



WEEK OF MAY 2, 2022 WEEK 18/52

SCHEDULE CHANGE STARTING NEXT WEEK

I wrote about this last week, we will be making big changes with our box delivery schedule - **Starting Next Week ALL SAN FRANCISCO DELIVERIES WILL COME ON WEDNESDAY AND ALL EAST BAY DELIVERIES WILL COME ON THURSDAY.**

With summer vacations looming, the box counts will drop. Quite often in the summer months each van is less than half full. I have given this a lot of thought, and it really makes sense to save on van costs, gas, bridge toll and one less driver each week. Please know that making changes like this is neither simple, nor taken lightly. I know there will be problems and we will do our best to make this transition as smooth as possible. Any questions, please email us at organic@eatwell.com

Twilight Zone & Strawberry Days

This coming Sunday, Mother's Day, is our first official Strawberry Day since the Spring before the pandemic. Wow, it has literally been a few years. So often, I think of random things, and realize I describe them as pre-pandemic, or just lost in the Twilight Zone.

CSA's did really well during SIP, but just about all of us lost those big jumps in membership once it ended. It saddens me to think that more people didn't come to understand the importance of supporting their local food shed. All the farms I spoke with, rose to meet the enormous challenges that came with increased memberships, lack of supplies, fear of exposing our staff to COVID, having crew members get sick, and so much more. It wasn't a time of quiet or rest for any of us, and for many farms, who mostly rely on their wholesale accounts, it was really tough because a lot of that business stopped over night. I remember in the very beginning reading something Michele, the owner of Nana Joes Granola, wrote about losing 1/3 of her business literally overnight. The tech companies were closing their cafeterias, so in one phone call 33% of her business disappeared. That was one of the reasons I felt so strongly that we had to make every effort

possible to offer products like Nana Joe's Granola. I wanted to make sure you had access to healthy, good food, and I wanted to do whatever I could, even if it was a small bit of business, to help my friends. And we are still going strong offering you loads of extras from some of the greatest artisanal food producers.

I think one of the hardest aspects of COVID was the fact that we couldn't host our usual farm events, like Strawberry Days, or Tomato Saucing. I was lucky enough to have really good help running the farmers market on Saturdays so I could stay home and have folks come up to pick strawberries individually, but we certainly couldn't have a 100+ people here, like we will this coming Sunday. Even though I don't feel like we really are out of the Twilight Zone, being able to invite you up for Mother's Day Strawberry Picking, feels like something normal, one of the things that always made being a member of Eatwell Farm's CSA something special.

These events are the only times we get to meet you face to face. From year to year, we watch your kids grow up, and honestly, it is the best part of what I do. Each event season, I have an opportunity to meet more members, and visit with returning members who come up year after year. I get to see how much your kids have grown. And every year, when the events are all done, I feel so sad, because I know I have to wait until the following year to see you all again. To me, these events, are a bit like giant family reunions. Strawberry Days in particular always make me a bit emotional. I watch with amazement how much everyone enjoys being in the field, stuffing themselves with sun warmed berries, and I realize just how lucky we are to be able to experience such a rare treat. I hope you enjoy these photos, they all are from 2011!

It looks like the weather will be rather cool this Sunday, with a predicted high of 66. I think that will make many of you very happy. We have had really hot weather and even rain. Sunny and 66 sounds pretty perfect. Dress comfortably, bring containers, a picnic, blankets, lawn chairs and a big appetite for strawberries. You can come out for this Sunday and May 29th anytime between 10 to 2 and stay until 3 or 4.



RECIPES AND IDEAS FROM LORRAINE

New Potatoes

I know I have been blathering on and on about these potatoes, but wait until you try them. I read this great, short article on the [Great British Chefs](#) site and here is what they have to say:

*Potatoes may seem like the sort of year-round staple that doesn't have a particular season, but when spring comes, it's definitely **new potato** time. Out with **chips** and heavy mash, these little beauties bring a huge variety of new dishes to the table. Potatoes get a bad rep when it comes to health and are often the first to go when dieting, but new potatoes are naturally low in fat and surprisingly high in vitamin C, so don't write them off. New, early or baby potatoes are exactly that - the same variety as the regular potato but not fully grown. The season therefore starts in April and lasts through the summer until they start getting bigger. As the sugar in new potatoes has not yet turned into starch, they are a little sweeter than their fully grown counterparts.*

We do not wash them, the skin is so thin, the soil helps protect these tender spuds. When it is time for you to clean them, I recommend soaking them in a bowl of water for several minutes, gently wipe the soil away. Most often I wipe the larger clumps but can't get it all, so I put that one back in the water to soak a bit more. Like a lot of delicious foods, these are a bit of work, but so worth it. Don't boil them to death! I prefer cooking them in a steamer until they are just right. If you want to put them in a pot of water and boil, go for a low simmer, and when they are done, save that hot water to blanch your fava beans.

How to prepare those fava beans? Step one, take the beans out of the pod. Collect them into a bowl, then dump them into the pot of hot water and blanch for 30 seconds. You will want a bowl of ice water prepared ahead of time, so you can put the favas in once they are done blanching. Once cooled, they are ready to peel. The outer skin should come off easily. Again, it is a bit of work but so worth it.

Sugar Snap Peas With Mint

Recipe from [allrecipes.com](#) by Ornerly
Since we have sugar snaps and mint, I had to include this recipe. I would suggest adding fava beans to this as well, because they pair well with mint too. And use your Spring Garlic instead of cloves.

2 tsp Olive Oil

¾ pound Sugar Snap Peas, trimmed

3 Green Onions, chopped

1 clove Garlic, chopped

⅛ tsp salt

⅛ tsp pepper

1 TB chopped fresh Mint

Heat oil in a large skillet over medium heat. Add the sugar snap peas, green onion, and garlic. Season with salt and pepper. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves.

Fava Bean Scafata

Recipe from [FoodRepubic.com](#)

1/2 lb shelled Fava Beans

3 ounces Pancetta or Bacon (or Buanciale if you can find it), cut into cubes

1 small onion, minced

1 large handful cherry tomatoes, roughly chopped

1/2 pound Swiss chard, roughly chopped

2 tablespoons olive oil

In a large pot of salted water, boil the fava beans for 2-3 minutes and drain. In a large, heavy-bottomed pan, brown the onions in the olive oil over medium heat.

Add the bacon, fry for a few minutes, then add the fava beans and Swiss chard. Toss to combine and let it cook at low temperature with the lid on for 10-15 minutes. Add the chopped tomatoes and cook for another 10 minutes, adding hot water if it becomes too dry. Add salt and pepper to your liking and serve immediately.

This Week's Box

*Radish OR Turnips

*Green Garlic

*Sugar Snap Peas

*Fava Beans

*Strawberries

*Chard OR Collards

*Potatoes

Arugula

Fennel

Mint

* = Items in Box for 2

Baked Fish, Potatoes With Rosemary & Garlic

Recipe by [Marcella Hazan](#) found on [Epicurious.com](#)

1 lb New Potatoes, peeled, washed, and cut into wedges

An oven-to-table baking dish that can accommodate both the fish and the potatoes in one layer

4 TB Extra Virgin Olive Oil

4 or 5 fresh Rosemary Sprigs

4 whole Garlic cloves, peeled

Fine sea salt

Black Pepper ground fresh from the mill

1 2-lb fillet from a firm-fleshed Fish, such as grouper, striped bass, red snapper, or mahi mahi

2 TB fine, dry, unflavored bread crumbs

Turn on the oven to 400°F. Place the potato wedges in the baking dish, pour 2 tablespoons of the olive oil over them, add 2 sprigs of rosemary, all the garlic cloves, and salt, and pepper. Toss thoroughly. Put the dish in the preheated oven. After 15 minutes, remove the dish to turn the potatoes over, then put it back in the oven. Cook until the potatoes feel tender when tested with a fork, another 10 minutes or so. Remove the dish from the oven. Push the potatoes to the sides, making room in the center for the fish fillet to lie flat. Wash the fish fillet, pat it dry with paper towels, and lay it flat in the dish, skin side down. Strip the leaves from the remaining rosemary sprigs, scatter them over the fish, add salt and pepper, and sprinkle the bread crumbs and the remaining 2 tablespoons olive oil over the fillet. Return the dish to the oven and bake for 14 minutes. Let the dish settle out of the oven for 3 to 4 minutes before bringing it to the table.

Chamomile Strawberry Gin Daisy Cocktail

Recipe NYT Cooking by Cassie Winslow

This makes 1 drink

1 fresh Strawberry, plus more slices for garnish

2 ounces Gin

1 TB Chamomile Simple Syrup, plus more to taste

¼ cup freshly squeezed Lemon juice, plus more to taste

¼ teaspoon Grenadine

Organic Edible flower, for garnish (optional)

Place the strawberry in a cocktail shaker. Using a muddler, smash the strawberry into a purée - OR use a small bowl and the tines of a fork or the handle of a wooden spoon to smash the berry before adding it to the cocktail shaker.). Add the gin, chamomile simple syrup, lemon juice, grenadine and a handful of ice to the shaker. Shake vigorously for about 30 seconds. Add more chamomile simple syrup and lemon to taste. Strain into a large (8- to 10-ounce) glass or cup. (If you prefer, you can serve over ice as well.) Garnish with strawberry slices or an edible flower, if desired.