



Yes, It Rained

It rained and blew a lot! We have trees down, and a tremendous amount of water on the farm. But the silver lining is, the worst of it came through late Saturday night, Sunday morning. The guys had mostly clear days Monday and today, while picking and packing.

I am sure our hens were not happy with the storm. That much wind and rain typically is quite upsetting for them. We have had instances where they have piled on top of each other killing many at the bottom. They aren't the brightest creatures.

By Sunday morning, the roads around the farm had flooded pretty badly but most of them cleared up by Monday morning. The heavy winds that blew through yesterday certainly helped move the water out. But I also think the freshly turned soil, of the many acres that had been orchards, are probably absorbing a bit better than years past.

Looking at the forecast, I see rain off and on for the next couple of days. Rain during our drive times, can slow things down. Mike and Jack have to take more time unloading, and have to watch their steps. It often impacts traffic in a negative way, and all of these factors can put us off our target delivery times. So if you are curious about when your boxes will arrive, shoot me a text message and I will get an update for you. 530-554-3971.

We have had several rainy, therefore very slow, market days. All of the farmers are bemoaning the lack of foot traffic. Fluctuations in the market are why having a solid CSA base is so important. If you have anyone you know who is thinking of trying us out, we are happy to give you a free "friend's box", delivered to your site. This would give them a chance to take us for a test run. Please let me know if you would like one and I will make that happen. It would be great to have another 50 members join our community.

Black Infant Health & CSA Boxes

Several months back, the folks at Integrative Health Solutions, reached out looking for a CSA to partner with to get fresh produce for this pilot program they are running. Today was their first pick up and I am quite excited to be a part of this project. IHS has funding for more than half the cost of our CSA boxes, the balance, I have offset with funds donated to our Care Share. So thank you for helping make this possible.

They also have funds for a chef to teach these young mothers to be some basic cooking skills. Additionally, they were able to hire 6 doulas to help support the women during their pregnancies. All in all, it is a very well rounded program, and I hope it will be hugely successful.

Teaching people how to cook their own food, and how to utilize fresh food from the farm, is probably the most important work I do here. Whether it is helping you with the contents of your boxes through our newsletter, or responding to your texted questions, or learning things when you come to the farm, it all makes a big difference.

For this project I decided to put the veggies into reusable cloth bags. You can see them in the photo to the left here. Considering we have issues with folks taking the wrong size box every single week, I am contemplating switching the box for 2 to these reusable bags. There are a lot of logistical issues to sort out, like the simple fact that we can not stack them. Perhaps we could pack them into large boxes, maybe 4 bags per box, to load into the van? The advantages are, it would be really obvious who takes which package, the other is they are far less money than the boxes. They are washable, so I think we could reuse them quite a bit, if we get them back. Something to consider. Any thoughts?



Butternut Squash Gnocchi With Sage Brown Butter

Recipe by Lidia Bastianich

I am hoping to make this as our main course this Saturday for our Kids Cooking class.

1 lb Butternut Squash

1 TB Olive Oil

12 to 14 oz Russet Potato, peeled and quartered

3/4 cup finely grated Parmesan Cheese, divided

1 large Egg, beaten to blend

1 1/2 tsp freshly grated Nutmeg

1 tsp Salt

3/4 cups All Purpose Flour, or more if needed

1/2 cup (1 stick) Butter

2 TB chopped fresh Sage

Additional grated Parmesan cheese

Preheat oven to 400°F. Cut squash lengthwise in half; discard seeds. Place squash halves, cut side up, on baking sheet and brush with oil. Roast until squash is very tender when pierced with skewer and browned in spots, about 1 1/2 hours. Cool slightly. Scoop flesh from squash into processor; puree until smooth. Transfer to medium saucepan; stir constantly over medium heat until juices evaporate and puree thickens, about 5 minutes. Cool. Measure 1 cup (packed) squash puree (reserve remaining squash for another use). Meanwhile, cook potato in medium saucepan of boiling salted water until very tender, about 20 minutes. Drain. While potato is warm, press through potato ricer into medium bowl; cool completely. Measure 2 cups (loosely packed) riced potato (reserve remaining potato for another use). Mix squash, potato, 1/2 cup Parmesan, egg, nutmeg, and salt in large bowl.

Gradually add 1 3/4 cups flour, kneading gently into mixture in bowl until dough holds together and is almost smooth. If dough is very sticky, add more flour by tablespoonfuls. Turn dough out onto floured surface; knead gently but briefly just until smooth. Divide dough into 8 equal pieces. Line 2 large rimmed baking sheets with parchment. Sprinkle parchment lightly with flour. Working with 1 dough piece at a time, roll dough out on floured surface to about 1/2-inch-thick rope. Cut rope crosswise into 3/4-inch pieces. Working with 1 piece at a time, roll gnocchi along back of fork tines dipped in flour, making ridges on 1 side. Transfer gnocchi to baking sheets. Repeat with remaining dough. Cover loosely with plastic wrap and chill at least 1 hour. DO AHEAD Can be made 6 hours ahead. Keep chilled. Working in 2 batches, cook gnocchi in large pot of boiling salted water until very tender, 15 to 17 minutes (gnocchi will float to surface but may come to surface before being fully cooked). Using slotted spoon, transfer gnocchi to same parchment-lined baking sheets. Cool. DO AHEAD Can be made 8 hours ahead. Cover loosely and chill. Cook butter in heavy large skillet over medium heat just until golden, stirring often, 3 to 4 minutes. Add sage; stir 1 minute. Add gnocchi; cook until heated through and coated with butter, 5 to 7 minutes. Season with salt and pepper. Transfer to bowl. Sprinkle with 1/4 cup Parmesan. Serve with additional Parmesan.

Garlicky Linguine with Cabbage & Anchovy

Recipe by Silvano Franco found on BBC GoodFood

1 lb Linguine or Spaghetti

1 Savoy cabbage, cut into 1/2" wide slices

4 TB Olive Oil

5 Garlic cloves, thickly sliced

2 oz can Anchovy in Olive Oil

Large pinch Red Pepper Flakes

For the Crunchy Topping

1-2 TB Olive Oil

2 oz fresh White Bread-crumbs

4 TB finely chopped Parsley

2 TB freshly grated Pecorino or Parmesan cheese

Cook the linguine in a large pan of boiling, salted water following pack instructions, adding the cabbage for the final 4 mins of cooking time. Meanwhile, heat the oil in a very small saucepan and gently cook the garlic. As soon as it starts to turn golden, lift out with a fork and set aside - it's very important that the garlic does not brown or it will spoil the flavor of the oil. Add the anchovies and their oil, and cook for 1-2 mins, mashing with a fork. Add about 150ml of hot water (take a ladle or two from the pasta pan) and simmer very gently until the pasta is ready. To make the crumbs, heat the oil in a large pan and cook the bread and parsley, stirring frequently, for 5 mins until crisp and golden. Mix in the cheese. Drain the pasta quite lightly and return to the pan. Add the anchovy sauce, garlic, chili and plenty of black pepper. Toss well to combine, then divide between bowls, scatter with the hot crumbs and serve.

This Week's Box

*Turnips

*Fennel

*Savoy Cabbage

*Butternut

*Tangelos

*Chard

*Pomelo

*Tatsoi

Lettuce

Arugula

Parsley

* = Items in Box for 2

Quick Chickpea & Chard Tamarind Curry

Recipe by Ailsa Burt, found on BBC GoodFood

1 TB Sunflower Oil

1 large bunch Chard, stalks finely chopped and leaves torn

3 Spring Onions, finely sliced

2 cloves Garlic, crushed

1/2 tps ground Cumin

1 tsp Chili Powder, hot or mild

2 tsp medium Curry powder

1 1/4 cup Vegetable Stock

1 large can Chickpeas, drained and rinsed

2 TB Tamarind Paste

1 can Coconut Milk

Serve over cooked brown rice

Heat the oil in a large pan over a medium heat and fry the chard stalks and spring onions for 3 mins until softened. Stir in the garlic and spices and cook for 2-3 mins until fragrant. Pour in the stock, chickpeas, tamarind and coconut milk. Cover. Simmer for 15 mins, then stir in the chard leaves. Cook until just wilted, then season to taste. Serve with brown rice.