



FEBRUARY 28, 2023  
WEEK 10/52

### Snow Day

The big news for the week was the snow covering the hills all around California. Our very own Berryessa Gap had a beautiful blanketing of white stuff.

And with snow, comes cold. At one point, I was checking the temps and it said 36 F, with a “Real Feel” of 22 F. What the heck is “real feel”? Is that like wind chill? No matter, it certainly felt like 22 degrees. To say this winter has brought us unexpected weather would be an understatement. Not that I am complaining, we definitely needed the water, and snow all around the state is not so bad most folks. On the farming side of life almonds are blooming, and the storm that blew through last night couldn’t be good for those delicate blossoms. Out in our orchard, our stone fruit is beginning to bud and flower. It will be interesting to see how this cold and wet winter will affect things, I’m betting almond prices will shoot up this year.



but certainly not happy. The favas are already blooming, but the plants are very short. On the other hand green garlic is looking pretty happy.

Unfortunately, we have more rain coming on

Tuesday, and the temps are not really going up this week, staying in the 30’s at night. A week of sunny, warmer and slightly breezy weather would be just what the plant doctor ordered!

With the ground so wet we can not get out to do much work. We can’t sow seeds or plant transplants. Fortunately, we won’t have any starts coming for several weeks. It will take more than a week or two for our very saturated soil to dry out enough to plant. So glad I didn’t order plants to come early this year, which was my original plan, but for some reason I kept holding back. I got lucky with that:)



In the meantime, a lot of our plants are really struggling. Parsley, favas and sugar snap peas, should be a lot bigger and much more vigorous. They are all limping along, still hanging in there, at least,

In between rainy days this winter, the guys got out into the orchard did a nice job of pruning our summer fruit trees. And the grapes got their haircut too. Getting ready for summer:)



# RECIPES AND IDEAS FROM LORRAINE

## Charred Cabbage & Lentil Soup

Recipe by Ali Slagle NYT Cooking

I would add diced turnips to this soup as well.

1 to 1½ lb Green cabbage, sliced 1-inch thick (from 1 medium cabbage)

2 TB Extra-Virgin Olive Oil, plus more for serving

Salt and Pepper

6 cups Water, or Vegetable or Chicken Stock

1 cup Green or Brown Lentils

1 medium Yellow onion, coarsely chopped

1 medium Carrot, coarsely chopped

3 Garlic cloves, finely chopped

2 TB Soy Sauce

½ tsp Red-Pepper Flakes, plus more for serving

2 Thyme sprigs (or 1 small bay leaf or rosemary sprig, or 1 teaspoon dried thyme)

1 Parmesan rind, plus grated Parmesan for serving. Heat the oven to 450 degrees. On a sheet pan, toss the cabbage with the olive oil, salt and pepper.

Spread in a single layer and roast, stirring halfway through, until various shades of browned, from golden in parts to nearly burnt in others, 25 to 30 minutes. Meanwhile, in a large pot, combine the water, lentils, onion, carrot, garlic, soy sauce, red-pepper flakes, thyme and Parmesan rind. Partially cover and bring to a boil over high heat. Reduce heat to a simmer, cover and cook until the lentils and vegetables are tender, 15 to 20 minutes; season to taste with salt. Divide the cabbage among bowls, then pour over the lentils and broth. Top with grated Parmesan, more red-pepper flakes and a drizzle of olive oil. (Leftovers will keep for a few days, but the cabbage will lose its crispness.)

## Stir-Fried Sesame Shrimp and Spinach

By Martha Rose Shulman 3 to 4 Servings

1 lb large Shrimp, peeled and deveined

Salt to taste

⅛ tsp Sugar

2 TB light Sesame Oil

1 TB minced Binger

1 TB minced Garlic

¼ to ½ tsp Red Chili Flakes

2 TB Sesame Seeds

1 bag Spinach, washed really well

2 tsp dark Sesame Oil

Place the shrimp in a large colander and rinse with water. Sprinkle generously with salt and toss together for about a minute. Rinse with water and repeat. After rinsing one more time, drain on paper towels. Pat dry with more paper towels. Combine ¼ to ½ teaspoon salt (to taste) and the sugar in a small bowl and place close to your wok. Heat a 14-inch flat-bottomed wok over high heat until a drop of water evaporates within a second or two when added

to the pan. Swirl in 1 tablespoon of the oil by adding it to the sides of the pan and swirling the pan, then add the garlic, ginger and chili flakes and stir-fry for no more than 10 seconds. Push to the sides of the pan and add the shrimp in one layer. Let cook undisturbed for 1 minute, then add the remaining oil and stir-fry for 1 minute. Add the sesame seeds and spinach and stir-fry for 1 minute, until it has begun to wilt but the wilting is still uneven. Add the salt and sugar, sprinkling it evenly over the spinach, and continue to stir-fry until the spinach has wilted but is still bright and the shrimp are cooked through and bright pink,

about 2 more minutes. Remove from the heat, drizzle on the sesame oil, toss together and serve, with rice, noodles or other grains. You can prepare the shrimp through Step 1 several hours ahead.

## Green Garlic & Beets

This is the first week of green garlic, which you are getting in your box if you have the family box. Not to worry, everyone will be getting green garlic very soon. I use green/spring garlic for everything. We have beets from Terra Firma again this week. Since the last time we had beets, I have been anxiously awaiting the next time I could get my hands on some so I could make more Beet Walnut Hummus. When I made it, I used zest from an orange plus the juice from one orange, instead of using lemon. And I skipped the parsley because I didn't have any. Instead of 1/2 clove of garlic you could use one of the spring garlic stalks, or skip it, I don't think needs garlic flavor. It is soooo delicious, I can't wait to make more!

### This Week's Box

\*Beets Terra Firm

\*Chives

\*Lettuce OR Pea Shoots

\*Cauliflower Or Cabbage

\*Spinach

\*Mandarins

\*Turnips

Green Garlic

Chard

Mustard

\* = Items in Box for 2