

CUESA FARMER MARKET BOX



Thank you for being among the first to try our new CUESA Farmers Market Box! With farmers market foot traffic down during shelter-in-place, we're excited to help our farmers bring their delicious produce to you. Your support is vital in keeping family farmers, farmworkers, and food makers in business and thriving while they work hard to feed us through this crisis.

This week's market box is all about spring, and we hope it brings joy into your home while you are sheltering in place. As one of our very first adopters, we would love to hear from you! Email us at orders@cuesa.org. We'll be working on adding more products and options based on your input. Stay well, and thank you for your supporting CUESA and your local food community!

IN YOUR PRODUCE BOX THIS WEEK

04.11.20

- 2 pounds of English peas from Iacopi Farms
- 1/2 pound of snap peas from Everything Under the Sun Farms
- 1/2 pound of snow peas from Everything Under the Sun Farms
- 1 bunch of spring onions from Everything Under the Sun Farms
- 1 pound bag of Bloomsdale spinach from Heirloom Organic Gardens
- 1 bunch chard from Heirloom Organic Gardens
- 1 bunch baby chioggia beets from Heirloom Organic Gardens
- 1 bunch radishes from Heirloom Organic Gardens
- 1 bunch cilantro from Heirloom Organic Gardens
- 1 pound of carrots from McGinnis Ranch
- 1 bunch green garlic from Lonely Mountain Farm
- 1 head of savoy cabbage from Lonely Mountain Farm
- 1 basket of strawberries from Lonely Mountain Farm
- 3 avocados from Brokaw Ranch
- 3 lemons from Brokaw Ranch
- 5 mandarins from Brokaw Ranch

All farmers are paid retail prices for their contributions, and you're also supporting CUESA. Thank you for keeping farmers markets viable with your purchase!

GIVE US FEEDBACK

Let us know what you think of your box! Email us at orders@cuesa.org

ORDER YOUR NEXT BOX

Next week's boxes will be available on Tuesday. Visit cuesa.org/togo.

SHARE YOUR RECIPES

Show us your box in action! Tag us on Instagram at [#cuesa](https://www.instagram.com/cuesa) [#cuesabox](https://www.instagram.com/cuesabox).

Spring Hodge Podge

Adapted from Deborah Madison's Vegetable Literacy

SERVES 2

Handful of radish thinnings, plus their greens
3 spring onions, white part plus a little of the pale green, sliced (about ½ cup)
10 ounces pod peas, shucked (about ¾ cup)
3 carrots, peeled and sliced on the diagonal
Spring butter, made from the milk of grass-fed cows, or your favorite
½ to 1 cup water or chicken stock
Sea salt
About 1 teaspoon finely chopped herbs
1 teaspoon lemon juice

Prepare and wash all your vegetables. Trim the radishes and slice them lengthwise, making all the pieces more or less the same size. Also wash and dry the greens, and ready the onions, peas, and carrot. (If you wish, you can make a stock to use in this dish with the onion trimmings, pea pods, carrot peels, some herbs, and salt. You'll need only 1 cup or so.)

When you are about ready to eat, melt a few teaspoons butter in a heavy skillet over medium heat. Add the onions and ½ cup of the water and simmer for 5 minutes. Season with a few pinches of salt, add the radishes and carrot, and simmer for 3 minutes. Next, add the peas and radish greens, making sure there is liquid in the pan as you go and adding more if needed. Continue cooking until the peas are bright green and the leaves are tender, about 2 minutes longer. The radish leaves will wilt and look a little funky, but they will taste mild and slightly nutty.

When the vegetables are done, remove from the heat, add a heaping spoonful of butter, season with salt, and stir in the herbs and lemon juice. Taste and adjust the seasonings, then serve and enjoy your garden in a bowl.

Quick Curried Pickles

Source: CUESA's Foodwise Teens

MAKES 5 PINTS

4 cups water
2 cups apple cider vinegar
2/3 cup sugar
7 tablespoons salt
1¼ teaspoon curry powder
5 pinches crushed red pepper flakes
5 cardamom pod
5 bay leafs
Sliced carrots, radishes, onions, beans, spring veggies—get creative!

Prepare the brine by combining water, vinegar, sugar, salt and curry powder in a saucepan. Bring to a boil over medium heat until sugar, salt and curry powder are dissolved. Let cool.

In each jar place one pinch of crushed red pepper flakes, one cardamom pod and one bay leaf.

Fill the jars with sliced vegetables and pour brine over the top, leaving a ½ inch at the top of each jar. Seal with a lid.

Label with date produced and store in the refrigerator. Refrigerate for three days before using. Pickles will keep up to three weeks.



Save Your Farmers Market

CUESA's farmers markets remain open as an essential service, but we need your support to keep our farmers markets thriving. Help us provide essential lifelines between local farms and families in this time of great need. Your donation supports CUESA's farmers markets and programs, which serve thousands of Bay Area residents and more than 140 local farms and small food businesses. Thank you!

Donate at cuesa.org/donate