



WEEK OF OCTOBER 3, 2022 WEEK 39/52

A New Look

This week some of you will see a new style of the Box for 2. I spend enormous amounts of time resourcing packaging, whether it is boxes for the CSA, paper bags, jars for our salts, bottles for our essential oils, egg cartons or my Softer bottles, packaging is a nightmare. Many suppliers will only stock what is really popular. A couple of years back you might recall our emergency switch from the 1/2 dozen egg cartons to the plain full dozen. The distributor didn't have high demand for the "split 6" and decided to make it a special order item. That, I have come to believe, is code for you will get it when you get, and that might be never. In the end that problem turned out to be a positive, even though it was tremendously stressful in the moment.



We get the Box For 2 from a different supplier and we have to make the trek up to Gridley, nearly an hour and half drive each way. By the time our driver made the drive up and back and had the pallet of boxes unloaded we were looking at close to 5 hours. Those are precious hours we no longer have to spare. So I have been searching for an alternative. Cogent, our main supplier, no longer carries an alternative, because, as I mentioned earlier, it is not a popular item. I have resorted to ordering these new boxes from Uline. They are expensive, but so are our family boxes, both work out to over \$3.00 per box! The other reason I wanted to make a change was for those little finger holds on the sides. It may not seem like much, but our old boxes didn't have that, and that little feature made it impossible to carry much more than 4 of those boxes at a time. Time, it has become such a critical component to everything we do these days. Anything I can do to make it easier for the pack crew and for my drivers has great value. If I can shave a couple of minutes per drop site, that could work out to anywhere from 1/2 to a full hour of time. So little things can really make a big difference. The other reason for the change was the quality of those boxes, which was always problematic. Many came to us improperly glued and we would have to throw them out before ever using them. Then the top flaps tore so easily, sometimes at the first use. The old box cost us around \$2.70 and having to throw them out so quickly was disheartening.

As hard as it is to pay so much money for a box, when I weigh all the issues, it makes more sense. And one good thing about Uline is they deliver in a day or two. So, please note, these new white and green boxes are the BOX FOR 2. And I would ask, no matter the size of box you are getting, please be kind to our boxes, we do re-use them for as long as we possibly can. They are NOT recyclable, so when they are ruined they have

to go into the dumpster. Keeping them clean, and intact really helps extend their life. If you aren't sure how to do that correctly here is a [link](#) to Ambrose Farm's Youtube video on how to correctly open and flatten your CSA box.

A New Product In Our Body Care Lineup

A few weeks back I was making a batch of Hand Sanitizer. Moving too fast, as per usual, I accidentally put Rose Geranium Essential Oil into the organic alcohol, instead of the Lemon Verbena. Well that eo is super expensive and I didn't want to waste it, so I put it into a couple of spray bottles and Keri and I used it as a deodorant, and loved it. After using the mistake bottle for a week, I tweaked the formula a bit, added a little Rose Geranium Hydrosol and some Rosemary Essential oil for its anti-bacterial properties and I think I have come up with a pretty nice product. At least people comment on how good I smell!). The ingredients are simple, Organic Cane/Grain Alcohol, Rose Geranium Hydrosol and Essential Oils of Rosemary and Rose Geranium. If you would like to order a bottle you can get that [here](#).



Chickens and The Cost Of Feed

I almost had a heartattack last week when I saw our most recent chicken feed bill, which was over \$8,000.00. Granted we did get more wheat than the previous order and we now have the house of chicks, so we added chick feed to the order, but this most recent bill was nearly double the previous bill, but not double the amount of feed. What has really gone up in price is the wheat, which I believe has just about doubled in price. But I have learned with one of my many mistakes, that when we run out of wheat, egg production really drops and fast. And it takes a few days for production to come back up after they get the wheat back into their diet. So, it is critical to what we do. And sadly, I am telling you all this story because I have to raise the price of our eggs to \$10.00 a dozen, effective immediately.

Olive Picking/Lunch This Sunday

One final shout out for tickets to this Sunday's event. If you would like to join us you can get more info and a link to tickets [here](#). Looking forward to seeing some of you this Sunday.

RECIPES AND IDEAS FROM KENDAL

Spicy Sweet Potato and Tatsoi Soup with Chickpeas

Recipe found on, "Foodal," by Shanna Mallon. This is a

vegetarian recipe but I feel like a lean meat, like chicken breast or some time of white fish would be a great addition!

Either cook separately or add and cook prior to adding stock! Since we don't have Sweet Potatoes just yet, you could easily substitute some butternut squash.

3 Tbsp olive oil

1lb (2 medium) onions, diced

5 cloves garlic, minced

2 stalks celery, finely diced

1lb (1 large) sweet potato, diced with skin on

2 Tbsp red thai curry paste

4c low sodium or homemade chicken or vegetable broth

1 tsp salt, plus more to taste

½ tsp chili powder spice blend, plus more to taste

¼ tsp cayenne pepper, plus more to taste

1 15oz can low sodium chickpeas, rinsed and drained

¼ - ½ lb tatsoi, washed and patted dry, roughly chopped

½ tsp freshly ground black pepper, plus more to taste

1 small red thai chili, sliced with seeds removed

(optional)

Heat oil in a large stockpot or dutch oven over medium heat. Reduce heat to low, add onions, and saute on low heat until tender and slightly caramelized, about 10 to 15 minutes.

Increase heat to medium, add garlic and celery, and saute another 5 minutes, or until tenders and fragrant.

Add sweet potato and red thai curry paste. Stir until the vegetables are coated and the mixture is fragrant, about 3 to 5 minutes.

Add broth, salt, chili powder, and cayenne. Stir to combine and bring to a boil.

Reduce heat to low and simmer for 30 minutes, or sweet potatoes are fork tender.

Add chickpeas and tatsoi. Simmer for another 5 minutes, or until tatsoi is wilted. Season with freshly ground black pepper. Taste and season with additional salt, chili powder, and or cayenne as desired.

Garnished with a few slices of red thai chili and enjoy with a slice of crusty bread.

How to Build a Butter Board

This recipe was found on, "Rich and Delish." When it comes to a butter board, think like a charcuterie board or like a hummus board. If you want to go a different flavor route, feel free to experiment using this basic idea! Some people will do a flavored or whipped butter- if you want to do a whipped butter just throw it in a mixer with a whisk attachment and add some honey or cinnamon, then whisk for 5 minutes!

230 g butter, softened

¼ c strawberry jam

¼ c honey

½ tsp cinnamon

¼ c walnuts

¼ c pomegranate

1 tsp lemon zest

Spread softened butter on a wooden board using a spatula. Make swirls using the spatula.

Top the butter with dollops of jam, we used strawberry jam, but you can use your favorite jam.

Top with chopped walnuts, fresh lemon zest, cinnamon, and drizzle honey on top.

Dip with freshly baked bread or toasted bread. Enjoy!

This Week's Box

*Fennel

*Leeks OR Onions

*Pomegranates

*Grapes

*Butternut Squash

*Dandelion Greens

*Chives

Basil

Cucumbers

Tatsoi OR Mustard

Tomatillos OR Garlic

* = Items in Box for 2

Fennel and Leek Soup with Mushrooms

Recipe found on, "Garlic and Zest."

3 Tbsp olive oil, divided

½ lb mixed wild mushrooms, Shitake, oyster and crimini

6 leeks, white and pale green parts only

2 fennel bulbs, chopped into a large dice

1 small bunch thyme

1 tsp kosher salt

5-6 c vegetable or chicken broth

In a large dutch oven heat 1 tbsp olive oil over medium heat. Add thyme and mushrooms and saute until the

mushrooms get tender and brown.

Remove from heat. Transfer mushrooms

to a small bowl. Reserve thyme.

Fill a large bowl with water. Slice the leeks

lengthwise, then chop them crosswise into half inch pieces. Transfer the leeks to a bowl of water. Using

your hands, agitate the vegetables in the water to dislodge any trapped grit and dirt. With your hands,

working in batches, scoop the leeks to a salad spinner and spin dry (or pat dry.)

Add 2 more Tbsp olive oil to the dutch oven and heat over medium heat. Add leeks, fennel, reserved thyme

and salt stir to combine. Cover and simmer for about 8 minutes, stirring occasionally, until vegetables are

tender and translucent. Add vegetable broth, bring to a simmer, cover and cook for 20 minutes. Remove from

heat. Remove thyme stems (most of the leaves should have come off during this simmer and you're really just

removing the stems.)

Working in batches, transfer leek mixture to blender and puree until smooth.

Warm soup over medium heat.

Before adding mushrooms, make sure they have drained all their liquid- you may have to use some paper towel to pat them dry. (This is so the mushroom juice doesn't discolor the soup.)

Ladle soup into bowls, garnish with mushrooms and fennel fronds.

Cucumber, Basil & Lime Gimlet

Recipe found on, "Liquor." This recipe makes one drink!

2 slices cucumber

1 ½ fresh basil leaves

1 ½ ounces vodka

1 ounce lemonade

¼ ounce lime juice, freshly squeezed

Basil leaf, for garnish

Muddle the cucumber and basil in a shaker.

Add the vodka, lemonade, lime juice and ice, and shake until well-chilled.

Strain into a rocks glass over fresh ice.

Garnish with a basil leaf!