



## STRAWBERRIES

This past Sunday was our first Brunch and Berries event. I had stressed for weeks over ripening, or not ripening berries, would we have any or none at all???? Mother Nature was on my side and we had plenty of berries for everyone here. I'm not sure when we will have berries in the boxes, it has been a year of little predictability:), but our first Brunch and Berries was a beautiful morning on the farm. This was the first time I did a combo event like this. It rained Friday night and into Saturday, which only added a few more things to think about, like what if it rains on Sunday? But it didn't, and one of the many things I have learned being a part of this farm is it is always good to have a contingency plan, and stressing about things is a waste of energy and time. The day was beautiful and it looked like everyone really enjoyed themselves, and the berries were delicious!



Making the day even more perfect was bringing my grandson David and his mom Lilly, out to the berry patch (in the BIG truck!). Watching him pick his first strawberry was such a delight. Knowing he gets to grow up picking red juicy ripe berries to enjoy out in the field on a warm Sunday morning is just the best feeling. I watched all the kids who were here this past Sunday, so excited to get out there and pick and eat.

Every year I am reminded of the importance of this experience in their lives, and just how incredibly rare it is. How many kids in this country ever have a chance to pick fruit from a vine and eat it? So few, and that simple act could have a real impact on a young life, at the very least it will be an amazing memory they will carry with them.

On the recipe side I have included a Green Garlic Dip that Elianna created for one of their Joyful Family Cooking classes. She and Alicia demoed this recipe at the market a few weeks back. One of the stories she told was about a luncheon she had come to on our farm years ago with the FoodWise staff. Her



time on the farm was so impactful she decided to find a way to get kids out here, and that was one of the steps that got her to create BayLeaf Kitchen Cooking Camp for kids. For several years BayLeaf offered a cooking summer camp held at the farmers market demo kitchen at the Ferry Building. The kids also got to come up to our farm and spend the night. Sometimes a visit to the farm can be very enlightening, even life changing, as it was for Elianna.

Creating a connection to the food we eat almost sounds cliché, but that is what you are doing with your young ones simply by getting some of your vegetables from a farm box. I had a mother email the other day, asking about carrots. She told me her son informed her that he did not want carrots from the store, only from the farm. Granted, those carrots come from Terra Firma, a farm down the road, but it was such a great reminder, kids know the difference. Don't take for granted what a gift you are giving your children with each and every box, and even more of a gift is bringing them to the farm.

Brunch and Berries worked out so well, I hope to schedule more events like it. We do still have tickets available for the May 21st event.

I wanted to take a moment to thank a couple of people who help me make these events possible. Keri, who worked for several days last week on the garden space in front of the house. She cleaned up last year's dead bananas, pulled weeds, raked, pruned roses, basically did an excellent job of making the space lovely. And my childhood friend (and CSA member) Brenda, who comes up to help me cook. If you were here last Sunday and enjoyed that Fava Bean Puree, you have Brenda to thank for many hours of shucking fava pods! And by the way, she uses Alice Water's recipe.

# RECIPES AND IDEAS FROM LORRAINE

## **Fava Bean and Cauliflower Risotto**

Recipe by Owen Kenworthy Food & Wine I realize you aren't getting as many fava beans as this recipe calls for, however, you probably are getting more cauliflower, so you can balance it out with more of that. 4 pounds fresh fava beans, shelled

5 tablespoons unsalted butter  
1 small cauliflower, cut into small florets (3 cups)  
1 large shallot, minced  
2 garlic cloves, minced  
1 bay leaf

1 1/2 cups arborio or carnaroli rice 1/2 cup dry white wine

5 cups low-sodium chicken broth, warmed  
1 tablespoon fresh lemon juice  
Freshly grated Parmigiano-Reggiano cheese  
Kosher salt

Freshly ground pepper  
Extra-virgin olive oil, for drizzling Bring a saucepan of water to a boil. Add the fava beans and blanch for 30 seconds. Drain and let cool under running water. Slip off the tough outer skins and transfer the beans to a bowl; you should have about 2 cups.

In the same saucepan, melt 2 tablespoons of the butter. Add half each of the fava beans and cauliflower and cook over moderately low heat, stirring, until the cauliflower is crisp-tender, 5 minutes. Add 1/2 cup of water, cover and simmer until the vegetables are tender, 5 minutes. Transfer to a food processor and puree until smooth, adding more water by the tablespoonful, if necessary. Wipe out the saucepan and melt 2 tablespoons of the butter in it. Add the shallot, garlic and bay leaf and cook over moderate heat, stirring, until softened, 5 minutes. Add the rice and cook, stirring, until coated, 1 minute. Add the wine and cook, stirring, until it is absorbed. Add 1 cup of the warm broth and cook, stirring, until nearly absorbed; continue adding it 1 cup at a time, stirring until nearly absorbed between additions, until the rice is al dente, 20 minutes total. Halfway through cooking, stir in the remaining cauliflower.

Stir the fava-cauliflower puree into the risotto with the lemon juice, 1/2 cup of grated cheese and the remaining fava beans and 1 tablespoon of butter. Season with salt and pepper. Transfer the risotto to bowls and drizzle with oil. Serve with more cheese.

## **Green Garlic Dip W Raw Vegetable Platter**

Recipe by Elianna Friedman, Joyful Family Cooking  
My friends Elianna and Alicia made this dip at a class they taught at the demo kitchen at Foodwise Farmer's Market a few weeks back. They served it with raw vegetables like cauliflower, carrots, hard boiled eggs and a naan they made for the class as well. This is a recipe meant to be made with your kids.

1 Lemon  
1.5 cups Greek Yogurt  
3 TB Nutritional Yeast

3 cloves Green Garlic, minced  
2 tsp Liquid Ainos  
1 tsp Onion Powder  
1/2 tsp Cumin  
1/4 tsp Coriander  
1/2 tsp Salt  
1/2 tsp cracked Black Pepper  
Put all ingredients into a blender and run until smooth.

## **Sautéed Swiss Chard with Cauliflower, Lentils & Parmesan**

Recipe found on [Lentils.com](http://Lentils.com)

1 TB neutral cooking Oil  
1 cup thinly sliced Red Onion  
1 1/2 cups small Cauliflower Florets  
5 cups thinly sliced Swiss chard, sets separated

Juice and Zest from 1/2 Lemon

1 cup cooked Green Lentil  
1/3 cup grated Parmesan Cheese, reserves some for garnish  
Salt and Pepper to taste

Heat a large sauté pan with oil. Add onions and Swiss chard stems and cook until golden. Add cauliflower and continue to cook for another 2 minutes. Stir in remaining Swiss chard leaves, lemon juice, zest, and season with salt and pepper. Add 1-2 Tbsp (15-30 mL) of water, cover with a lid and cook for 3-4 minutes. Once cauliflower and Swiss chard are tender, stir in cooked lentils. Cook for another 2 minutes. Stir in Parmesan cheese, and season to taste with salt and ground black pepper, as desired. Garnish with remaining cheese.

## **Soft Scrambled Eggs with Creme Fraiche and Chives**

Recipe found on [Craving California](http://Craving California)

6 large Eggs  
2 TB Butter  
1/2 tsp Salt  
4 TB Crème Fraîche or Mascarpone  
2 TB finely chopped Chives  
Freshly cracked Black Pepper

In a small bowl whisk together the eggs until smooth and thoroughly combined, with no streaks of egg white remaining. You can also do this in a blender or with a hand mixer. Preheat a medium sized sauté pan (ideally non-stick) over medium-low heat. Add the butter and let it melt and spread evenly across the surface of the pan then add the egg mixture and salt. Using a rubber spatula, continuously move the eggs around in the pan, stirring and scraping the the bottom and sides often to form more curds and to prevent drying or sticking. Once the eggs are 90% cooked, turn off the heat and stir for 10-15 more seconds to allow the residual heat from the pan to gently finish cooking the eggs. Lastly, fold in the crème fraîche then divide between bowls and top with chives and a few turns of freshly cracked black pepper.

### **This Week's Box**

\*Fava Beans  
\*Cauliflower  
\*Chard  
\*Green Garlic  
\*Beets OR Turnips  
\*Oranges  
\*Chives  
Celeriac  
Dandelion  
Mustard  
Fennel

\* = Items in Box for 2