

News from the farm: Hola! Sending warm wishes from Calella Palafrugell--the Costa Brava region of Spain. After six months of preparation and 3 months of employee training, we have left the farm for the first time—ever!! For those of you with kids, you know that the effort required to leave can be more trouble than it's worth at times. For reference, I think the farm equivalent would be about 1,000 kids. We knew this would be a tremendous amount of work ahead of time, but as our kids say—YOLO!! You only live once. And with that in mind, we said YES! Let's give it a shot. We've been forced to create systems and organize things around the farm to a degree that has made it possible to leave. What a great side effect! We have the most amazing employees, interns, WWOOFers, friends, and customers ensuring us that every little thing's gonna be alright. And now, being here, we've been forced to slow down simply because the pace is slower. The food is exquisite. The views are magical. The architecture is unbelievable. I am surprised, though, that fresh produce is quite difficult to find. So maybe we both have it good? Fresh produce for you, Mediterranean for me. ☺ Just so you know, I would bring this home and put it in your box if I could. Enjoy your goodies this week!!

Here's what's in your box: sugar snap peas, red head lettuce, Chioggia beet, scallions, green cabbage, blueberries, spinach, cilantro, & scallions

Did you know? In European grocery stores, eggs are displayed and sold right off the isle shelving. No refrigeration necessary since eggs are not considered perishable. Why I wondered? Well, they focus on creating a clean environment for the hen to lay the egg. This eliminates the need to wash the egg which is the one and only way that Salmonella can move from shell to interior off egg. Hmm, sounds like they've got this figured out.

Quote: Life is a song—sing it. Life is a game—play it. Life is a challenge—meet it. Life is a dream—realize it. Life is a sacrifice—offer it. Life is love—enjoy it.

~Sai Baba

Recipe:

SPINACH SALAD WITH BEETS & WALNUTS

Ingredients

- 2 large beets, trimmed
- 8 ounces baby spinach
- 1/3 cup crumbled goat cheese
- 1/2 cup toasted walnuts
- 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- Scant 1/2 teaspoon salt
- 1/4 teaspoon pepper

Procedures

1. Preheat oven to 425°F. Place beets on a baking sheet. Roast until fork tender, about 1 hour depending on size of the beets. When cool enough to handle, peel beets and roughly chop.
2. Place spinach, beets, goat cheese, and walnuts in a large bowl.
3. In a small bowl, whisk together olive oil and vinegar. Whisk in salt and pepper. Pour dressing over salad and toss to combine.