



This week was the final delivery of CSA Shares for a group of pregnant black women in the Vallejo/Fairfield area. We participated in a 12 week program that gave them a weekly CSA share, some other food staples, cooking classes with a local chef and meetings with a doula. I am thrilled we could be a part of this experience for them. It is my greatest hope that having farm fresh food these past 3 months impacted their lives in a positive way. There are so many barriers that low income folks face, it often feels impossible to find any solution that might make a difference, but it seems like this program was very well thought out. Of course, what they take away from this all is now up to them. A big plus I got from participating in this program was the idea of using the bags instead of boxes for our smaller share size. So a positive thing for us as well!



season changing here on the farm. Like last year, we are behind on getting plants in the ground. Roberto sowed many seeds last week, and the greenhouse has a bunch of little transplants waiting their turn. It's always lean this time of year, but before you know it, that will change.

Walking out in the orchard yesterday, I found our citrus trees blooming like crazy, and they still have fruit on them! I always find that so fascinating. A year from now those blossoms will be fruit for the shares, that seems like such a long time to wait for a crop to be ready. And boy do I wish I could share that scent with

you, it is heavenly!

Things are definitely happening with the stone fruit too, you can see small fruits forming, thank goodness! That is pretty exciting because last year the late storms destroyed all of our fruit, except for the cherries! We have some apricots, cherries, nectarines, peaches and plums.



The green garlic you have been getting in your boxes are growing pretty tall. Soon we will see the individual cloves start to form and some time in June we will harvest them and let them cure or dry. And that will be just like the garlic you buy in the store.

Almost each of those 12 weeks, I wrote a separate newsletter for the ladies. Of course there would be a good amount of crossover that I could use in both newsletters, their's and your's, but it was a very interesting lesson for me. The vast majority of you have well appointed kitchens, many of you have been members for ages and are very familiar with the food that comes in the box. You probably have a good amount of spices and condiments, if I talk about kimchi or miso, you most likely know what those are, our food language is very different from theirs. It really made me look at recipes differently and not assume that everyone has a food processor or an immersion blender. I may not have riches, and certainly don't drive a fancy car, but I am very wealthy when it comes to the food I eat, the tools I have in my kitchen, and lifetime of experiences to draw from when I navigate my kitchen and meals. Most people don't have an intense drive to get into the kitchen and cook as children like I did. I really had to think outside of my comfort zone to come up with recipes for them. I discovered that I take a lot of that for granted. In the food department of life, I am incredibly blessed. Nigel always said, "you may not make much money farming, but we eat like kings" and that is so true.



And hooray for those first Strawberries! I am so happy we can put them in your boxes this week. On Mother's Day we will have our first scheduled Strawberry Day. I hope you can make it out for this great family tradition. My grandson David has been working hard out a lot of strawberry quality control. He's pretty happy with how things are shaping up out there! Hope to see you out there too!

Beau and I went for a long walk Sunday morning. It is shocking how fast weeds grow. Seems like they leap up many inches every day! Weeds aside, it is great to see the

## Chard Orange Salad

Recipe found on [Sharon palmer.com](http://SharonPalmer.com)

You could add a little cilantro to this salad too, just chop finely and sprinkle a bit into the mix.

1 large bunch Swiss chard

2 medium Oranges, peeled and chopped

1/4 cup Pumpkin seeds

2 TB Olive Oil

3 TB Orange or Mandarin juice

1/4 tsp Cumin

Salt & Pepper, to taste

Wash chard leaves, and dry. Chop them fairly fine and place in a large salad bowl. Add chopped oranges and pumpkin seeds. To make citrus vinaigrette: Whisk together olive oil, orange juice, cumin, and salt and pepper (optional) in a small dish. Toss dressing into salad, combining well to tenderize greens. Set aside or chill for about 30 minutes to let dressing tenderize greens. Toss again to distribute ingredients and serve.

## Roasted Carrots, Fennel & Sage

Recipe found on [greenkitchenstories.com](http://greenkitchenstories.com)

This is my kind of recipe, no measurements! But it is very simple, so it shouldn't be hard to figure out. I would chop up the spring garlic and use that instead of cloves. Many of you will have sage that is blooming, save those flowers and use in a salad, they are gorgeous!

Carrots

Fennel

Fresh Sage

a couple of Garlic Cloves

Anise Seeds

Olive Oil

Salt & Pepper

Goat Cheese

Preheat the oven to 380°F/200 C°. Rinse the vegetables. Divide the carrots or leave them whole if they are not too thick. Chop the fennel bulb in medium thick slices. Put the vegetables in an oven pan and cover with fresh sage, mashed garlic cloves, anise seeds, olive oil and salt & pepper. Use your hands to make sure that the vegetables are covered in oil and spices. Roast the vegetables for almost an hour. The time depends on how big your vegetables are and how full your pan is. Spread a handful of goat cheese over the vegetables 5 minutes before you remove them from the oven. Serve with some extra goat cheese on the top.

## Spring Minestrone

Recipe found on [Simplyrecipes](http://SimplyRecipes.com)

The original recipe added fresh or frozen peas, artichoke hearts and asparagus. I have simplified it a bit

6 medium Green Onions

2 Green Garlic stalks

1 lb Yukon Gold Potatoes, cut into 1-inch chunks

1 (15-ounce) can Diced Tomatoes

4 cups Stock, veg or chicken stock

Salt & Pepper, to taste

1 (15-ounce) can Garbanzo beans, rinsed and drained

2 cups Chard, kale, or mustard, cut into thin ribbons

Up to 1/4 cup Pesto

Grated parmesan or pecorino cheese for garnish

Chop the green onions and green garlic and separate

the white and light green parts from the green tops. If you are using regular garlic cloves, put them with the white parts of the green onions. Scrub potatoes and cut them into 1-inch chunks. In a large pot set over medium-high heat, warm the olive oil for 1 minute. Add the white parts of the green onions as well as the garlic and sauté for 1 minute. Add the potatoes, and cook 1 minute more. Add the diced tomatoes with their liquid and the quart of vegetable or chicken stock. Bring to a simmer, add salt to taste, then cover and cook over medium-low heat for 10 minutes. Add the chickpeas and green peas: and cook another 5 minutes. Add the greens and the green parts from the green

onions and green garlic, if using. Stir well to combine and cook 1 minute. Add pesto, salt, pepper: Turn off the heat and stir in the pesto. Add black pepper and more salt to taste (depending on how salty your stock is, you may need to add 1 to 2 teaspoons of salt). Serve topped with grated cheese.

### This Week's SHARE

\*CHARD

\*SPRING GARLIC

\*CARROTS - TF

\*ORANGES

\*MANDARINS

\*CILANTRO

\*FENNEL

\*STRAWBERRIES

MUSTARD

RED KALE

SAGE

\*BAG FOR 2

## Popsicles

Recipe found on [JoyfoodSunshine](http://JoyfoodSunshine.com)

As the temperatures rise, and the fruit comes in, maybe it is time to make some popsicles. I actually saw a post one of our member had on IG of the cream-sicles she made and it kind of inspired me to share this. This a basic recipe you can use many fruit options.

3/4 cup (6.5 oz) Liquid/Yogurt

2 1/2 cups Fruit

4-6 TB Honey

1/4 tsp Vanilla Extract

1/2 tsp Lemon Juice

Add all ingredients to the container of a Vitamin in the order listed. Blend for 50-70 seconds or until the mixture is smooth. Evenly distribute the mixture into the six wells of a popsicle mold.