Mike for at least an hour's work to drive to Vacaville, plus the cost of gas, to save a couple of dollars or just go to our Ace Hardware, which sells the same hose for a few bucks more? Plus I like supporting my local Ace. We are trying to reduce the amount of plastic bags and using paper

bags as much as we can, but the paper bag shortage has been such a problem for 2 years now. I sent Zach up to Sacramento to buy bags and they only had one size available, which were bigger than what we needed, but that was our only option. Mike has literally gone to 3 different stores on his way back from the market trying to get bags, it's a problem. Please know we are doing the best we can.

Looking at all the areas we could become more efficient and ultimately save money is in our delivery schedule. With summer vacations looming and box counts dropping, our 2 vans will make trips to SF and the East Bay 3 times a week often less than half full. I have given this a lot of thought, tried to think of all the issues and problems, and the solution I have come up with is to move our San Francisco Thursday deliveries to Wednesdays, and our Wednesday East Bay to Thursdays. I really hope this won't cause any problems for anyone.

Have to say, hats off to all of our past CSA managers! There are so many details to this job to get all the boxes, eggs and extras out each week, I am just amazed. And so glad I have taken these past couple of months to learn this position. It has been quite the eye opener and has really shown me where we need to make changes.

### Strawberry Days

We have Mother's Day Strawberry Day scheduled. You can order your tickets [here](#). If you can't make it up for this particular day, but would like to come up for Strawberry picking, please send me a text, 530-554-3971. I will do my best to accommodate you. For Mother's Day weekend, you are welcome to come up Saturday and spend the night. Ruhstaller always has live music and food trucks, plus there is Winters with lots of dinner options.

### One Last Thing

Brokaw has delicious Moro Blood Oranges. Wondering if there is any interest? We would do 2 lb bags for \$7.00. Please email if you would like me to add these as an option.

Thanks so much and hope to see lots of you here on Mother's Day!



# RECIPES AND IDEAS FROM LORRAINE

Eggs, Eggs, Eggs! We sold so many eggs this week we ran out of coolers. So off I went to Walmart, the only place close by that sells them. Got what I could, because selection is limited. On my way to the checkout, the fire alarm goes off and we all were evacuated. Had to leave my cart. Sat in the parking lot for about 15 minutes hoping to get back in, but had to run back to the farm to meet Nikki who was delivering the Avdis Ground Beef. By the time I got back, my cart was gone and my items were not on the shelf. I just had to laugh, I mean it's great to have a problem like not having enough coolers. But come on, a fire alarm? Somehow, it just feels like things are hard these days for all of us. I don't know, but what I do know is we have eggs, and strawberries, and that makes me really happy!

## This Week's Box List

\*Daikon  
\*Collards  
\*Sugar Snap Peas  
\*Fava Beans  
\*Strawberries  
\*Spring Garlic  
\*Fennel  
Radish  
Arugula  
Red Kale

\* = Items in Box for 2

Freshly snipped chives, preferably with blossoms, for garnish

Bring a medium saucepot of salted water to a boil. Fill a medium bowl with water and ice and set a fine mesh strainer in the bowl. (Be sure to keep ice out of

strainer.) Blanch peas for 30 seconds and

use a slotted spoon to transfer peas to strainer in ice bath. Let sit for 5 minutes and pull up strainer to drain peas. Repeat process with fava beans, cooking for 1 minute. (You can use same pot of boiling water that you used for peas.) When fava beans have been blanched and cooled, slip off peels. Bring a large pot of heavily salted water to a boil. Add pasta and cook until 1 minute shy of al dente. Drain, reserving 1/2 cup cooking water. In a large skillet, melt 1 tablespoon butter. Add pepper and sauté for 1 minute, or until fragrant. Add 1/4 cup of the cooking water and the remaining butter to pan. Stir until butter is melted and sauce begins to thicken, about 30 seconds. Add cooked pasta,

pecorino and Parmesan and toss until cheese melts, about 30 seconds. Add peas and fava beans. Toss very well to coat, adding more pasta water if pan seems dry. Season with salt to taste. To serve, sprinkle each portion with more pecorino and drizzle with olive oil. Garnish with chives.

Alpine Daikon is what we are currently growing. It doesn't grow to be as gigantic as the Daikon we typically grow. Enjoy it slivered topping miso soup, or grated in salad or added to Cole slaw. Use your Collard Greens, blanched, as wraps for an alternative to tortillas or nori. You can roll almost anything up inside of them, rice and other goodies for a sushi type thing, or taco/burrito fillings.

I am afraid I am out of time, so I have to leave this here. Have a great week.

Lorraine

## **Brava Terrace's Fennel Coleslaw**

This recipe was sent to me by CSA member Michele Pair with hamburgers, grilled sausages or roast chicken.

2 Fennel bulbs  
1 small head Green Cabbage  
1 small head Red Cabbage  
2 Carrots, peeled and cut into matchsticks  
1 TB Fennel seeds  
3/4 cup Mayonnaise  
3 TB White Wine Vinegar  
1 large bunch Italian Parsley, minced (about 1 1/2 cups)  
3 TB prepared Horseradish  
1/2 tsp Curry powder  
1/2 teaspoon freshly ground Pepper  
1/2 cup Golden Raisins  
Salt to taste

Shred the fennel and cabbages by hand or in a food processor. Combine with the carrots. Toast the fennel seeds in a dry skillet over moderately low heat until fragrant. Let cool. Combine the mayonnaise and vinegar in a large bowl; whisk until smooth. Stir in the fennel seeds, parsley, horseradish, curry powder and pepper. Add the cabbage mixture and raisins. Toss until well mixed. Season with salt.

## **Cacio e Pepe with Peas and Favas**

By Melissa Clark NYT Cooking

I realize this recipe calls for English peas, but we have sugar snaps. Just top/tip and cut into pieces and enjoy!

1/2 pound English pea pods, shucked (about 2/3 cup peas)  
1 1/4 pounds fava bean pods, shucked (about 1/2 cup peeled favas)  
1/2 pound spaghetti  
2 tablespoons unsalted butter  
1/2 tablespoon very coarsely ground black pepper  
1/3 cup shredded pecorino Romano, more for serving  
1/2 cup grated Parmesan  
Coarse kosher sea salt, to taste  
Extra virgin olive oil, for serving