



# Community Cultivator

Newsletter of the Foggy River Farm CSA, Week 3



## Ten Little Feet

In the spirit of the last month of spring, we have some exciting news to share. Our goat Charlotte (who was born on the farm) gave birth to two beautiful little babies on Sunday afternoon -- one boy and one girl! She didn't want to wait until we had the kidding pen ready so she did things the old fashioned way and had her babies out in the pasture. I arrived just in the nick of time to catch the first baby and put her in front of the new mama. Afterwards, we moved Charlotte and company into the barn so that mama and babies could bond without nosy auntie goats getting in the way .

But the goats born over the weekend aren't the only babies afoot at Foggy River Farm. While it comes as no surprise that we have many goat kids, and even goat-grand-kids and great-goat-grand-kids by now, we have some even more exciting news to share: We are expecting the arrival of our first human kid this winter! Our mini-farmer is due December 5, which will hopefully work out well with the end of the CSA season... and give us a couple of quiet winter months to figure out how to take care of the helpless new human creature in our house before the farm season starts up again. (We've gotten pretty good at taking care of helpless creatures over the years, but a baby of course is a new thing entirely. Lynda is looking forward to becoming a new sort of milk maid, and empathizing with her goats on a whole new level.)



So there you have it: May is the month of ten little feet. You'll meet eight of those feet at CSA pickup this week -- we'll bring Charlotte and the new babies down to meet everyone. The baby with the other two feet you won't get to meet for a while, because he or she will be busily growing inside mama's belly for the next six months. (Right now, they tell us, our baby is the size of a plum... and evidently we have to get up to a watermelon by December.)

Have a great week!

Your Foggy Farmers,  
Emmett, Lynda, and Baby Hopkins

## What's In Your Box:

- **Head Lettuce (New Red Fire or Bergam's Green or Sylvesta)** *Some more head lettuce for spring salad. This lettuce is great with a light dressing and some crumbled goat cheese on top. We recently discovered a nice change of pace from the usual olive-oil-and-balsamic salad dressing...try sesame oil with rice vinegar as a dressing—delicious!*
- **Kale (Lacinato / Tuscan) OR Chard (Bright Lights)** *Kale disappears when thrown into a soup or stir fry, can be chopped thinly into a raw kale salad, roasted to make kale chips, and also makes a nice pesto when de-ribbed and blended with walnuts, garlic and parmesan. Check out the recipe for kale chips—always a crowd pleaser. Colorful swiss chard can be fixed in a variety of ways. The simplest way is to shred it finely (perpendicular to the stalk), sauté some garlic in oil, and then quickly sauté the chard with some lemon juice and salt and pepper until it is just soft. Put a lid over it for the end to steam the leaves and make them extra tender.*
- **Green Garlic** *Green garlic can be chopped from the base (just cut the roots off) to the tip of the leaves. A mild garlic flavor for any dish. (Recipe included.)*
- **Leeks (Bandit)** *Leeks belong to the allium family—along with garlic and onions—and can be used in much the same way to flavor dishes. The white of the leek is the most tender, but you can feel free to chop the entire thing up to the tips of the darker green leaves. The lower white section is formed by blanching during the growing process—most often simply by mounding up soil to cover part of the plant.  
\*\*\*Note: Some of the leeks have developed a central flower stalk. Like the garlic scapes, it is quite tasty (almost like a sweet crunchy onion), which is why we left it on the leek for you to enjoy. But if you aren't planning on using the leek immediately, do cut off the flower stalk because it will continue to suck energy from the rest of the leek and the leek won't keep as well.*
- **Fava Greens** *This is a unique spring ingredient that you will only find at your local farm, farmer's market or in your own garden. The tender fava leaves and tendrils can be treated like spinach or pea shoots and added fresh to a salad, or wilted slightly and tossed with a warm vinaigrette. Other ideas include pesto or a crostini topping. (5 Recipes included.)*
- **Tatsoi** *This cousin of bok choy is nice wilted with some sesame oil, or chopped into a stir fry. Don't mind the tiny holes—they are normal and natural, and proof that we don't use pesticides! For those curious gardeners among you, the holes are caused by those pesky flea beetles, who have a taste for any plants in the brassica/cruciferae family (including tatsoi, kale, broccoli, radish, etc.)*
- **Fresh Herb: Lemon Balm** *Used medicinally by the ancient Greeks, lemon balm has been called "heart's delight" and "elixir of life." The London Dispensary wrote in 1696 that "Balm, given every morning, will renew youth, strengthen the brain and relieve languishing nature." Steep this fresh herb to make a pleasant, fragrant tea which has been said to be good for colds, headaches and relieving stress. Place the leaves in a tea ball and steep it in hot water.*
- **Mystery Item** *A surprise addition to your share that you'll learn of when you pick up.*

# Foggy River Recipes

## Kale Chips

*The healthiest chips you've ever tried (and tasty to boot!)*

1/2 bunch Lacinato or Red Russian Kale  
light olive oil  
salt 'n' pepper

This is a tasty, healthy snack—and it's incredibly quick and simple. Heat the oven to 350 degrees. Chop the kale into broad strips. Lightly oil a baking sheet, and spread the kale strips out over the sheet and toss a bit to coat with oil. Sprinkle with salt and pepper, then place sheet in the oven. Bake until the strips are crispy—but be careful not to burn! Now you've got kale chips. Enjoy!

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## 5 Simple Recipes using Fava Greens

*Since these will probably be new to most of you, we came up with a sampler of easy recipes using Fava greens. Pick one and try it!*

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### 1) Fava Greens Crostini

*From "The Kitchn" blog: "Sweet fava greens, tangy rich goat's cheese, the spike of sour lemon and the crunch of baguette."*

Fava greens  
Olive oil  
Garlic  
Pine nuts (optional)  
Lemon juice  
Salt

Saute gently in olive oil with just a touch of garlic and salt and a scattering of pine nuts.

Pile the softened greens on slices of baguette that have been toasted and spread with goat's cheese and a little bit of lemon.

## 2) Fava Green Pesto

*From Fairview Garden CSA: "This recipe completely changed my relationship with fava leaves. Sure, I added them to quiches and sautes, but the leaves never inspired me as a culinary ingredient. So after reading about fava leaf pesto in the New York Times, I decided to see if this sauce could be as creamy, spicy, and wonderful as traditional pesto. Try this recipe for yourself and you'll see why I'm a convert."*

2-3 cups of fava leaves, washed  
1/3 cup of pine nuts (you can also use California sunflower seeds for a local food alternative)  
1 green garlic stem (washed and chopped), or 2 garlic cloves (chopped)  
1/2 cup Parmesan cheese, grated  
1/2 cup of olive oil  
salt and pepper to taste

Pulse all ingredients in a food processor until creamy. Toss with pasta or spread on baked polenta. This is just another reason to love spring.

## 3) Sautéed Fava Greens with Green Garlic

*From Greenstring Farm, right down in Petaluma: "Fava greens are the leaves picked from the tops of young fava plants. The leaves taste very similar to fava beans, with a texture like baby spinach. This rarity is a true farm treat."*

Serves 1-2

- Ingredients
- 1 tablespoon olive oil
- 2 shoots green garlic, sliced
- salt to taste
- leaves of 1/4 pound fava tips

1. Heat oil over low heat in a large pan. Add garlic, salt, and cook until soft.
2. Add fava greens and toss to coat with oil and garlic. Cook until greens have just wilted.

## **4) Fava Green and Poached Egg Salad**

*And two final recipes both adapted from Sunset Magazine...*

2 cups lightly packed fava greens (leaves and tender sprigs)  
1 tsp. fresh sage leaves  
1 tsp. fresh oregano leaves  
2 tbsp. sliced leek  
1 1/2 tbsp. extra-virgin olive oil  
1/2 tbsp. Meyer lemon juice  
Sea salt, to taste  
1 large egg

Put fava greens, herbs, and leeks in a medium bowl. In a small bowl, whisk oil, lemon juice, and salt to taste.

Crack egg into a small cup. Heat a saucepan of water until small bubbles form. Gently lower egg into water and cook just until whites set, about 3 minutes.

Toss salad with most of dressing and transfer to a plate. Gently scoop egg from water with a slotted spoon and set on salad. Drizzle remaining dressing over egg.

## **5) Fava Green and Grapefruit Salad**

2 pink grapefruit  
2 tablespoons roasted walnut oil or olive oil  
1 tablespoon minced leek  
1/2 teaspoon kosher salt  
1/4 teaspoon pepper  
2 qts. lightly packed fava greens and tender sprigs  
Edible flowers such as fava, borage, rosemary, mustard, or individual chive petals (optional)

Zest 1/2 grapefruit, then cut off outer peel and membrane from both grapefruit. Cut fruit into thin rounds, saving juice.

Combine zest, juice, oil, shallot, salt, and pepper in a bowl and stir to blend. Toss fava greens and sprigs with dressing.

Spoon greens onto plates and tuck grapefruit into salads. If you like, scatter flowers on top.