



**WELCOME CSA MEMBERS**

We had a lot of people join this past week, which is really exciting! January is definitely the month many folks commit to eating better. Eating locally produced food ensures you're getting what is in season and what is fresh.

Since there are so many new members, I thought I would take this opportunity to go over how to use CSAware, and these are good reminders for everyone else:). First, get to know your Dashboard. There you will find the answer to a lot of your questions.

If you click on "See What's In my Box/View Calendar, you will find your delivery schedule, and see the list of items in your box for the current week. On the top right there is a button "Drop Details" where you find the information about your pick up location, like times of pick up, exact location of boxes and your hosts contact info. If you are running late to get your box or can't make it at all, your first action is to let your host know. If you can't get a hold of them, please TEXT me at 530-554-3971. I often don't see your emails until it is too late.

This page is also where you put a future box on hold, and if you are an every other-week subscriber, you can reschedule to one of your "off" weeks. If you get a box weekly, please do not reschedule, just put it on hold, otherwise you will get two boxes on that future week.

Staying on that page, on the far right, below the calendar, under "Suspend Deliveries" you can see how many delivery credits you have left.

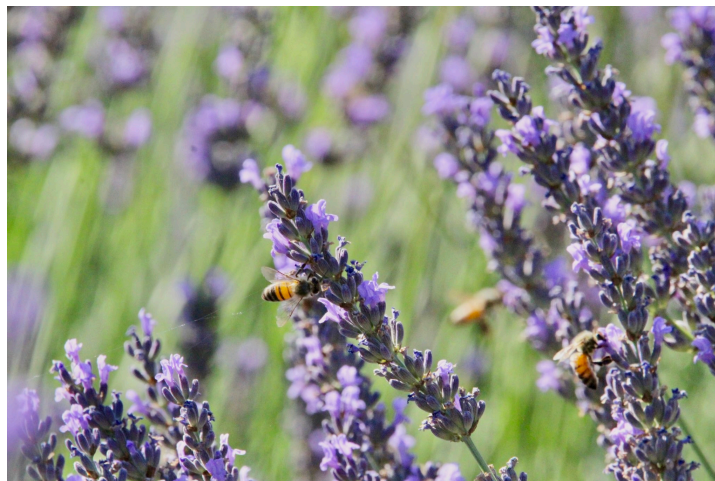
The dashboard is where you access the storefront, to order extras. If you are new to our CSA, you will find we bring in a lot of products from some amazing food producers and other farms, items we do not produce. Some examples of these are Carrots from our farming neighbors in Winters, Terra Firma. We also bring in freshly milled whole grain flours from Capay Mills, Kimchi from Volcano Kimchi in SF, and Miso from Aedan Fermented Foods, Tofu and Yuba Sheets from Hodo. Our inventory at the moment is a little low, but I will be restocking some of our other favorites, like Nana Joes Granolas, Little Apple Farm's Apple Cider Vinegars and Shrubs, and more Rancho Gordo Beans. We also regularly stock ground beef from Avdis Ranch in Sacramento and chickens from Root Down out of Pescadero. All of these meats are from pastured animals.

**IF YOU ARE ORDERING EXTRAS, THE CUTOFF TIME IS BEFORE MIDNIGHT ON THE SUNDAY BEFORE YOUR DELIVERY WEEK.** After that, the system will put the order on the next scheduled delivery. I do my best to get you your order if you miss the cutoff, but it does create extra work, which is fine, but the bigger problem is this is when I

make many mistakes. The other commonly asked question is, can I get an order when it is my off week, again, I can make that happen, but it is outside of the system, so that means we hand write you in and hand write tags and again, it is when I make the most mistakes, which I am trying to avoid:). However, I do know there are times when we get something in from another farmer and might not be able to get it later, so if you do want something on an off week, if you can let me know before Monday mornings, that is really helpful. Sunday night is also the cutoff time to put your box on hold or take it off hold. If you miss the midnight cutoff, please let me know by 6 am Monday, because I have a few minutes to mess with the system for box deliveries. Each delivery week you should get a text or email from CSAware reminding you to pick up your box.

I know I send quite a few emails out to you each week. If you don't want so many emails, go to your dash board, scroll all the way to the bottom section "settings" and click on "Change contact Info". There you will see a box to check or un-check for sending email updates and special offers. If you DO NOT click that box you will only get the Newsletter and the What's In Next Week's Box emails, and occasionally, if we need to update everyone about delivery delays. But if you don't mind hearing from me, check that box and you will! I love connecting everyone to the farm as much as I can, and emails are the best way for me to do that. A CSA Subscription is so much more than buying veggies in a store, you have a direct connection to the people who are producing your food. And I do my best to offer a lot of events on the farm, to give everyone ample opportunities to come out and experience the wonder that this farm is.

It's a tricky thing growing over 100 crops each year, so very different from your typical farm business. But supporting a farm like ours keeps this land diversified, which makes us a haven for an incredible array of wild life. The amount of birds we get on this farm are sometimes kind of crazy. Everyone likes to talk about pollinators, but how many people understand that supporting di-



versified, organic farms, you are supporting their habitats! It's not just about boycotting pesticides because a hundred or a thousand acres of all the same crop does not offer up proper nutrition or homes for so many critters we share this land with. I hope you make the effort to come out for one of our events and see the farm for yourself. We do have two events coming up, the first is January 27th, Dinner and Musical Show in the Farmhouse, and a Kids/Family Cooking Class February 10th. You can find more information about both of them [here](#). Friends are welcome too!

The last thing I wanted to mention is our referral program. If you know anyone who might be interested in joining our CSA, please make sure they let us know that you referred them, we gift you 20% credit of their first order!

## Indian Spiced Chard

Recipe from Food52 by Lloreen

Spice Blend

1.5 TB ground Coriander

1 tsp ground Cumin

1 Green Cardamon pod, seeds only

1/2 tsp Turmeric

1 pinch Cayenne (to taste)

For The Chard

1 large Onion, finely chopped

2 TB fresh Ginger, finely chopped

3-4 cloves of Garlic, finely chopped

3 large Tomatoes, roughly chopped

1 TB Tomato Paste

1 dash Sea Salt

1 bunch Chard stems, chopped in 1/2 inch pieces

1 bunch Chard leaves, rolled like cigars and cut in thin strips

In a dry hot pan, toast your cumin, coriander, and cardamon, agitating the pan constantly until the pods begin to brown and smell toasted. Be careful to remove them before they burn. Grind all your spices in a mortar or spice grinder. In a large pan with a fitted lid, heat your oil or ghee over medium low heat. Add the onion, stirring to coat with the fat, then let it cook slowly until translucent and the bottom layer begins to caramelize, about 20 minutes. Add the ginger and garlic and stir 60 seconds. Turn the heat up to medium. Add the tomatoes, tomato paste, and spice mixture. Cover and let simmer until the tomatoes break apart easily with a wooden spoon and begin to look like a sauce. (about 5-10 mins) --You can make the dish up to this point up to 24 hours ahead and then reheat and proceed at dinner. Add the chard stems and simmer, uncovered until tender and easily pierced with a fork. Add the chard leaves, cover, and let simmer until the leaves wilt (2-3 minutes) Salt to taste.

## Napa Cabbage Soup

Recipe by Meesha from [My Plantiful Cooking](#)

3 cloves Garlic, minced

4 cups Vegetable Stock

3 large leaves Napa Cabbage Sliced into 2 inches pieces (about 0.5lb/250g)

1 medium Carrot sliced

1 TB Soy Sauce

1 TB Shaoxing Wine (Rice Wine)

1 tsp Sesame Oil

Heat up a tablespoon or so of neutral oil in a dutch oven or soup pot. Once heated, place in garlic and saute 1 minute until fragrant. Next, add in napa cabbage, carrot and broth. Bring mixture to a boil, then lower heat to a gentle simmer. Place the lid on and cook for 20 minutes, stirring every once in a while, until veggies have softened. Remove from heat and stir in soy sauce, shaoxing wine and sesame oil. Give it a taste and add more soy sauce, if needed. Serve Chinese cabbage soup while warm!

## Butternut Squash Polenta With Sausage & Onion

Recipe by Melissa Clark NYT Cooking

I am hoping to make this dish for some friends this week, but instead of using fennel seeds I plan on thinly slicing our fresh fennel then cooking it slowly in olive oil until it super tender. I think some chard that is first blanched, then sautéed, would pair nicely with this dish.

1½ tsp Salt, more as needed

1 Bay Leaf

1 cup fine Polenta (not quick cooking)

5 oz seeded, peeled Butternut Squash, coarsely grated (1 cup)

3 TB unsalted Butter

Black Pepper, as needed

1 TB Extra-Virgin Olive Oil, more as needed

1½ lb Sweet or hot Italian Pork Sausage, sliced into ¼-inch rounds

2 tsp minced Rosemary

1 tsp Fennel Seeds (optional)

2 small Onions, peeled, halved, and sliced into ¼-inch half moons

Rosemary sprigs, for garnish (optional)

In a large pot over medium-high heat, combine 4½ cups water, the salt and the bay leaf. Bring to a boil. Slowly whisk in polenta. Stir in squash. Reduce heat to medium-low and simmer, stirring frequently, until polenta and squash are very tender, 20 to 30 minutes. If the mixture gets too thick while cooking, add a little more water to the pot. Stir in butter and black pepper. Taste and adjust seasoning if needed. While polenta cooks, heat 1 tablespoon oil in a large skillet over medium-high heat. Add sausage, rose-

mary and fennel seeds if using. Cook, stirring occasionally, until the meat is golden and cooked through, 7 to 10 minutes. (Do this in batches if necessary, adding oil if the pan looks dry.) Transfer to a paper-towel-lined plate. Add more oil to the skillet if it looks dry, then add onions. Cook, stirring occasionally, until onions are tender and golden, 10 to 15 minutes. Return sausage to pan and stir to heat through. Spoon polenta into bowls and top with sausage and onion, garnished with rosemary if you like.

## The Garibaldi (Cocktail)

Recipe by Rebekah Pepler NYT Cooking

I love cocktails, but mostly when they are made for me. This one seems pretty simple, I might have to give it a try.

1½ oz Red Bitter Liqueur, such as Campari, Cappelletti or Contratto Bitter

3 to 4 dashes Orange Bitters

4 oz fresh Orange Juice

1 oz fresh Grapefruit juice, use the Pomelo instead

Pinch of flaky sea salt

Orange or grapefruit wedge or wheel, for serving

Fill a Collins or highball glass with ice, add the red bitter liqueur and the bitters. In a shaker, without ice, add the orange and grapefruit juices, and the salt. Cover and shake vigorously for 15 to 20 seconds. Strain the cocktail into the glass and garnish with the orange or grapefruit wedge.

### This Week's Box

\*Pomelo

\*Butternut

\*Cabbage

\*Fennel

\*Broccoli

\*Chard

\*Oranges

\*Napa Bunches

Mustard

Turnips OR Radishes

Tatsoi

\* = Items in Box for 2