



Strawberry Day

Sunday we had a last minute Strawberry Day. Thanks to all the families who came out, I had a lovely morning with y'all. Since it was so last minute, I only expected a few people to show up, so I invited them to have breakfast with me. I thought, well if 4 people come, it would be fun to have some time around the kitchen table getting to know them. But over the week, another family signed up, so I invited them, then another and another, and before you know it, I made breakfast for over 20 people.



Quite often members discover something really exciting out on the farm. This past weekend it was a bird sitting on a nest full of eggs, literally on top of a strawberry plant. Thank you Bryan for this amazing photo! For our longtime CSA members, coming out to the farm for Strawberry Days is an annual event. There were several kids who have been coming out since before they could walk, and now they are in high school. Strawberry Days, in particular, are more than just an afternoon outing, they are family memories in the making. Our next scheduled Strawberry Day is on Mother's Day.

Hope to see you here!

I mention this because I wanted to share how simple it was to make breakfast for 20 people. I made frittata, using up some of the extra asparagus we had from last week, a small amount of breakfast sausage from Fatted Calf, our eggs of course, chopped chives and green garlic I had on hand. Added just a little bit of grated Romano cheese and put it all into muffin tins and baked them. The chopped asparagus was pre-cooked in simmering water until tender. Added a bit of cream to the eggs and a tiny bit of salt. I kept the eggs separate from the rest of the ingredients, ladling a bit into each cup first, then added the other ingredients, then topping with more egg. I think I should have taken a chopstick or a small spoon to mix it up a bit in the muffin tin, but it all worked out really well. They baked in about 10 minutes, so pretty fast. If you want to save time the morning of, you could always beat eggs and prep the other ingredients the day before. The other nice thing about these is they hold quite well for a couple of days, making great after school snack, or quick bite for breakfast. The muffin tins were great, I used cupcake papers to made cleanup easy.

Lavender Harvest

As long as I am talking about member events on the farm, I thought this is a good time to bring up the Lavender Harvest. I have scheduled the harvest for the weekend of June 21st -23rd. It is an important weekend for us because, with your help, we fill the drying room with thousands of bunches of lavender. From that dried lavender we make bunches to sell, and get loads of buds to make sachets, and salts. We also macerate dried lavender in olive oil to use in salve, balm and sugar scrub, so clearly it is far more than just some dried flowers.



Early in the morning, after a farmhouse breakfast, our member volunteers go out to the lavender, to bunch what the crew has been cutting. All day, the crew stays ahead, trimming the bushes as we follow, rubber bands in hand, bundling. The lavender scent is pretty intoxicating, quite literally, bringing a sense of peaceful purpose. Friendships are made, certainly a feeling of community grows and all in all, it is a weekend experience most will never forget.

The weather this past Sunday was perfect. Everyone did an excellent job of picking lots of berries. What a joy it is watching families out their eating berries warmed by the sun, filling their baskets, babies covered in strawberry juice. These are precious moments so few will ever have the opportunity to experience. And believe me, strawberries taste so much better when you eat them sitting in the field!



My good friend Elianna comes up every year to work with me in the kitchen. Even though the focus of the weekend is bringing in the lavender, we make sure the food is unforgettable. Many members tell us they are excited to help us with the lavender harvest, but what they love the most is the time in the house, together, enjoying all the meals. I set up "tickets" only as a way to track who is coming. This is not an event for young children, as it is a working weekend, and please no dogs. If you have interest, but want more information you can email or text me 530-554-3971. We'd love to have at least 20 people here, shooting for 30, hope you can make it this year!

Glazed Carrots with Orange & Ginger

Recipe by Mark Bittman NYT Cooking

This recipe was sent to me by one of our CSA members, Rebecca G, who said “this is SOOO good and I can't wait to cook it again.”

I am including Mark Bittman's notes about this recipe as he gives options for subbing in other roots like beets and turnips, and even using alternative seasonings.

Her is what he said:

When carrots are cooked, it's often a sad affair. They are boiled to death and presented almost as an apology. Yet when they're treated with the respect they deserve, even ordinary supermarket carrots can be among the most reliable and enjoyable of vegetables, especially from fall through spring. This braise-and-glaze technique can be varied at will and can also be used with other roots, like beets, turnips and radishes. Once you have the hang of the technique, changing the flavorings is a snap. Try substituting a mixture of half balsamic vinegar, half water or soy sauce similarly diluted for the orange juice, adding a few cloves of peeled garlic with the carrots. Or add a half cup or so of chopped onions, shallots, scallions or leeks, or of chopped pitted dates or raisins, dried currants or even dried tomatoes.

1 lb Carrots, trimmed and peeled if necessary, cut into ¼-inch coins or sticks

2 TB Butter or Extra Virgin Olive Oil

Salt and freshly ground black pepper

1 TB minced or grated peeled fresh Ginger

⅓ cup freshly squeezed orange juice

1 tsp freshly squeezed Lemon Juice

Chopped fresh parsley, dill, mint, basil or chervil leaves for garnish (optional)

Combine all ingredients except lemon juice and garnish in a saucepan no more than 6 inches across.

Bring mixture to a boil, stirring to coat, then adjust heat so mixture simmers. Cover. Cook, more or less undisturbed, until carrots are tender and liquid is almost gone, 10 to 20 minutes. Uncover and boil off remaining liquid, then add lemon juice. Taste and adjust seasoning if necessary. Serve hot or within an hour or two, garnished with herbs, if you like.

Fennel: Tonight I made a simple veggie soup with homemade chicken stock, chard, green garlic, TF carrots and fennel. First I sautéed the carrots and green garlic in a bit of oil, then added the fennel and chard. I cooked them on low for a good while before adding the stock. Seasoned with salt and pepper. I don't normally add fennel to a soup like this, but I was so happy with the flavor I just had to let you know. It added just a bit of sweetness and a really nice texture, a bit like celery if you didn't cook it to death. I have to say, I will definitely use a lot of fennel in soup from now on.

For the following recipe, switch out the Blood Orange and use the oranges or mandarins from the box. And maybe skip watermelon radish and use just the radishes in the share.

Fennel & Radish Salad with Citrus Herb Vinaigrette

Recipe By Kayla Howey found on [The Original Dish](#)

Citrus Herb Vinaigrette

¼ cup White Wine Vinegar

1 tsp Lemon Zest

2 TB freshly squeezed Lemon Juice

1 tsp Orange Zest

2 TB freshly squeezed Orange Juice

2 TB Honey

1 tsp Dijon Mustard

1 TB minced Shallot

1 tsp minced Garlic

1 cup neutral Oil (safflower, vegetable, etc.)

¼ cup Extra Virgin Olive Oil

2 tbsp chopped Basil

2 tbsp chopped Parsley

2 tbsp chopped Mint

2 tbsp chopped Tarragon

Salt

freshly cracked Black Pepper

Fennel & Radish Salad

1 bulb Fennel, cored & thinly sliced

1 small Watermelon radish, shaved thin

2 Radishes, shaved thin

1 red Fresno Chili Pepper, thinly sliced

1 Blood Orange, peeled and sliced

Fresh Mint leaves

Flaky Sea Salt

Citrus Herb Vinaigrette

Combine the white wine vinegar, lemon zest, lemon juice, orange zest, orange juice, honey, Dijon mustard, shallot, and garlic in a mixing bowl. Whisk until smooth. Slowly drizzle in both oils, whisking continuously, until emulsified. Stir in all of the herbs. Season with salt and freshly cracked black pepper to taste.

Fennel & Radish Salad Combine the fennel, watermelon radishes, radishes, chili peppers, and blood oranges in a bowl. Drizzle in enough vinaigrette to fully coat the ingredients. Save the extra vinaigrette in a sealed container in the fridge for another use. Toss well and let the salad sit for about 5 minutes. Garnish with mint and flaky sea salt.

This Week's SHARE

*CHARD

*SPRING GARLIC

*CARROTS - TF

*ORANGES

*MANDARINS

*RADISHES

*FENNEL

*STRAWBERRIES

TATSOI OR BOK CHOY

RED KALE

BEETS OR TURNIPS

*BAG FOR 2