



WEEK OF MAY 30, 2022 WEEK 22/52

It's Always The Kids

We had our second official Strawberry Day this past weekend, and once again it was a wonderful day. To all of you who made the trek here, thank you! You have no idea how much it feeds my soul to have you on the farm, to get to talk to your kids, and you!). Watching the littles get so excited about the reddest berry they could find, and then immediately eating it, that is pure joy. And then I get a picture sent to me, like this one, of these adorable kiddos loving one of my Softers, and wow, my week is made!



We had a few families come up the night before. Some first timers, new members from Davis, which was very exciting. But mostly families who have been coming for years. Seeing how the kids feel completely at home, and how much they take ownership of this farm, is really satisfying. Our tiny little corner of the planet is not just growing fruits and vegetables, we are growing some pretty awesome humans.

Things Going On Around The Farm

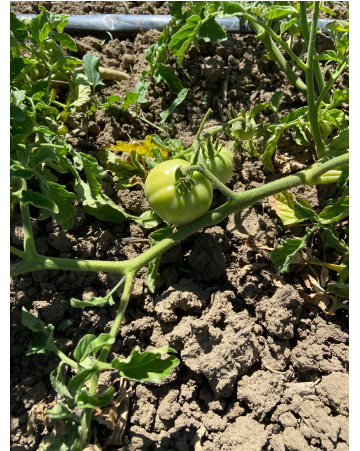
I took a moment to snap some shots while I was walking out to the strawberry patch on Sunday. The colors nature has on display for us is such a treat, and really worth at least a moment of our time. This field is teeming with green, potatoes, chard, kale, and cabbages; it was a beautiful contrast to the blue sky. And lucky me, I got a shot without all that dust the crazy wind was blowing around us all day.



On Monday, I had an interesting conversation with Eric from Terra Firma, who told me they have already pulled their strawberry plants for the season. The production definitely goes down after the first couple of months, but I can't imagine not having strawberries from this point forward. The past couple of years, we have taken baskets to the market all the way into December. And we will work on making sure you know when they are available to order as extras.

My chats with Eric about the things they do at Terra Firma is always so enlightening. One of the things I realized after he told me about their strawberries, is just how different we are as a farm. We are not a small farm, but we aren't a large farm either. Terra Firma is about 300 acres, River Dog and Full Belly are around 500, we are only 100. But we aren't so small that you can run this place with just a couple of people. Nigel designed our farm to focus on supplying a year round CSA. That means we are trying to switch things up for the boxes, and that certainly is becoming more and more challenging. As the climate changes, the summers are hotter and longer, our winters are dry and shorter, the winds are blowing stronger, and our window for growing many crops is shifting and not in a good way. From what Eric was telling me, they are also trying to figure out what to grow when and even if at all.

I suppose life is all about how we navigate through all the changes, the peaks and the valleys. And then along the way you find the first tomatoes! Wow, that is really exciting. It looks like the New Girls are producing pretty well and hopefully in a few weeks we will have tomatoes for you. In the meantime, Eric did tell me Terra Firma is picking their first cherry tomatoes, Golden Nuggets, and they are coming in pretty strong. Would you be interested in ordering pints as extras? Please let me know, text 530-554-3971 or email organic@eatwell.com.



A Bit of Business

Regarding ordering Extras, the deadline is midnight on Sundays to get something that coming week. However, if you do not have a box scheduled for that week, your extras will not show up either. Extras are always linked to your box delivery. And speaking of **Extras**, Jose says we have strawberries available again. Almonds from Lagier Ranches came yesterday, and they are delicious! Beau is literally taking them right off my desk, so they are dog approved too!

Lavender Harvest is the weekend of June 17th-19th. I would love to have more folks sign up to help us out that weekend. If you are interested you can sign up [here](#).

Vacation Holds, looking at the box count this week, compared to two weeks ago, we are down over 50 boxes. So if you have someone who would be interested in taking over your box while you are away, please reach out, I am very happy to make that work for you.

RECIPES AND IDEAS FROM LORRAINE

Black Eyed Peas And Gingered Greens

Last night I went to a birthday party potluck and made up a batch of this and boy was it good! Those Rancho Gordo Black Eyed Pease are so delicious, and they cooked up quite fast in the slow cooker. I actually almost overcooked them, so if you do them in your slow cooker, check on them after 1 hour to gauge your timing. I did not pre-soak, just washed them well. I did put one small ham hock in the BEP's while they were cooking. Once they were done, I drained and saved the cooking water, which I then put into a pot with the hammock and cooked on a low simmer until it reduced by about 1/2. When the greens and BEP were mixed together, I added that flavorful cooking water back in.

Many years ago Nigel and I went to Ike's Quarter Cafe in Nevada City. We had their Gingered Greens and it was one of those dishes that really stuck with me, all these years, and I share it in the recipe mix regularly. This week we don't have Collard Greens, but we do have chard and kale, turnip greens, arugula, even the tasoï would work. So here is Ike's recipe for Gingered Greens, which, once cooked, I added to the pot of Black Eyed Peas.

Gingered Greens

2 TB minced Garlic
2 TB minced fresh Ginger
Neutral Vegetable Oil, enough for sautéing
1 bunch of Greens, I typically use 2 bunches
Heat a bit of oil in a skillet and sauté the garlic and ginger, until just golden. Add the greens. Saute quickly then add a small amount of water anywhere from 1/4 to 1/2 cup. Yesterday, I just threw in my freshly washed, very wet greens, so I didn't add any extra water. Cover the skillet with a lid and cook on medium until tender. Depending on what greens you are using, that can be anywhere from 2 to 10 minutes. If you are mixing greens, put the heartier ones in the skillet first and cook a bit, then add in a more tender green. Tats would cook very fast. Salt and pepper to taste.

Patatas Bravas

Recipe found on Spanish Sabores website
I had Patatas Bravas at dinner the other night, so delicious! They also suggest serving with Aioli, if you aren't up for making the sauce.

4 medium Potatoes
Olive oil for frying, about 1-2 cups
Salt
1/2 cup of [homemade bravas sauce](#) recipe is linked
Peel the potatoes, rinse thoroughly, and dry with a paper towel. Cut the potatoes into bite-size chunks. Heat the olive oil in a large skillet over medium heat. Add the potatoes and adjust the heat to the lowest setting, allowing them to pre-cook for a few minutes. Remove the potatoes and let them cool in the fridge for a few more minutes. Turn the heat up to high and add the potatoes back into the pan. Fry until crispy and golden. Transfer the potatoes to a plate lined with paper towels to cool, and sprinkle with salt to taste. To serve, drizzle the bravas sauce over the potatoes.

Bravas Sauce

1/3 cups Olive Oil
1/2 Tbsp. of pimentón picante hot smoked paprika
1 1/2 Tbsp. of pimentón dulce sweet smoked paprika
1 -2 Tbsp. of flour
1 cup of chicken broth or vegetable broth, for a vegetarian version
Salt to taste

Heat the olive oil in a small saucepan over medium heat. Add the pimentón dulce and pimentón picante and stir until combined. Add 1 tablespoon of flour and stir until combined. Keep stirring for about a minute, to toast the flour slightly. Over a medium-low heat, add the broth very gradually, stirring constantly. (This is similar to how you'd make a cream sauce. The flour will absorb the liquid and leave you with a delicious sauce.) The sauce should start to thicken as you incorporate the broth; add more flour only if necessary to achieve the right consistency (it should be velvety and smooth, but not so thick that it holds its shape alone). Reduce to low heat and simmer for 3-5 minutes, stirring occasionally. Season with salt to taste. Drizzle over some fried potatoes and enjoy!

This Week's Box

*Arugula
*Turnips
*Potatoes 2 lb
*Chard
*Tatsoï
*Nectarines
*Fennel
Green Cabbage
Green Kale
Peaches
Onions

* = Items in Box for 2

Rice Noodles, Stir-Fried Chicken, Turnips & Carrots

Recipe by Martha Rose Shulman NYT Cooking

7 ounces Rice Stick noodles
1/2 cup Chicken OR Vegetable Broth
1 TB Soy Sauce (more to taste)
1 TB Shao Hsing Rice Wine or Dry Sherry
1 TB minced Garlic
1 TB minced Ginger
1/4 to 1/2 teaspoon Red Pepper Flakes (to taste)
2 TB Peanut Oil or other high temp oil
1 lb Chicken Breasts, cut across the grain into slices 1/4 inch thick
3/4 lb Carrots, peeled, cut into 2" julienne
3/4 lb Turnips, peeled, cut into 2" julienne
2 TB Sesame Seeds
Salt to taste
1/2 teaspoon Sugar
1/4 cup coarsely chopped Cilantro
2 teaspoons sesame oil
Place the noodles in a large bowl and cover with warm water. Soak for at least 20 minutes, until soft. Drain in a colander and, using kitchen scissors, cut into 6-inch lengths. Set aside within reach of your wok or pan. Combine the broth, soy sauce and rice wine or sherry in a small bowl. Combine the garlic, ginger and pepper flakes in another bowl. Have everything within reach of your wok or pan. Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in 1 tablespoon of the oil and add the chicken in a single layer. Season with salt and let sit for 1 minute without stirring, then stir-fry for another 2 to 3 minutes, until opaque. Scoop out of the wok or pan and set aside in a bowl or on a plate. Swirl the remaining oil into the wok or pan and add the garlic, ginger and chili flakes. Stir-fry no more than 10 seconds and add the carrots, turnips and sesame seeds. Stir-fry for 1 minute and add the broth, the chicken with any liquid that has gathered in the bowl or on the plate, the salt and the sugar, and stir-fry for 1 minute. Add the noodles, reduce the heat to medium-high and stir-fry 1 to 2 minutes, until the vegetables are crisp-tender. Add the cilantro and sesame oil, remove from the heat and serve.