



A VERY BUSY WEEK

Last week was super busy with a lot of off farm activities, outside of my usual weekly tasks. It started on Tuesday evening when I was invited to speak at the Vacaville Soroptimist meeting telling the ladies all about the work we do on our farm. I really enjoy sharing the concept of eating locally, especially with such an interested group.

Wednesday I spent the entire day at the State Capital. I was part of a group of folks who are trying to save MarketMatch, a program that gives CalFresh recipients an extra \$15.00 of EBT money to use to buy fruits and vegetables at participating farmers markets. Our rally had about 100 people, farmers, market managers, policy people and MarketMatch recipients. There was a



sweet group of older

Chinese ladies from the Tenderloin, all dressed the same, who got up and spoke at the lunchtime rally. My little group met with 3 different representatives and/or aids. This is a photo of us with Dr. Wood who represents parts of Sonoma County.



Market Match is part of the CDEA's CNIP, California Nutrition Incentive Program. In previous years CDEA, California Dept of Food and Ag, applied for federal grant money to match what the state puts into this program. It is a simple program for the recipients to use, they just take funds out of their EBT account at a participating farmers market, and the market will match up to \$15.00 in additional Match coins. This may not seem like a big deal to many, but doubling \$15.00 in food stamps can be a very big deal. And it can only be spent on fruits and vegetables at farm stands. The farmers get 100% of that money, which is much better than all of our credit card sales that we have to pay .10 per swipe plus nearly 3.5%!

Additionally, this program brings a very underserved group of people to our markets, people who historically have felt farmers markets were not their place to shop. This question comes up over and over, how do we add diversity to our market communities? MarketMatch has been a very effective remedy.

It is tragic the Governor wants to eliminate this program from the budget. And what makes it really tragic is without state funding CDEA can not apply for the matching federal funds. We literally are leaving \$35 million dollars in federal funds on the table. With so many wasteful and ineffective programs out there, this one works and makes

sense. I hope you will consider sending out a quick email to your representative asking them to fight for CNIP's MarketMatch program. You can find your representative [here](#).

BAGS FOR 2 ARE COMING THIS WEEK!

This week everyone who gets a Box for 2, is now getting a BAG FOR 2! I really hope this will end the confusion over the size of the boxes. You still have to do your part and make sure you know which size you are signed up for. You can find that information under your name on the sign in sheet.



Family Box

folks, nothing has changed for you, you are still getting a box. These bags are reusable, so please return them. You can leave them in the extras box at your site. Please let me know what you think!

Celeriac

Celeriac is a two for one vegetable; you can eat the wrinkly bottom "root" end as well as the stems and leaves. The flavor of those "celery stalks" is much stronger than regular celery, so if you use them you don't add as much. The leaves are fantastic in soup when you chop them really small. The root or bulb end is delicious lots of ways. You can remove the outer skin and eat the crunchy white meat raw, grated or thinly sliced. I love to cube them and cook with potatoes for mashed potatoes. It makes mashed potatoes really special. You can also roast them whole. Simply wash the bulbs, don't peel, rub that knobby, wrinkly skin with some oil and sprinkle it with salt and pepper and pop them into a hot oven until they are really tender inside when you poke with a knife or fork.



RECIPES AND IDEAS FROM LORRAINE

Root Vegetable Gratin

Recipe found on leitesculinaria.com

I love gratins, probably because I love cream, butter and cheese so much. I have adjusted this recipe because we don't have rutabagas and they aren't so easy to find, so I am adding more turnips and potatoes.

You could really mix things up a bit by slicing some carrot into the mix, adding color and sweet flavor.

Butter, for the baking dish

1 bunch Turnips, peeled, cut really thin

Celeriac bulbs, peeled, cut really thin

2 lb Potatoes, peeled, cut really thin

1 cup Heavy Cream

6 tablespoons Sour Cream or Creme Fraiche

1 cup whole Milk

1 1/2 cups grated Swiss or Cheddar

Sea salt and Pepper

To make the root vegetable gratin, preheat the oven to 400°F. Butter a 12-by-8-inch baking dish. Place all the root vegetable slices in a large bowl and toss gently to combine. In a small saucepan over low heat, combine the cream, sour cream, and milk and heat until the sour cream mixes in. Make sure to keep it on low. Remove from the heat, season with salt and pepper to taste, and stir well. Arrange half of the root vegetable slices in the baking dish. Sprinkle with a little salt and about 1/3 of the cheese. Pour 1/3 of the cream mixture over the cheese. Top with the remaining vegetable slices, the remaining cheese, and a sprinkle of salt. Pour the remaining cream mixture over cheese. Bake the root vegetable gratin for 1 to 1 1/2 hours, until browned on top. Serve immediately.

Braised Spring Onions, Fennel and Swiss Chard

Recipe by Anne Burrell from Foodnetwork

Extra Virgin Olive Oil

2 Garlic cloves, smashed OR use your Spring Garlic

Pinch crushed Red Pepper Flakes

3 small Spring Onions, cut long and thin

2 small Fennel bulbs, thinly sliced

1 bunch Chard, stems cut into 1/2-inch lengths, leaves cut into 1-inch lengths, leaves and stems reserved separately

Salt

1/2 cup dry white wine

1 Meyer lemon, zested on a microplane and juiced

Coat a large saute pan with olive oil. Toss in the smashed garlic and crushed red pepper and bring the pan to a medium heat. When the garlic becomes gold-

en brown and very aromatic, remove it from the pan and discard it. It has fulfilled its garlic destiny. Add the onions, fennel and Swiss chard stems, stir to coat with the oil and season with salt, to taste. Stir in the white wine and the lemon zest and juice. Cover and cook over medium heat until the veggies have become soft and wilted but still maintain some texture, about 5 to 6 minutes. Remove the lid and cook until most of the liquid has reduced, another 3 to 4 minutes. Toss in

the Swiss chard leaves, stir to combine and season with salt, to taste. When the leaves have wilted but still look vibrantly green, taste for seasoning. Re-season if needed (it probably will). Transfer to a serving bowl and serve immediately.

This Week

*CHARD

*CELERIAC

*GREEN GARLIC

*SPRING ONIONS

*MANDARINS

*ORANGES

*THYME

*FENNEL

DAIKON OR TURNIPS

CABBAGE

RED KALE

*BOX FOR TWO

Crispy Tofu Cutlet

Recipe found on plantyou.com

I make breaded fried tofu all the time, it is one of my favorite fast meals. This recipe takes it to a higher level and is a great use of that fresh thyme. I almost always make it when I am starving and skip the pressing time and it is still delicious.

1 block extra firm Tofu

1/2 cup Almond Milk, *unsweetened*

1 tsp Lemon juice

3/4 cup Breadcrumbs

2 tbsp Cornstarch

1/2 tsp Onion powder

1/2 tsp Garlic powder

3 sprigs fresh thyme, removed from stem

1/2 tsp dried Sage

1/2 tsp Celery Salt

1 TB Oil, or cooking spray

Press the tofu for 20 minutes to half an hour, to get out as much moisture as possible. Slice the tofu into 1 inch wide cutlets. One block will lend approximately 10 to 12 cutlets. Preheat the oven to 400F and line a baking sheet with parchment paper. Set up a breading station. In one bowl, combine the almond milk and lemon juice. In a second bowl, combine the bread crumbs, spices, fresh thyme leaves and cornstarch. Coat each of the cutlets in the almond milk, and then the breading, making sure that they are fully covered. Transfer to the baking sheet, give a spritz with oil (optional depending on desired crispiness) and bake for 35 minutes, flipping halfway through. Serve over mashed potatoes with gravy as desired.