



WEEK OF JUNE 3RD, 2019 #23/52

Our Own Piece Of Heaven

Sunday was the last scheduled Strawberry Day for this season. Friday afternoon Noelle printed out the attendee list for me; we were expecting around 50 people; by Sunday more tickets had sold and the count went to over 90. I had such a wonderful time visiting with so many CSA members. One group of 22 had a lovely afternoon picnicking under a tree out close to the strawberries. The kids who came with them set up their own little day camp right next to the strawberries, sitting in their chairs just hanging out talking, then going back out to pick and eat more. Several other families came up early and stayed the better part of the day, picking and eating berries, and enjoying a peaceful day on the farm. The weather could not have been better, a slight breeze and only 81 degrees. Even though farming is full of ups and downs, I know we have our own little piece of heaven right here on the farm, and seeing so many of you enjoying the land, the way Nigel always wanted, definitely brings affirms the work we do and warms my heart. If you would like to come out to the farm to pick strawberries on your own, shoot us a quick email with the dates you are looking at, and we will certainly

Apricots

We have some kind of apricot trees growing at the East end of the row, which are loaded with fruit. They are still small and green, but the branches are heavy. When Nigel planted trees in the orchard he typically planted several varieties in the same row. By doing this he had hoped to figure out which type produces the best fruit on our farm. Unfortunately the trees are not marked and I have no easy way of knowing which tree is which variety. For now I will keep an eye on them and hope that we get some nice fruit for the boxes in a few weeks.



Potatoes and Basil

They are growing. The potato rows are starting to fill out. Some areas of the planting are getting quite large. In our rows we plant several varieties, so I suspect the bigger plants are a different variety. Unfortunately we won't know what's what until we start harvesting. When the guys plant, they just load up the sled with the bags and off they go, planting across the rows until the bag is empty, then they start a fresh bag, which may or may not be the same variety. I did not see any flowers yet, which is a sign that they are ready to harvest. It does look like some buds are forming though, so we are getting closer. The basil plants are also filling out and looking pretty robust, although still small. I am hoping we will have a little in another couple of weeks.



On "Hold" Boxes Can Be Donated To The Care Share Fund

Did you know that you can opt to donate your box rather than putting it on hold? This is an incredible gift for our Care Share recipients, and for the farm. We get hit pretty hard during the summer because of the high number of on-hold boxes, plus it is the most expensive time of year for us. Currently our Care Share program is sending boxes each week to the Family House which is part of USCF's Benioff Children's Hospital, and the Potrero Hill Neighborhood House for their senior lunch, plus many individuals who are battling serious illnesses like cancer. I am hoping to expand to also support the Opportunity House in Vacaville. As soon as I have it set up I will share more information about them, but they were recommended to me by CSA members who are involved in the organization and I am very impressed with the work they do. So, if it is an option for you, please consider donating your box rather than putting it on hold, it will go to a great cause and you will be supporting your farm!

RECIPES AND IDEAS FROM LORRAINE

Pink Grapefruit and Radicchio Salad with Dates and Pistachios

Recipe by Melissa Clark, NY Times Cooking

2 grapefruits
2 medjool dates, pitted and thinly sliced
½ medium shallot, peeled and thinly sliced
Fine sea salt, to taste
1 head radicchio, halved and cored
4 tablespoons extra-virgin olive oil
2 tablespoons coarsely chopped pistachio nuts
Freshly ground black pepper
Slice the top and bottom off one of the grapefruits. Stand it up on a cut side and, using a small sharp knife, slice off the peel and pith, following the curve of the fruit. Save the peels (there should be some red fruit clinging to the pith). Repeat with the other grapefruit. Slice both grapefruits into quarter-inch-thick rounds and arrange on a platter. Evenly sprinkle the dates on top.
Squeeze the juice from the grapefruit peel into a small bowl. You should have about a tablespoon. If there is less, squeeze some from one of the grapefruit slices. Add the shallot and a pinch of salt; let sit for 5 minutes. Meanwhile, thinly slice the radicchio and add to a bowl. Add the shallot and grapefruit juice and toss to combine. Toss in 3 tablespoons of the oil. Sprinkle grapefruit slices with salt and drizzle with the remaining oil. Place a mound of the radicchio in the middle of the grapefruit, leaving a border of the fruit exposed. Sprinkle with pistachios and black pepper and serve immediately.

Collard Greens with Parsley-Caper Sauce

Recipe by Charles Vollmar, Epicurian Exchange.

1 bunch collard greens
1 bunch Red Russian Kale
2 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper
3 tablespoons capers, rinsed
½ cup packed fresh Italian parsley leaves
⅓ cup extra-virgin olive oil
2 tablespoons minced shallot
1 teaspoon Dijon mustard
1 garlic clove, minced
1 tablespoon red wine vinegar

Wash and dry the greens well. Remove the ribs from the greens and discard. Pile the leaves together and roll into a cylinder. Cut from end-to-end into ¼-inch threads.
To prepare the sauce: In a food processor, combine all the ingredients and process until finely minced. Remove from processor and set aside.
In a large sauté pan, heat the olive oil over medium heat. Add the greens in small handfuls and toss continuously with the oil until slightly softened. Continue to add greens in small batches

until they are all incorporated, tossing continuously. Sauté to desired doneness, being careful not to overcook, as the flavor and texture diminishes. Season with Kosher salt and freshly ground black pepper.
To serve, toss the sautéed greens with a small amount of the parsley-caper sauce or serve it on the side.

This Week's Box List

Carrots (from Terra Firma Farm)

* Cherries

Chives

Collards

Garlic

Grapefruit (From Terra Firma Farm)

* Kale, Red Russian

* Lemon Balm

* Lettuce

* Parsley

* Radicchio

* Turnips, Purple Top

* = Items in Box for 2

Savory Mashed Root Vegetables

Recipe by Tyler Florence

3 pounds assorted root vegetables, (you can use the carrots, turnips) roughly chopped
4 garlic cloves
1 teaspoon salt
2 cups heavy cream
1/2 cup (1 stick) unsalted butter
1 handful fresh thyme sprigs
2 bay leaves
Kosher salt and freshly ground black pepper
1 bunch fresh chives, chopped
Extra-virgin olive oil

Place all the vegetables and garlic in a large pot and fill with cool water to cover; season with a teaspoon of salt. Bring to boil over medium heat and simmer for about 30 minutes, until the vegetables are very tender. While the vegetables are cooking, combine the heavy cream, butter, and herbs in a pot and heat over low flame to melt the butter and infuse the herb flavor into the cream – do not allow to boil. Shut off the heat, cover, and let steep until needed. When ready to use, remove the herb stems and the bay leaves. Drain vegetables and put them into a large mixing bowl. Mash with a potato masher. Stir in the warm cream mixture and mix until the liquid is absorbed and the vegetables are smooth; season with salt and pepper. Put the mashed root vegetables in a serving bowl, garnish with chopped chives and drizzle with a healthy dose of olive oil.