



WEEK OF MAY 16, 2022 WEEK 20/52

A FEW BITS AND BOBS

Actually, I have quite a few things to talk to y'all about this week. The first thing I wanted to talk about are upcoming events. We have another Strawberry Day planned for Sunday May 29th. These are such fun times on the farm and your kids just love it. I often think about what a rare and unique experience it is for our children to have the chance to run out in a strawberry patch, eating sun warmed berries until their faces are red from the juice and their bellies are full. I mean think about it for a moment, how many people in this country ever get to experience something like that, let alone at a place they can honestly call "their farm". Living in California is not cheap, but it does offer some amazing experiences, and some of the best food to be found anywhere. This is one of those experiences we should all cherish, and I know for a



fact, those of you who have been coming up here year after year, most certainly do. This young man was 4 in the left photo and that is him now at 11! Still strawberry strong! So, come on up, bring your friends and family and enjoy those berries, get your tickets [here](#). Since we are talking events, I am wondering if there would be any interest for more breakfasts on the farm? Let me know. AND of course, June is coming up and that means Lavender Harvest. This is a very important weekend for us, because the members who come up, really help us get a lot of lavender hung in our drying room. We use the dried lavender for several value added products, obviously, the bunches, which we can sell all year long, the buds go into our sachet bags, and are used in our lavender salt. I macerate the buds in olive oil for our lavender sugar scrub, massage balm and calendula salve. It is a lot of work getting it all done, and having 25 or so of you here with busy hands, makes a huge difference. If you can join us the weekend of June 17th-19th and you have questions please email me at organic@eatwell.com or text me at 530-554-3971. If you know you can join us, get your ticket (it's free, this is just a way for me to have everyone's information in one place) [here](#). AND speaking of "tickets", there have been a few members wondering if they are getting physical tickets, and the answer is no. I decided this year to not use a ticket service, because you have to pay their fee and that just seems silly, which is why I decided to just run it through our software. This allows me to sell tickets to events, or offer free tickets, have all of your info, keep track of things and print out lists. You will see "events" listed under your name as an extras item, but it doesn't mean anything, other than you had ordered them. It will not be with your box, it is just a limitation of the way I have it set up in the system.

Next on my list of things to tell you, I have had a lot of people ask if we could re-use the egg cartons. We have always said no, but I have done a little investigating and it seems that it is not a hard rule, but strongly suggested that we do not. We can reuse them if we clean them. So I have been thinking what if we gave them a quick spray with sanitizer? How do you feel about that? Is this something we should move toward? And speaking of re-using, we do take back and use green pint baskets. I have not figured out a way to re-use the clamshells though, but I want to play with the paper pulp punnets and see how those work. My recollection was they weren't as good and the strawberries rotted faster, but I will give it a try. Rubber bands, we do use at the market on the egg cartons we sell there. If you would like to save up and send back a bag of rubber bands, or green baskets, or Softer Bottles, you can leave them at your site in the egg cooler.

I wanted to remind everyone to please remember to look at labels on the extras and double check the sign in sheet. Last week I had several members contact me to let me know they accidentally grabbed someone else's item. It was actually pretty funny, because it wasn't just an odd mistake or two, but a bunch of them. I chalk it up to last week's Friday the 13th and full moon. In any case, please double check before taking, and that goes for double checking which size box you get.

VACATION HOLDS

I mentioned this in last week's newsletter, and had a couple of members actually reach out about it. This summer when you are preparing to leave on your vacation trips, instead of putting your box on hold, why not offer your CSA share to a friend or co-worker? I am happy to move the pick up location to accommodate your friends so that the box is closer to where they live.

There are a few things to keep in mind, you need to make sure they understand our process, checking the list for your name, and what items they would be picking up, eggs? Which size box? So you will need to explain to them that there are two different sizes of box, and which one you get. If they are picking up for a few weeks, let them know how to "gently" open the box and how to fold it flat to return to the pick up site. It is up to you to add their email to your account if you would like them to get a cc for newsletters and reminders to pick up the box. Beyond that, the process to do this is pretty simple, if you would like us to move your site, just shoot us an email and I can make that happen for you. We already had two more members take us up on this option last week. Having over 300 boxes on hold in one week is a real financial hardship, so this could really make an enormous difference for us. And who knows, maybe your friends will love being a member and join after your return.

Thanks - Lorraine

RECIPES AND IDEAS FROM LORRAINE

Ye'abesha Gomen

Recipe found on africanbites.com

Many years ago I was involved with the United Africa Club in Sonoma County. Each year we put on

a big dinner and show, and greens always played a feature role in that meal. So did peanuts and peanut butter. I would bet, given the seasoning, throwing in some turnips would be really delicious.

10 oz Collard Greens

3+ TB Niter Ethiopian Spiced Butter or Cooking Oil

1 1/2 teaspoon minced ginger

2 tsp minced Garlic

1 large White Onion chopped

1 tsp Smoked Paprika

1/2 tsp Cardamom spice

1 teaspoon coriander/Cumin

1-2 Fresh Chili pepper or 1/2 teaspoon

Cayenne Pepper or more

1 fresh Lemon

In a large skillet, add oil, spiced butter, garlic, ginger, chili pepper, cumin, cardamom, paprika, sauté for about 30 seconds or more, be careful not to let the ingredients burn. Then add onions, mix with the spices. Sauté for about 3-5. Throw in chopped collards, cayenne pepper, lemon juice, Continue cooking for another 7-10 minutes until flavors have blend and greens are cooked, according to preference. Adjust seasonings -Salt and pepper, turn off the heat. Remove from the heat and let it cool.

Papa a la Huancaína -

Potatoes in Spicy Cheese Sauce

Recipe found on Spruce Eats

I figured since we traveled to Africa with our Collards, why not head off to Peru with our Potatoes?

This is one of the greatest things about cooking, you can hop the globe right in your own kitchen! This dish is normally served on lettuce leaves, but why not blanch or fully cook some chard leaves and serve it on that instead.

8 medium yellow or white potatoes, peeled

Lettuce leaves

[Huancaína sauce](#) recipe below

2 large hard-boiled eggs

8 large black olives, halved

Heat a large pot of salted water to boiling and add the potatoes. Boil the potatoes until tender when pierced with a fork, about 15 to 20 minutes. Drain the water from potatoes and let them cool. Slice the potatoes and arrange on top of the lettuce leaves. Pour Huancaína sauce over the potatoes and garnish with slices of hard-boiled egg and black olive halves. Serve and enjoy.

Huancaína Sauce

3 to 4 yellow Aji Amarillo Chile peppers (frozen is fine), or 1/2 cup jarred Aji Amarillo paste

4 TB Vegetable oil

1/2 cup chopped Onion

2 cloves Garlic, mashed

3/4 cup Evaporated Milk

2 cups White Queso Fresco cheese, OR Farmers cheese OR a mixture of Mozzarella and Feta cheese

4 Saltine Crackers

Salt, to taste

Freshly ground black pepper, to taste

Remove and discard the seeds from the yellow chile peppers and chop the peppers into 1-inch pieces.

Heat the oil in a skillet; add the onion, garlic, and chile peppers (or paste) and saute until the onion has softened, 3 to 5 minutes. Remove from the heat and let cool. Place the onion/chile mixture in a blender or food processor. Add the evaporated milk and blend. Add the cheese and crackers and blend until smooth. The sauce should be fairly thick, but if not thick enough, add another saltine or two; if the sauce is too thick, thin with a little bit of milk. Season the sauce with salt and pepper to taste. Serve at room temperature or

chilled.

Strawberry Sorbet

Recipe from Ruth Rogers & Rose Gray

Found on NYT Cooking

This recipe is meant to inspire you to order extra strawberries. We had dinner at Preserve in Winters last Saturday and they had made the most delicious sorbet with our Strawberries, it was AMAZING. But they salted it and added brandy, oh my! If you don't have an ice cream maker, I found this great blog on Busy In Brooklyn, that explains how to make sorbet without one. Here is the [link](#)

1 whole Lemon, seeded and roughly chopped

2 cups Sugar

2 lbs Strawberries, hulled

Juice of 1 to 2 lemons

Place the chopped lemon and sugar in a food processor and pulse until combined. Transfer to a bowl. Puree the strawberries in a food processor, and add to the lemon mixture, along with the juice of 1 lemon. Taste and add more juice as desired. The lemon flavor should be intense but should not overpower the strawberries. Pour the mixture into an ice cream machine and churn until frozen.

Dinner The Other Night

I made a simple and yummy dinner of pasta and favas. First I blanched the favas (after taking them out of their pod), then put them in cold water. Once cool enough to handle I popped them out of the skin. While I was dealing with my favas, I boiled up some wide egg noodles. But I added a clove of garlic to the water and a good amount of salt. I melted a couple of TB of butter in a pan and slowly toasted ground walnuts, probably about 3 TB worth. Once the pasta was cooked I put it into the pan of butter and walnuts and threw in the fava beans. Added some pasta water, gave it a good amount of freshly ground black pepper, and the zest from one lemon (thank you Nancy for those delicious Meyers you brought me!) cooked it till creamy. Topped with parmesan and ate way more than I should have!

This Week's Box

*Green Garlic

*Turnips

*Potatoes

*Chard

*Collards

*Strawberries

*Tatsoi OR Arugula

Radish

Broccoli

OR Favas

Onions

* = Items in Box for 2