



MEETING CELEBS

It was a GORGEOUS morning in SF at the Farmers Market. We set up while the sun rose over the Bay Bridge. Definitely one of those mornings when you are grateful to get up at 3:30 and be a part of something truly special. Little did I know that my day would get even better when the Director of Food-wise brought someone over to meet me, Lidia Bastianich! I have had the honor and great pleasure of meeting Jacques Pepin at the market, and now Lydia. Meeting these TV chef celebs has been thrilling because I learned so many of my cooking skills from programs like "The French Chef" with Julia Child, ALL of the Jacques Pepin programs and in later years Lidia's Italian Table. Lidia effortlessly encourages us to the stove and the table, *Tutti a tavola a mangiare, everyone to the table to eat!* Her simple approach and the value she placed on gathering everyone around the table always stuck with me. I can't think of something better to do than gathering friends and family for a meal. She was out here to cook for a dinner that was auctioned off at FoodWise' big fundraiser last year, and dessert was Zabione made with our eggs!



CATS CATS CATS!

A while back I wrote about all the cats we have, and the group of volunteers from UCD who have been trying to help us with all of them. Yesterday, volunteer Emily came out to drop off 5 traps and helped Keri and I with the round up. We got 4 into traps pretty easily, but just couldn't fill that last one. We left food inside and walked away. When I went out late last night the trap was occupied by one of the slightly less friendly cats. So all 5 traps are full, and as I am sitting here writing, I am waiting for volunteer Melinda to get here (after her class) to take the cats down to the shelter where they will get fixed. We just had two of our cats give birth to litters, but we don't believe any of the kittens survived. I suspect one of the litters was taken by the owls and or hawks who nest in the trees close to the house. The other mamma was so skinny and we had a heck of a time getting her to come around for food or shelter, but she is clearly no longer pregnant. I can't imagine her litter made it. That is life around here.



Some are dinner for some of the bigger critters, and in many regards that is an enormous blessing, because the last thing I need is another set or two of kittens.

Writing about it, this may not sound like a such a big deal, I mean kittens are super cute and most of us love cats. But in the middle of work yesterday, I had to stop everything to go out and wrangle cats. I helped zip tie the traps this morning and get them loaded in the car. Not so easy because the cats are now angry and if you are not careful they attack your fingers while you are moving the trap. I spend

about \$100 a week to feed them all. I started feeding them because I wanted to make them more comfortable with humans, which in turn would make them easier to catch so we can take them in to get fixed. And hopefully, maybe some might get adopted out. I also started feeding them because they were hanging out all around the Packhouse and that was not acceptable. So I started feeding them under the olive trees to move them out of that area, and eventually I got them to come up to the house for feeding and hanging out. Drives Beau absolutely crazy.

Melinda is now on her way back to the farm with the empty traps and we will set those up and start over again. We are hoping to catch another 5 to take in tomorrow. I am so very grateful for these volunteers who have given their time to coordinate all of these appointments, raised funds to cover the cost, borrow traps and bring them to us and finally pick up the cats and bring them to and from their appointments. These cats are a big drain on time and money and not one of them is mine. Dumping cats "in the country" is a really terrible idea. We have been working hard to keep this group of about 14 cats as healthy as possible, but many suffer terrible illnesses, many of the kittens end up with terrible eye infections and lose their vision because of it. But there is only so much we can do and just yesterday, Keri and I spotted another cat, fully grown, we had not seen before. Sigh.....

RECIPES AND IDEAS FROM LORRAINE

Pork, Chard & Chive Dumplings

Recipe found on Gather & Dine

Fun fact - Chinese Chives Or Chinese Leeks are what we call Garlic Chives. Dumplings are a great way to feature them and a fun thing to make at home with the kids. Just don't be too attached to perfect shapes:) The original recipe includes the how to make the wrappers, but honestly, go to the store and buy them. You can keep packs in the freezer to use whenever and they are even a good sub for ravioli. A side note, my nephew Ian found a great website to order all sorts of specialty sauces, spices and ingredients to make more authentic Asian dishes, here is the link to [Mala Market](#) in case you are interested.

8 oz Ground Pork

2 cups finely chopped Swiss Chard

¼ cup sliced scallions

¼ cup chopped Garlic Chives

2 tsp finely minced Ginger

1 1/2 TB Tamari or Soy Sauce

1 tsp Sesame Oil

2 tsp Rice Cooking Wine

1 TB Chicken Broth (I often freeze ice cube trays of chicken broth so I always have some handy to make dumplings.)

30 Dumpling Wrappers

1 TB Grapeseed Oil or other neutral tasting oil

In a mixing bowl, combine the pork, chard, scallions, chives, ginger, soy sauce, sesame oil, rice wine, and chicken broth. Use hands or a wooden spoon to thoroughly mix together. Place a heaping teaspoon of pork onto the center a dumpling wrapper. Lightly brush the edges with water to help the wrapper stick together. Fold in half to form a half-circle and pinch the center together. While pinching the center of the seam, use your thumb and index finger to make 3-4 pleats towards the center down the side or the dumpling, giving a gentle pinch with each pleat. (Only the top layer of wrapper should be used for pleating, the bottom layer should remain smooth.) Switch hands and repeat the process on the other half of the dumpling. Dip fingertips in water and lightly pinch dumpling seam together to ensure a good seal. Repeat with the remaining wrappers and filling. Dumplings can now be arranged on a parchment-lined sheet pan and frozen for later use. Once dumplings are frozen, transfer them to a freezer bag for storage. To cook dumplings, heat a large non-stick skillet over medium high heat. Add 1 tablespoon oil. Carefully place dumplings in the pan, flat-side down, about ½-inch apart, being careful not to overcrowd the pan. Pan-fry dumplings for 1 minute. Add 1/3 cup cold water all at once and immediately cover pan. Reduce heat to medium and allow dumplings to steam for 5 minutes. Uncover pan and pan-fry for another 2-3 minutes, until bottoms dumplings are

golden brown and crisp. Repeat process for remaining dumplings. Serve immediately with dipping sauce.

Fennel Tzatziki with Mint

Recipe found on Feed Me Phoebe

Funny how some ideas pop into your head, today it was "I wonder if anyone makes Tzatziki using fennel?" Did a quick search and OF COURSE THEY DO! I love tzatziki and this is a great way to use up some of the fennel. Don't forget, sliced Daikon is delicious dipper!

1 small Fennel Bulb (trimmed of coarse outer leaves, roughly chopped)

2 cloves Garlic (crushed) or use minced Green Garlic

1 small seedless Cucumber (peeled, seeded, and roughly chopped)

1/4 cup Mint leaves

Juice of half a Lemon

2 TB fennel fronds

17 ounces plain full fat Greek Yogurt

1 TB Red Wine Vinegar

1 tsp Salt

In a food processor, pulse the fennel, fronds, and garlic until finely chopped. Add the cucumber, mint, yogurt, lemon, vinegar, and salt. Puree until the cucumber is finely chopped and the mixture is well combined.

Transfer the tzatziki to a serving bowl. Taste for seasoning. Garnish with more fennel

fronds and serve alongside grilled meats, fish, or chicken.

Chickpea, Spinach & Almond Butter Bowl

Recipe found on BBC Good Food

Vegetable Oil, for frying

1 large Onion, finely chopped

3 cloves Garlic, crushed

About a 1" piece of Ginger, peeled and grated

1 tsp ground Coriander

2 tsp ground Cumin

1 tsp Turmeric powder

½ tsp Fenugreek

About 16 oz cooked Chickpeas, drained and rinsed

1 1/4 cups Vegetable Stock

2 tbsp unsalted Almond Butter

1 bunch Spinach, stems removed, leaves roughly chopped
Cooked Rice

Heat some oil in a pan over a medium heat and fry the onions for 5 mins. Add about 3 TB water and cook for 7 mins more until just brown. Add the garlic and ginger.

Combine the coriander, cumin, turmeric, fenugreek and some pepper with 2 tbsp water, and tip into the pan. Cook for 5 mins more, then stir in the chickpeas. Stir in the stock and almond butter, then add the spinach and cook for 3-5 mins more until the spinach has wilted. Serve over rice.

This Week's Box

*Garlic Chives

*Chard

*Daikon

*Green Garlic

*Fennel

*Oranges

*Spinach

Celery

Radishes

Cabbage

Red Russian Kale

* = Items in Box for 2