



### Last Weekend's Storm

I check the weather constantly. As the days get closer to the Saturday market day, I often check it several times throughout the day. A rainy market is pretty awful, not many people come out, it is likely you will get wet, then cold, and feel miserable for much of the day. If we are lucky it won't rain while loading or during set up. Once the canopies are up, and everything is out of the van, it's pretty easy to stay mostly dry. A yummy hot chocolate from Boulette's makes everything better and soup from Fatted Calf to fortify us, then we just have some fun.

This past Saturday we got really lucky, there were just a few drops here and there while we loaded. When we turned on to the road and drove maybe 50 feet, it came down in buckets, and rained really hard all the way until we hit the SF side of the bridge. How lucky to have almost no rain during setup, and honestly, very little for most of the day, but the WIND, wow, it was so crazy at the Ferry Building! They had to close the market 2 hours early and the food vendors had to break down even earlier, it was pretty dangerous.

Even though storm days are never good markets, they are more often than not very affirming. A good majority of the customers are really appreciative, thanking us for being there. I always thank *them*, because they make the day worthwhile. Someone asked me why we didn't just stay home; I realized people have no idea how much work happens before we even get to the market. The guys spend at least half a day picking, washing, and packing produce. Lysette spends a chunk of a day going through all of the market totes, refilling items we sold the previous week, making products that we are out of or running low on. On Thursdays, after doing all the CSA deliveries, Mike comes to the warehouse to load the van. And then, very early on Saturday mornings, around 4:30 am, we load the produce and eggs and hit the road. It takes over an hour to set up, and almost as long to break down. Then after that very long day, we drive to the warehouse to unload.



The best part of the market is the face to face interactions we get to have with people. Just about every week, a few CSA members come by and that is a real treat to see you face to face. Shout out to Kerry, Stephen & Ginny, who all stopped by! A few weeks back I shared one of my cooking hacks with a customer, and now every week she tells me how much I have changed her life! Then there are the tender and very personal moments. This week one of our customers confided that she had lost her husband to Alzheimer's this past December. I knew, from my own experience, she was finally ready to say those words, and talk about it a little. She and I shared tears and long hugs. All of these interactions make that 3:30 alarm so worthwhile, even on such a stormy day. The value of shopping a farmers market, isn't just in the goods you purchase, but in the connections we get to make. Connecting around food is a pretty great thing; having a chance to get glimpse into the day to day life where your food comes from, is also great. On a weekly basis I get to see our regulars at the market, and meet new people. With you all I share my thoughts through this newsletter, and interact with you via email and texts, but what I really want is to give you as many opportunities as possible to visit the farm. Coming out here you get a chance

to connect to the land, with me and each other. So it is time to start thinking about **Strawberry Days!** Looking at our schedules, I had hoped to do a Brunch & Berries for Mother's Day. Unfortunately, I have to work the market the day before which makes it impossible for me to put on a brunch here. But I have scheduled a Strawberry Day for Mother's Day. Hopefully the berries will be a plenty and the weather beautiful. Bring a picnic and spend the day. I will try

to have some tables set up in the garden which is a really nice area to hang out, let the kids run wild, enjoy some lunch. Please, **no dogs**, the farm really is not a safe place for them. You can get tickets for this member event [here](#). Bring friends and family, it's a great time for them to experience the farm as well. I will schedule more Strawberry Days as soon as I feel a bit more confident with weather & production. Questions? Text me 530-554-3971 or email me.

# RECIPES AND IDEAS FROM LORRAINE

## Roasted Beet and Mustard Greens

Recipe by Emily Horton from Washington Post

I would add a bit of finely chopped mint and parsley and maybe a little chopped citrus and a sprinkling of feta.

1 lb small-to- medium Golden Beets, washed, trimmed and dried (unpeeled)

1/2 tsp fine Salt, plus more as needed

2 TB Red Wine Vinegar

4 large Mustard leaves, cut into thin ribbons

Extra-virgin Olive Oil, for drizzling

Freshly cracked Black Pepper

Preheat the oven to 425 degrees. Wrap beets in

aluminum foil, then place directly on a rack in

the center of the oven. Roast for about 45 min-

utes, or just until they can be pierced with the

tip of a paring knife. Use tongs to transfer the

wrapped beets to work surface; partially open

them with the tongs to let steam escape. Let rest

until they are cool enough to handle. Combine

the salt and vinegar in a bowl large enough to

hold the beets. While the beets are still warm,

discard the foil and peel their skins, which

should rub off easily. Or use a paring knife, as

needed. Halve or quarter the beets if they are on

the larger side. Add beets to the bowl with the

seasoned vinegar and toss thoroughly to coat.

Marinate for at least 10 minutes. When ready to

serve, divide the beets among individual plates,

then follow with the mustard greens, or toss

them together and then divide among plates. Driz-

zle each portion with a little of the oil, and season with salt

and/or pepper, as needed.

## Lemony Parsley-and-Egg Soup

Recipe by Mark Bittman, NYT Cooking

Parsley can, and should, be so much more than a piece of garnish on the side of the plate. It is high in vitamin A,

1 TB Butter

1 Spring Onion, chopped

2 cups Parsley

3 cups Vegetable or Chicken Stock

Salt

Black Pepper

2 Eggs

1 1/2 TB freshly squeezed Lemon Juice

1/4 cup Heavy Cream, optional

Sour cream for garnish, optional

Put the butter in a large saucepan over medium-high heat.

When it melts, add the onion and cook, stirring occasional-

ly, until softened, about 5 minutes. Add the parsley and

cook, stirring occasionally, until it wilts, 3 to 5 minutes. Stir

in half the stock. Purée the soup in the pan with an immer-

sion blender, or cool slightly, pour into an upright blender

and purée carefully. Return to the pan with the remaining

stock. Heat through over medium-low heat, then season to

taste with salt and pepper. Beat together the eggs and

lemon juice, then slowly add about 1 cup of the hot soup,

whisking all the while. Gradually stir the egg mixture back into the soup. Taste and adjust the seasoning, then stir in the cream if you're using it, or serve garnished with a dollop of sour cream, if you like.

## Flavorful Green Rice

Recipe found on [A Taste of Home](#)

You can add a lot more to this rice, like some diced sautéed carrot & green garlic. I like having a pot of flavored rice in the fridge, because it makes dinner time come together

much faster. I also like to add a bit of pre-cooked greens when re-heating.

1 cup minced fresh Parsley

4-1/2 tsp Olive Oil

4-1/2 teaspoons Butter

3 cups Chicken Broth

1/8 teaspoon Cayenne Pepper

1 Bay Leaf

In a large saucepan, saute onions and pars-

ley in oil and butter until tender, 1 minute.

Add rice; cook over medium heat until rice

is coated with oil and translucent, about 3

minutes. Stir in the broth, cayenne and bay

leaf. Bring to a boil. Reduce heat; cover

tightly and simmer until liquid is absorbed

and rice is tender, 18-20 minutes. Discard

bay leaf.

**This Week**  
\*CHARD  
\*BEETS TF  
\*GREEN GARLIC  
\*MUSTARD  
\*MANDARINS  
\*ORANGES  
\*PARSLEY  
\*MINT  
FENNEL  
DAIKON OR TUNRIPS  
RED KALE

\*BOX FOR TWO

## Green Sarah Soup

AKA, Clear Out Early Spring CSA Bin!

Recipe by Sarah H. one of our CSA hosts

3 small Celeriac, bottoms peeled. Use tops, leaves and peeled bottom. Feel free to add any other celery sitting in your bin

4 Turnips, peeled. Use greens if they are very fresh

4 stalks of Asparagus

4 Spring Onions, tops and bottoms

3 Spring Garlic, tops and bottoms

1 cup of Broth, Chicken or Vegetable

1/2 cup or more of Cream or Half & Half

Salt and Pepper to taste

Squeeze of Lemon, optional

Cut all vegetables and alliums into large chunks and add a

big pinch of salt and pepper and sauté on medium until

soft, about 5 minutes. Add the broth and put the lid on to

cook them down a bit more, 4 minutes. Let cool, add a

squeeze of lemon, then transfer to a high-powered blender

to puree until smooth. Add the cream and blend again.

Taste for seasoning and add more S&P if needed. Serve as

is or with a swirl of plain yogurt or sour cream, top with

farmer's cheese or pepitas, hemp seeds, fresh parsley...get

creative! This green soup is very adaptable. Add more or

less of any of the ingredients...it's so simple, and so good! I

added asparagus because I had it and had already used my

fennel, but I imagine that fennel would be a good add. So

too would be cabbage, lettuce... I think this is just the most

delicious bin-cleaning soup!