



News From The Farm

This past weekend we brought the first of our lilacs to the farmers market at the Ferry Building. They were just gorgeous, long stemmed and fragrant. Lilacs are somewhat rare here in California because they need cooler temps in the winter for their dormancy period in order to bloom. Apparently we squeak by.

We have a lot of customers who grew up on the East Coast, and they get so excited when the lilacs come in; something they really miss from home. It is fun seeing the joy a bunch of flowers brings them. I wish there was a good way to deliver them to y'all with your CSA boxes, but it is pretty impossible. BUT if anyone wants to pick up Lilacs from us at the market, I would be happy to hold your bunches for you until noon, just let me know.

With all the excitement the lilacs bring, we also find this time of year to be pretty lean, as we get through the last of the winter crops. When the ground dries up enough we are getting more things planted and we have been sowing seeds. I am hoping the spinach will pop up fast, because I have really missed that this year. The squirrels ate our early plantings!

The weather has really been all over the place, raining, then not, windy, then not. Sunny and warm, then really cold again and all of this can happen in the same day, as it did this past Sunday. It was gorgeous and warm all morning and early afternoon. By the middle of the day the clouds had come in, it got really cold and we had a crazy thunder storm and big fat rain. But before sunset, the sky had cleared and was blue again. Weather like this can



be a bit confusing for young plants, I know it is for me!

That morning my grandson David and I took Beau out for a nice romp around the farm. David just turned 3 and he is a new bike riding enthusiast, and loved riding through mud puddles yesterday. He told me he has his own "pump track".

We headed out to the fields where the wheat is growing. We have partnered with David from Capay Mills, who planted a few heirloom varieties of wheat here. David doesn't have land of his own, so he partners with other farmers for growing space. He will harvest in June or July, then store the grain and mill to order. For those of you who have ordered his flours from us, you know the difference; freshly milled whole grain flour is a world apart from the flour you buy in the store.

The wheat you see in this photo is Ooland, which has been grown for several thousand years, originating in Sweden/Denmark. Apparently it was the only flour used at the famed restaurant NOMA in Copenhagen.

As we move on into Spring we are getting closer to strawberry season. I would love to host more Brunch & Berry events, which I will most likely plan for Sundays. Hosting events on Saturdays is a little tricky because of the market. I can make it happen, but there is always the risk that something comes up and I have to be at the market. I really don't like to reschedule or cancel events, and that is why I prefer Sundays. I would love to get a sense how

many of you would really prefer coming up on a Saturday as opposed to a Sunday. And I will do my best to make it happen. Please let me know, organic@eatwell.com or text me at 530-554-3971.



Celeriac, Celery & Carrot Remoulade

Recipe by Martha Rose Shulman from NYT Cooking
This is not a remoulade sauce, but per M. R. S. description an actual salad: "When I lived in France I discovered céleri rémoulade, the creamy grated salad made with celery root, mayonnaise or crème fraîche, or both, and mustard. It was a dish I always ordered when I saw it on café menus, and brought home from French delis on a regular basis." It does take advantage of many items in this week's share.

2 cups grated Celeriac bulbs, peeled first
1 cup grated Carrot
1/2 cup thinly sliced Celery
Salt

1 TB chopped Chives
1 TB chopped Parsley
2 TB Creme Fraiche
1 TB Mayonnaise
1 TB Light Vegetable Oil
2 TB Greek Yogurt
1 TB Lemon Juice

2 tsp Dijon Mustard, to taste
Freshly ground Black Pepper

Place celeriac, carrots and celery in a bowl or colander and salt generously. Toss and leave for 30 minutes. Taking mixture up by the handful, squeeze out excess water and transfer to a bowl. Add chives and parsley and toss together. Whisk together creme fraiche, mayonnaise, vegetable oil, yogurt, lemon juice and mustard. Season to taste with salt and pepper. Add to the vegetables and toss together. Serve right away **or** for even better results, refrigerate for an hour or so before serving. This will keep for 4 to 5 days in the refrigerator.

Creamy Carrot, Fennel & White Bean Soup

Recipe by Gina Matsoukas
1 TB Olive Oil
1/2 large Yellow onion, chopped
Fennel Bulb, 1 large or 2 smaller ones, chopped
1 lb Carrots, chopped
1 TB chopped fresh Rosemary or 1 tsp dried Rosemary
Salt and Pepper to taste
1 can, 15 ounces Cannellini beans, drained and rinsed
2 1/2 cups vegetable broth
2 cups Almond Milk or Milk of choice

Place large pot over medium heat. Once hot, add olive oil, onion, fennel, carrots and rosemary. Cook for 5 minutes, stirring occasionally until onions are softened slightly. Add salt and pepper to taste, beans and broth. Stir to combine, reduce heat to medium-low and simmer, covered for about 20-30 minutes until carrots are fork tender. Puree mixture in batches using a regular blender or an immersion blender (off the heat). Pour the soup back into the pot and add the almond milk. Stir to combine and season with additional salt and pepper if needed. Ladle into

bowls, garnish with fennel fronds and serve with toasted bread.

Chard Frittata

Recipe by Nancy Harmon Jenkins, NYT Cooking
1 bunch Chard, leaves only
1 TB Butter
1 TB Vegetable Oil
1/4 cup minced Spring Onion
5 Eggs
4 TB Cream
Salt and freshly ground Black Pepper to taste
1/4 cup cubed Cheddar cheese

Wash the chard thoroughly; put in a large kettle and steam over medium heat in the water that clings to the leaves. Cover pot while steaming. When chard is tender, after about 10 minutes, drain, reserving liquid for another use, like making a broth, and coarsely chop the tender leaves. Pre-heat oven to 350 degrees. Put the butter and oil in a saute pan, a straight-sided quiche pan or a shallow baking dish that can go in the oven. When the butter has melted and the foam begins to subside, add the minced shallots and saute briefly until they are translucent but not brown. Add chopped chard and mix well. Remove from heat. In a bowl combine eggs, cream, salt and pepper and beat thoroughly. Pour this batter over the chard, lifting edges of the chard with a fork to let batter run under-

neath. Dot the top with cheese cubes and put in middle of oven. Bake 20 to 25 minutes. Remove and let cool slightly. To serve, cut into squares or wedges

This Week's SHARE

*CHARD

*FENNEL

*SPRING ONION

*GREEN GARLIC

*CELERIAC

*ORANGES

*MANDARINS

*PARSLEY

DAIKON

CHIVES

MUSTARD

*ITEMS IN BAG FOR 2

Quick Pickling

Recipe found On Bon Appetit

This is a basic recipe for quick pickling. You can use a lot of different kinds of vegetables, but this is a great skill/recipe to have in your files, especially if you can use things like fennel or chard stems, parts of the vegetable you might not want to use. You can add your own style of seasoning to it, dill, fennel, cumin, coriander and mustard seeds, red pepper flakes, lots of options. I thought since we included a recipe for Chard Frittata this week that has you remove the stems, it would be nice to give you something to do with the stems:)

1 Tbsp. Sugar

2 ts Salt

1 cup thinly sliced vegetables (such as Carrot, Fennel, Chard Stems)

Whisk vinegar, sugar, and salt in a small bowl until sugar and salt are dissolved. Add vegetables and let sit, squeezing gently with your hands occasionally to help them pickle more quickly, 10 minutes.

Do Ahead: Vegetables can be pickled 3 days ahead. Cover and chill.