



WEEK OF JANUARY 10TH, 2022 WEEK 2/52



### Musings

Lately, I have been writing a lot about my experiences simply walking out my front door. I, like many of you, lived most of my life in a city. Much of the time I feel that I am just like you, or at least I was. And the me I am today wants to share each gloriously beautiful moment experienced on this farm, because the me I used to be would have loved that! So, this morning while walking out to the pack house to drop off extras labels and egg cooler sheets, I had to snap the view that accompanied me. I wish photos could convey just how exquisite the light shows are here.

Today's sunrise reminded me of a morning years back when I was sitting in our living room also writing the newsletter. The sky was just as beautiful. Our sweet friend Lizzie just drove off with Nigel to take him to UCSF for chemo. Collin Hayes' song "waiting for my real life to begin" came on, and the words spoke to my soul. Fighting cancer you often feel like you are waiting for your real life to begin, the one that comes after the battle is won, and you get to go on with your real life. Everything about fighting cancer is surreal, from the moment a doctor says those most dreaded words, you have .....cancer, right to whatever end life hands you. In our case it was, "I'm sorry, there isn't anything more we can do". I honestly had no idea my real life would be one without Nigel. This morning I sit here remembering back on that morning, trying to think of all the things we thought would be our real life, once the battle was over, there was so much we were going to do together. But it wasn't meant to be and my life goes on. I feel blessed to be in a place that is infused with his spirit, and blessed to continue his work, now in my own way. It's funny sometimes where life takes us, just like this newsletter, when I sat down to write, this was not where I thought I was going, but sometimes my fingers just have to go where they are taken, hopefully it always includes a beautiful sunrise.



Before I move on to something more farm related, I wanted to mention that our dear friend Tim Muller at Riverdog Farm lost his home to fire this past weekend. If any of you know

Tim and/or his farm you know what an amazing man and farmer he is. He has always answered the phone and my questions when I have called for help and advice. And they need our help now, there is a [GoFundMe](#) page for Tim and Roxanne, if you can give a little, I know it helps.

### Sugar Snap Pea Shoots

Jose was pretty excited last Friday when he came in and asked if we could put bunches of Sugar Snap Pea shoots in the box this week. Funny thing, he had no idea how to eat them:). We had them at the market this past Saturday, and someone asked me that very question. My eyes lit up with my own excitement as I told them the leaves taste just like peas! You can chop and eat them raw in a salad or do what I did the night before and add them to an



Alfredo Sauce with a bit of cubed ham and serve over fettuccine, oh my.... It's a bit early for us to have pea shoots, but we planted a bit early, and we planted a lot this year, and best of all, the weather this winter has been very kind. I read this description that Matt Gross wrote in Bon Appetit back in April 2014 "Tender and sweet, the leaves, stems, and tendrils of the pea plant are delicate enough to eat raw, yet retain springtime-evoking qualities when cooked." Evoking a springtime quality is exactly why we get excited about pea shoots! These are not micro-greens, but full bunches of leaves and tendrils. According to [sciencedirect.com](#), their nutritional value is stable for up to 10 days, but who would not want to dive in right away? And pea shoots are a good source of vitamins A, C, E, plus the bioflavonoid quercetin, a good source of dietary fiber and potassium. All great things, so eat your greens and know that in our not so distant future, we will have peas!

# RECIPES AND IDEAS FROM LORRAINE

## Cauliflower Salad With Capers, Parsley and Vinegar

Recipe by Martha Rose Shulman from NYT Cooking

6 cups of Cauliflower Florets  
1 to 2 cloves Garlic, minced  
1/4 cup chopped Parsley  
3 TB Capers, drained and rinsed  
2 to 3 TB White Wine Vinegar or Champagne Vinegar, to taste  
6 TB Extra Virgin Olive Oil  
Salt and freshly ground Pepper, to taste  
Place the cauliflower in a steaming basket over one inch of boiling water; cover and steam one minute. Lift the lid for 15 seconds, then cover again and steam for six to eight minutes until tender. Refresh with cold water, then drain on paper towels. In a large bowl, mix together the garlic, parsley, capers, vinegar and olive oil. Season generously with salt and pepper. Add the cauliflower and toss together. Marinate, stirring from time to time, for 30 minutes if possible before serving. Serve warm, cold or at room temperature.

## Tofu and Bok Choy with Ginger-Tahini Sauce

Recipe by Kay Chun from NYT Cooking from NYT Cooking

FYI, this recipe uses Baby Bok Choy, but we have regular adult Bok Choy

1 pound Bok Choy, quartered lengthwise through the core  
Kosher Salt and Black Pepper  
1 (14- to 16-ounce) package soft (not silken) Tofu, drained and cut into 4 equal squares  
6 TB Tahini  
1/4 cup low-sodium Soy Sauce  
3 TB distilled White Vinegar  
1 tsp minced Ginger  
1/4 tsp minced Garlic  
1/4 cup chopped Scallions (from about 1 scallion), plus more for garnish  
1/4 cup chopped Cilantro, plus more for garnish  
Toasted White Sesame Seeds, for garnish  
In a large skillet with a lid, arrange bok choy in an even layer to cover the bottom of the pan, and season with salt and pepper. Nestle the tofu pieces on top of or in between the bok choy, depending on the depth of your pan. Add 1/2 cup of water to the skillet and bring to a boil over high heat. Cover securely to prevent steam from escaping, reduce heat to medium and steam until bok choy is tender and tofu is warm throughout, about 10 minutes. Meanwhile, in a small bowl combine tahini, soy sauce, vinegar, ginger, garlic, scallions, cilantro and 1 tablespoon of water. Whisk until well blended, and season with salt and pepper to taste. Using a spatula or large slotted spoon, transfer bok choy and tofu to 4 serving plates. (Discard any remaining water in the skillet.) Spoon some of the sauce over the tofu and garnish with scallions, cilantro and sesame seeds. Serve warm.

## Broccoli Raab With Steak Seasoning

Recipe by Lilly (my daughter-in-law)

Lilly sent me this text yesterday, wanted to share it with you: In a skillet heat some bacon fat and butter. Sautéed an onion or two, then add the Broccoli Raab greens. Season with Steak Seasoning and Lemon Juice.

## Very Versatile Baked Beans With Cabbage

Recipe by Lukas Volger from Epicurious

One of our CSA members sent this to me and said she had made it last week and it was really delicious. Heather used Rancho Gordo's Rio Zappe beans.  
1 lb dried medium or large Beans, soaked at least 4 hours in plenty of water, drained  
11 Garlic cloves, 5 smashed, 6 sliced

3 Bay leaves  
6 TB Olive Oil, divided  
Salt  
2 medium White Onions, thinly sliced, or a combination of onions and Fennel bulbs (about 3 cups)  
Pinch of Red Pepper Flakes  
1/2 cup dry White Wine

8 cups Savoy Cabbage, cored, cubed  
1 (28-ounce) can Whole Tomatoes  
1 bunch Parsley, Dill, or Cilantro, finely chopped  
Cover beans, smashed garlic, and bay leaves with about 1" water in a large pot. Add 3 Tbsp. oil. Bring to a boil, then reduce heat and bring to a simmer. Cover pot partially and cook, adding more hot water as needed to keep beans covered, until beans are nearly done. Add large pinches of salt to taste toward end of cook time, which will vary depending on the bean; start tasting after about 30 minutes. Remove from heat and cover. Preheat oven to 375°F. Heat remaining 3 Tbsp. oil in a Dutch oven or large ovenproof dish over medium-high. Add onions, red pepper, and 1/2 tsp. salt. Cook, stirring occasionally,

until onions are reduced and beginning to caramelize, about 10 minutes. Add sliced garlic and cook until golden brown, about 5 minutes more. Add wine and cook until slightly reduced, about 1 minute. Add cabbage and cook until softened, about 2 minutes. Add tomatoes, crushing with a wooden spoon or cutting with scissors into coarse chunks. Add beans and their liquid, then cover with water until beans and vegetables are just submerged; season to taste with salt. Bring to a boil, cover, and transfer to oven. Bake beans 1 hour and 20 minutes. Uncover and continue to bake until liquid is slightly reduced and beans are completely tender, 15-30 minutes more. Let cool slightly to thicken, then stir in parsley just before serving. Serving Suggestions:

### Chili-Like:

Serve just as you would your favorite chili, with shredded cheddar, sliced scallions, finely chopped jalapeño, dollops of sour cream or plain yogurt, and hot sauce.

### Baked With Eggs:

Preheat oven to 400°F. Transfer beans to a shallow baking dish. Crack an egg into a ladle, then press ladle into beans and slide egg into the indentation. Repeat, adding as many eggs as you've got space and appetite for. Bake until eggs are set and beans are heated through and simmering along edges of pan, 25-30 minutes. Drizzle with olive oil and garnish with chopped herbs; serve with toasted bread.

### Over Grains:

Serve beans over piles of soft polenta. Brown rice, farro, and barley all work just as well. Over Toast: Spoon hot beans over thick slices of grilled or toasted bread (optional: rub it with a garlic clove). Top with a poached or fried egg and a drizzle of olive oil. Serve with lightly dressed greens alongside.

### Tacos:

Char corn tortillas over an open flame, stacking and wrapping in foil to keep warm. If broth is thin, serve beans with a slotted spoon, reserving broth for a separate meal. Serve with sliced avocado, shredded cabbage, crumbled feta, lime wedges, and cilantro sprigs, allowing everyone to assemble as they please.

### Do Ahead

Baked beans can be made 3 days ahead; transfer to an airtight container and chill, or freeze up to 6 months. Beans can be cooked (before baking) 1 day ahead; let cool, cover, and chill.

### This Week's Box List

- \*Savoy Cabbage
- \*Cauliflower OR Broccoli
- \*Fennel
- \*Sugar Snap Pea Shoots
- Leeks
- \*Lettuce
- Arugula
- \*Lemons OR Oranges
- \*Broccoli Raab OR Parsley
- \*Pomelo
- Bok Choy
- \* = Items in Box for 2