



WEEK OF MAY 09, 2022 WEEK 19 /

SCHEDULE CHANGE STARTING NEXT WEEK

This is a repeat from last week, because so many of you are every other week folks, I am running it again.

We have made big changes to our delivery schedule - **Starting This Week ALL SAN FRANCISCO DELIVERIES WILL COME ON WEDNESDAY, WHICH INCLUDES BOTH MARIN SITES. ALL EAST BAY DELIVERIES WILL COME ON THURSDAY, THAT INCLUDES BENICIA, VALLEJO, FAIRFIELD, VACAVILLE, DIXON AND SACRAMENTO. DAVIS REMAINS ON WEDNESDAYS.**

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

A Day To Pray

Yesterday, we here in Northern California were treated to one of those weirdo Spring storms that brought thunder and lightning, rain and hail in some areas.

In my younger years, a storm like that would have been really exciting and something I loved to experience. But these days I find myself praying hard. I pray that the lightning won't touch dry ground. I pray we won't have early fires. I pray the rain won't come down hard on the farm, damaging all those gorgeous strawberries and other crops we have growing out in the field. I pray it doesn't rain hard on my crew, who is out in the field picking for your boxes. I pray that it does rain, but only that lovely gentle "English" rain, as Nigel would describe it. I try not to ask for things when I pray, but yesterday, while I was in town and it was raining big fat hard drops, I was praying just as hard. On my drive back to the farm I watched lightning flash across the sky, it didn't look like it was touching ground. I looked at the hills around us that are already all brown, and I watched the very dark sky that hung over those hills. Please don't let it spark up there.

In years past, spring storms were not unusual here, but have been quite rare the past few years. Yes, we definitely need the rain, but heavy rains and hail get farmers worrying. I remember years ago, when we were still building the house, we had a flash of hard hail come down for about 10 minutes, and there went the berries. We all watch the weather daily, so I was surprised when the clouds came in and this storm blew through, because when I looked in the early morning it was just showing sun and cool temps. But so it goes. I had been watching the weather for Sunday's Strawberry Day as well, and again, just cooler temps predicted, so was very disappointed when the wind kicked up and we all had to spend the day getting

blown around and sprayed with top soil blowing in the wind:)

We do have one more Strawberry Day scheduled for May 29th. You are welcome to come up that Saturday and make a weekend of it. Strawberries are coming in strong, so if you want some for the freezer or to make jam you can order them to come with your CSA BOX. When freezing I recommend NOT washing or topping your berries. Just put them into a heavy ziplock bag and lay them flat in the freezer. Most of the green tops fall off when frozen. You want to avoid any moisture, that way they don't stick together. Filling your freezer with delicious strawberries while they are in season, is something that brings great joy in the winter. And you can quickly make small batches of jam when you want it. We offer 10 lb cases to our CSA for only \$32.00, which is less than what we charge wholesale.

LAVENDER HARVEST

I was thinking of doing Lavender Harvest a bit earlier in June, but it won't be ready in time. And June 22nd Zach is taking off for Tanzania, so I need to squeeze the harvest in the weekend before. So, unless something big happens to mess things up, the Lavender Harvest is schedule for the weekend of June 17th. This is a very fun weekend, but it is a working weekend; it is better to leave kids at home. We set up tables out front where you work on bunching up the lavender. Then it needs to get hung in the drying room. We invite everyone to come up Friday, so we can get an early start Saturday morning. Breakfast at 7:30, work begins at 8:30. We work all day Saturday and half a day on Sunday. And we feed you really well, breakfast lunch and dinner on Saturday, breakfast and lunch on Sunday. Saturday after dinner we can



drive down to Ruhstaller and enjoy a nice cold beer and some fantastic views and live music. If you want to join us, I created a free ticket for you. This will allow me to have everyone's information in one place. If you would like to sign up for Lavender Harvest OR buy tickets for Strawberry Day 5/29 you can do that [here](#).

VACATION HOLDS

We have some members who are taking off for a trip to France, and instead of putting their box on hold, they have a friend who is taking over their subscription while they are gone. Please consider this as an option, as in the summer we regularly have 300 boxes on hold each week. Imagine if your business was hit that hard at the most expensive time of year. I am happy to move the pick up location to accommodate your friends so that the box is closer to where they live. And who knows, maybe they will love being a member and join after your return.

Thanks - Lorraine

RECIPES AND IDEAS FROM LORRAINE

Strawberry Salad

Recipe from Love and Lemons

Since many of you are ordering Avocados, I thought this salad would work well for you.

¼ cup Balsamic Vinegar
1 cup sliced Strawberries
1 cup halved Cherry Tomatoes
1 cup halved mini Mozzarella balls
1 ripe Avocado, pitted and diced
⅓ cup Pecans, toasted
⅓ cup loosely packed Basil, torn
Extra Virgin Olive Oil, for drizzling
Sea salt and freshly ground black pepper

In a small saucepan, bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce the heat to low and simmer until the vinegar has thickened and reduced by half, about 8 to 10 minutes. Set aside to cool. Place the strawberries, cherry tomatoes, mozzarella, avocado, pecans and basil in a shallow bowl or platter. Drizzle with olive oil, and season generously with salt and pepper. Gently toss. Drizzle with the reduced balsamic.

Green Goddess Salmon With Potatoes and Snap Peas

Recipe from NYT Cooking by Sara Copeland

1 ½ pounds small New Potatoes, halved or quartered if large
4 TB Olive Oil
Fine Sea Salt and Black Pepper
1 (1 1/2-pound) piece skin-on center-cut Salmon
1 packed cup Parsley leaves
1 packed cup mixed Herbs, such as chives, mint, dill, basil or cilantro, plus a few sprigs of dill, for garnish
2 Anchovy Fillets
1 to 2 garlic cloves
1 Lemon, zested and halved
½ cup whole-milk Yogurt
½ cup Mayonnaise
8 ounces Snap Peas, trimmed and halved on the bias (about 2 cups)
4 small Cucumbers, halved lengthwise and cut on the bias into 1-inch pieces (about 1 ¼ pounds)
Heat the broiler to high with the rack about 6 inches from the broiler. On a sheet pan lined with aluminum foil, toss the potatoes with 2 tablespoons oil, season with salt and pepper and spread out in an even layer. Broil until crispy and brown and just getting tender, about 10 minutes, turning with a spatula halfway through. Meanwhile, rub the remaining 2 tablespoons oil on both sides of the fish and season generously with salt and pepper. Remove the sheet pan from the oven, move the

potatoes to the edges and nestle the fish between them, skin-side up. Broil until the skin is crispy, about 5 minutes. With a large spatula, flip the fish and continue to broil until the fish flakes easily but the center is still pink and glossy, 3 to 5 minutes. (If the potatoes are done after cooking the fish on the first side, pull them from the oven and transfer to a large serving bowl. If not, leave them until the fish is cooked to your desired doneness.). While the fish cooks, combine the parsley, mixed herbs, anchovy, garlic, lemon zest, yogurt and mayonnaise in a blender and purée until thick and uniformly green. Taste and season with salt and pepper as needed. Remove the fish and potatoes from the oven. Scrape the potatoes into a large bowl and toss with the snap peas and cucumbers; squeeze half the lemon over the top, season with salt and pepper and toss again. Cut the remaining lemon half into 4 wedges. Transfer the fish and vegetables to a platter and serve the dressing on the side; or divide the fish and vegetables among four plates and dollop with dressing. Sprinkle with dill and serve with lemon wedges.

This Week's Box

*Green Kale
*Fava Beans
*Green Garlic
*Lettuce
*Strawberries
*Chard
*Potatoes
Mustard
Peaches
Turnips
Sugar Snap Peas

* = Items in Box for 2

Swiss chard With Fava Beans

Original recipe from Saveur, but adapted and found in one of our newsletters back in 2015

1 bunch Swiss Chard,
Favas, shelled
¼ cup Olive Oil
1 tsp Red Chile Flakes
6 cloves of Garlic, roughly chopped
1 small Onion, cut into ¼" pieces
3 Carrots, cut into ¼" pieces
1 cup Chicken Stock
Salt and Pepper
Boil favas until they are soft enough to get them out of their skins. Chill in ice water so you can handle them. Once the skins are off, set them aside. Fill a sauce pan with salted water; boil. Cook the chard until wilted and stems are tender 4-6 minutes; drain and transfer chard to an ice bath until chilled, and then drain and squeeze dry. Add 2 TB olive oil and the chile flakes to the sauce pan; heat over medium. Cook garlic, carrots and onion until golden, 8 to 10 minutes. Add the fava beans, chard, chicken stock, salt and pepper; simmer until stock is slightly reduced, 6 to 8 minutes. Transfer to a serving dish; drizzle with remaining oil.