



WEEK OF APRIL 24TH 2017 #17/52



Earth Warriors



A Tough Time of Year

It's hard farming, it's a big gamble. Spring is always a tricky time for vegetables, but this year more so than previous years. The rain has made our State beautifully green, but it has kept us from planting. Vegetables we should be harvesting are just beginning to grow. Moreover it has caused a lot of damage; you will see it on your strawberries this week. We have all been taught to expect perfect and beautiful produce. That's what it looks like in stores. But I also know what much of it looks like in the fields, and this standard we hold for external beauty means a lot of food goes to waste.

So yes, the strawberries are not perfect, some have a bit of browning. The choice we made this week was to send them anyway. The fact is we need to get the strawberries off the plants. If we just leave fruit it will slow berry production down over the next few weeks, plus as the berries decompose it can invite disease. So they have to get picked, and it would be a shame to waste them.

Nigel and I have been eating strawberries just about every day; blended up in his Budwig Cream, and they are pretty darned tasty. It is very early in our season, so they don't have the sweetness we get in the summer time, but the strawberry flavor is great. My recommendation is take these strawberries and use them in smoothies, or freeze them and use them in freezer jam. Cook them up and make strawberry compote and enjoy on oats or with some plain yogurt, or better yet, over vanilla pudding (my personal favorite)!



We celebrated Earth Day this past weekend. I worked the Ferry Plaza Market and I saw loads of people down there for the Science March. It sticks me as kind of odd that they connected it to Earth Day. I say "odd" because realistically some of the core environmental issues and concerns actually come from science. Chemical fertilizers, herbicides, fungicides, that are sprayed on our food all come out of laboratories. Air pollution, water pollution, are all because of advancements in science. Now that we are facing climate issues, environmentalists and scientists are standing together, and that is good thing. But we still have a long way to go.

Thinking of Earth Day and how we can contribute in our daily lives I came to realize CSA members are kind of Earth Warriors. You have committed to supporting an organic farm that is local to you. Your fresh vegetables and fruits are not being trucked or flown in from half way around the world. You are keeping these fields lush, vibrant, growing year round, chemical free. We all celebrate Earth Day every week when we open our CSA shares. Many of you are true warriors because you stick with it, through thick and thin. Because of people like you, this farm is producing a wide range of food, not just walnuts or some other commodity crop.



Event Dates

Links to purchase tickets are located in your Friday email.

Strawberry Days on the Farm

Sunday, April 30th; Sunday, May 7th; Sunday, May 14th; Sunday, May 28th

Lavender Harvest Weekend

Friday, June 9th - Sunday, June 11th

Summer Solstice Sleepover and Garlic Braiding Party

Saturday, June 24th - Sunday, June 25th

Tomato Sauce Canning Party and Sleepover

(Tentative Dates)

Saturday, July 29th; Saturday, August 5th; Saturday, August 19th

Pumpkin Party

Sunday, October 15th

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Ricotta Pasta with Fava Beans and Bacon

Serves 2

Recipe by Faith Durand thekitchn.com

I love creamy pasta dishes with peas or fresh Fava Beans. This sounds really delicious, and probably would make a pretty filling meal with a light salad on the side.

1 lb Ballerine or Campanelle Pasta
1/2 lb fresh Fava Beans, shelled
4 strips of thick-cut Bacon, cut into 1/2" pieces
1 cup Ricotta
1/2 cup Cream
1/2 cup Romano Cheese
1/2 tsp freshly grated Nutmeg
Salt and Pepper, to taste

Bring a large pot of water to boil, add salt, then the beans and cook 3 to 5 minutes, or until tender and bright green. Drain and set aside. Fill up the pot with water again, salt and bring to a boil. Cook the pasta until done. While the pasta is cooking, peel the beans. Peel off white skin by pinching through the skin opposite the growing tip. Press one end of the bean between two fingers to push out the small green bean inside. Cook the bacon in a heavy saucepan until pink and cooked through. Drain the grease and return to the heat. Add the beans and sauté until desired tenderness. Take off the heat and stir in the ricotta, cream, and cheese, mixing until warm. Toss with the pasta and nutmeg. Taste and add salt and pepper to taste.

Herb Flower Pesto

Recipe by Miche Bacher

The sage is in full bloom, obviously. So what to do with it? The flowers are beautiful and delicious in a salad, or in a tea, or garnishing a soup. I found this recipe on Epicurious; thought it was rather intriguing. Here is what they said about it:

This fantastic pesto combines the complex flavors of various herb flowers - use whatever you have on hand. Grab some blossoms and grind them up. You can use this pesto on pasta or bruschetta, but it also makes a great topping for fish or marinade for poultry, beef or pork.

I have reduced the size of this recipe to be more appropriate for the amount of sage flowers in this week's share. I would guess it will be a pretty strong flavor, not sure if I would use it on pasta, but I would certainly use it as a garnish on a soup, just a little spoonful per bowl. Found a recipe for Cannelini Bean Soup with Sage Pesto on Country Living's website; if you are interested, check it out on countryliving.com

1/4 cup Pine Nuts or Walnuts
1 cup Sage Flowers
1 stock Spring Garlic
3 TB Olive Oil
Salt, to taste
1 1/2 TB Parmesan (optional)

Pulse nuts, sage flowers, garlic in the bowl of a food processor. (This is a small amount so it may even work in a blender.). Stir in olive oil and Parmesan, if using. Spread nuts on a baking sheet and toast them in a 350 F oven - tossing occasionally, for a consistent color - for about 8 minutes, or until they start to turn golden brown and release a strong nutty scent.

Radishes on Bread with Chive Butter

I remember as a child looking at German Cookbooks and magazines and often seeing pictures of sliced radishes on buttered heavy grain bread. Yuck! As a kid, radishes were definitely not in my repertoire. My how things change. I actually love that super grainy bread, and chive butter with sliced radishes sounds delicious. Here is a recipe for the chive butter with radishes from Martha Stewart, perfect for this week's share. She did it very fancy and piped the butter on to the radish halves. I am not so fancy!

4TB unsalted Butter, softened
1 TB Chives, finely chopped, plus more for garnish
1 bunch Radish, washed, trimmed and halved lengthwise
Coarse Salt, for serving

Mix butter and chives in bowl. Transfer to small pastry bag fitted with a #70 leaf tip. Pipe butter onto radish halves. Serve on a bed of coarse salt. Like I said above, I am not fancy, I will spread the yummy butter onto some yummy bread, put slices of radishes on top and sprinkle with a bit of coarse salt.

This Week's Box List

*Items in Box for 2
*Fava Beans
*Red Kale
*Stir Fry Mix
Leeks
Radishes
*Green Garlic
Parsley
Chives
*Flowering Sage
Mandarins
*Strawberries

Julia Child's Sole Meuniere

I made this for Nigel the other night and served it with a creamy pasta with peas - the pasta with fava recipe would be perfect. I would also add braised greens as a veg dish. I make this with Petrale Sole because it is my favorite fish, it is so delicious. This recipe is a great way to use a lot of parsley, be liberal! It tastes great.

4 to 6 fillets of Sole, boneless, skinless
1/2 cup Flour
5 to 6 TB Clarified Butter
Loads of chopped Parsley
Lemon Wedges
Salt and Pepper, to taste
4 TB butter
2 TB Capers (optional)

Lay out and pat dry the fillets. Season with salt and pepper. Dredge in a light coating of flour, removing excess. In a skillet on medium-high heat, heat the clarified butter. Get it nice and hot but not hot enough to brown. Place the fillets in, not overcrowding in the pan. Brown on one side for about 1 - 2 minutes then flip over to brown on the other side. Remove fish to a warmed platter. Wipe out the pan, add the butter and cook just until it begins to brown, really just begins. Take off the heat, add some parsley and capers if using them. Pour over the fillets, and sprinkle on some more parsley. Yummy I want more!

**All other recipes can be found at:
www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."**

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