



Millenium Visits

This morning the crew from Millenium came up for their annual trek to the fields. Each year, Millenium, the renowned vegan restaurant in Oakland, features our farm, along with a few other local farms, in their extraordinary Tomato Dinner. Every course features tomatoes, yes, including dessert, and the meal never disappoints. The food they create is creative, yet always familiar enough to make you want to eat everything. And of course the flavors are amazing.



Eric Tucker is one of the most inspired chefs I know. I think I appreciate what he does so much because the restaurant is 100% vegan, but as an omnivore, I am never left feeling like something was missing from my meal. It also brings me immense joy, year after year, watching and listening to him walking the fields, finding things I see as weeds, like the wild amaranth and lambs quarters. There was excitement over the fennel flowers, and the possibility of a snake or two. I assured everyone we only have friendly snakes:). Before heading out to the fields, we always start at the fig trees next to the farm house. Moving through the farm, they harvested loads of eggplants, grabbed as many red peppers as they could find that the sun or squirrels hadn't damaged, and then of course foraged through the tomato vines. Some of our more interesting tomatoes are not quite ripe yet, but they did manage to find some green zebra and pretty yellow and orange bumble

bee tomatoes. Of course I sent them off with pounds of San Marzanos and Sweet 100's. Thursday morning we will drop off a box of purslane for one of their pasta dishes. All in all, it was a very successful morning in the field with the Millenium Kitchen crew and I am really looking forward to this year's dinner.

Purslane

Speaking of purslane, we have loads of it growing at the moment. Many people are not familiar with this, except maybe seeing and thinking it is a weed. On the rare occasion that we have had it at the market, I have met some very excited customers from Turkey go crazy for it; something from home they have a hard time finding here. I have been told it is really common to eat in salads. Purslane originated in North Africa and the Middle East, it has been growing in Europe since the 16th century and has been in North America since pre Columbian times. In Mexico they call it Verdolaga, and when Jose brought this giant bunch to me, he had that big excited grin on his face when he has something from home. Taste wise, it has an interesting flavor, a bit tart/sour, a little salty/minerally. It is unusually high in omega-3 fatty acids, plus anti-oxidants, vitamins A & C, and a variety of minerals. Doing a little reading up on purslane I learned that in the heat the leaves trap carbon at night instead of during the day to help reduce the loss of moisture. In this process it creates malic acid at night, which imparts the sour or tart flavor, and if harvested in the early morning, before the malic acid converts to glucose, it will be even more tart.



We hope to include it in next week's boxes so I am preparing you in advance. I am also making it available as an extra.

RECIPES AND IDEAS FROM LORRAINE

Lebanese Lemon Cucumber Salad

Recipe found on [HipCooks](#)

4 -6 Lemon Cucumbers, scrubbed gently to remove any prickly spikes on the skin
1 medium Red Onion
1 bunch of Mint, leaves only, reserving some for garnish
1 heaping cup plain whole milk Yogurt (you can also use sour cream, or a bit of both)
Juice from a lemon
1 tsp Salt

1½ tsp Cumin seeds, toasted and freshly ground
A dash of Sumac

Garnish with Red Chili paste, if desired
Cut each lemon cucumber in half. To make the salad less watery, scoop out the seeds. Place the cut-side down for stability and cut across the cucumber in nice, thin even slices. Peel the onion and give it a similar treatment. Chiffonade the mint, reserving a hearty sprinkle for garnish. Place all (but the garnish) in a salad bowl. Plop the yogurt atop the veggies, add the lemon, salt, a swirl of black pepper, cumin and sumac. Mix all the ingredients, and serve adorned with chili paste and the reserved mint.

Halibut, Chard and Potato Casserole

Recipe by Martha Rose Shulman NYT Cooking
The original recipe calls for 1 14 oz can of tomatoes, but we are in the middle of the season, so I am changing it to the San Marzano chopped or cherry tomatoes. You may need to cook them a bit longer.

2 TB Extra Virgin Olive Oil
1 medium Onion, chopped
2 Garlic cloves, minced
Bag San Marzanos, chopped or basket Cherry Tomatoes
Salt

freshly ground Pepper
1 bunch Swiss chard 1¾ to 2 pounds, stemmed and washed
1 lb Potatoes, scrubbed and sliced
1 cup flat-leaf Parsley leaves, chopped
2 lb Pacific halibut or Arctic char fillets
½ cup dry White Wine

Preheat the oven to 350 degrees. Oil a heavy lidded casserole or Dutch oven. Heat 1 tablespoon of the olive oil over medium heat in a medium skillet and add the onion. Cook, stirring often, until tender, about 5 minutes, and stir in the garlic. Cook, stirring, until fragrant, 30 seconds to a minute. Stir in the tomatoes and salt and pepper to taste. Bring to a simmer and cook, stirring often, for 10 to 15 minutes, until the tomatoes have cooked down slightly and smell fragrant. Meanwhile, steam the chard for 2 to 3 minutes, until just wilted. Rinse briefly with cold water, squeeze out excess water, and chop coarsely. Place a spoonful of the tomato sauce in the bottom of the casserole. Season the potato slices with salt and pepper and arrange in a layer in the bottom of the casserole. In a large bowl toss together the chard, salt and pepper, and parsley. Lay half of this mixture over the pota-

toes. Season the fish fillets with salt and pepper and lay on top of the chard. Pour half the tomato sauce over the fish. Top with the remaining chard mixture and pour on the remaining tomato sauce. Pour in the wine and drizzle on the remaining olive oil. Cover tightly and place in the oven. Bake 1 hour, until the potatoes are tender. Serve hot or warm.

Grilled Eggplant & Peach Caprese Salad

Recipe by Emily found on [Food52](#)

This recipe was sent to me by one of our members who absolutely raved about it.

2 TB plain Yogurt (whole-milk recommended)
2 TB Miso (white, yellow, or red)
2 TB Olive Oil, plus more for brushing the grill grates
Flaky sea salt and coarsely ground black pepper, to taste
1 to 1 1/2 lb Eggplant, trimmed, cut to 1/2" thick rounds
Juice from 1 lime
1 lb firm-ripe Peaches (about 2 or 3), pitted and sliced
8 oz Burrata or good quality, fresh mozzarella
A big handful of basil (small leaves left whole, or large leaves roughly torn)
A small handful of toasted slivered almonds (optional)

Good extra-virgin olive oil, for finishing

In a small bowl, mix together the yogurt, miso, and olive oil until smooth. Taste for seasoning; add a pinch or two of salt, if needed. Rub all over the eggplant, cut sides and skin, until evenly and fully coated. Heat the grill to medium-high and brush your grates clean, then brush with olive oil. (Eggplant has a tendency to stick, so don't skip this step.)

Arrange the eggplant in a single, even layer, either directly over the grates or on a perforated grill tray (brushed with a little oil). Grill the eggplant on the first side until nicely charred (lift up a piece or two to check), then flip and continue grilling until nicely charred and tender. (Back down the heat if the eggplant is browning too fast.) To test if it's fully cooked, stick a knife or fork into the thickest piece; there should be no resistance. Off the grill, taste a small piece for seasoning and balance. Season with flaky sea salt, coarsely ground black pepper, and lime juice, to taste.

Arrange the eggplant and peaches on a large serving platter, then add big, torn pieces of burrata. (I like to scatter them across a big platter, but you can plate this caprese any way you wish.) Top with basil and almonds (if using) and drizzle with extra-virgin olive oil. Add a little more flaky sea salt and black pepper, if desired. Serve slightly warm or at room temperature.

This Week's Box

*San Marzanos
*Cherry Tomatoes
*Potatoes
*Grapes
*Chard
*Eggplant
*Cucumbers
*Basil
Summer Squash
Beets
Bell Peppers
* = Items in Box for 2