



Cooking and Coronavirus

We hope this little newsletter finds you well and safe.

We are planning ahead with the information we have and are (more than ever) committed to providing our community with nourishing, quality produce. We are digging in, planting seeds, planning for a bountiful growing season, and cooking up comfort food in our farm kitchen.

Until I started working on produce farms, I wasn't very comfortable in the kitchen. I would follow recipes exactly - going to the grocery store to pick up the one ingredient that I was missing. Learning to cook with what I had on hand revolutionized my cooking.

Especially during this time of social distancing and voluntarily staying at home (regardless of whether you are sick or well), we are limiting our grocery store outings and cooking with what is in our cupboards, freezer, and cooler. Here are some strategies to inspire creativity in the kitchen.



CSA: Constantly Substitute and Adapt

Farmer Cassie from Crossroads Community Farm calls this strategy of using recipes for inspiration (and not a rule): *CSA: Constantly Substitute & Adapt.*

Cassie shares, "Slowly, I began to use recipes as navigational suggestions, and started to substitute wildly. You know what I discovered? While the meals I'd end up with weren't exactly the same as what a recipe's author intended, most times the meals were still tasty. How freeing!"

Things to keep in mind when modifying a recipe:

- Ratios of liquids to solids, etc.
- Considering what type of texture an ingredient provides, and substituting for texture when possible.
- Adjusting the recipe as you go—add liquid to thin, thicken it with an ingredient from the recipe when appropriate, adding more spices or salt for flavor, etc.
- Be careful when adjusting baking recipes. Baking is a science, and often there's a specific chemistry at play in certain recipes. Do your research before making serious modifications!

[This post from The Kitchn](#) offers 100 recipes using 10 common pantry staples. (like canned beans, dried pasta, and oats) as inspiration.

Remember - taste as you go and trust your taste buds!

Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your culinary adventures.



MFK Fisher

In 1942 during the height of WWII food shortages, Fisher published her fourth book *How to Cook a Wolf*. This cookbook is full of advice on how to achieve a balanced diet and stretch ingredients during wartime.

I love this quote - "Like most humans, I am hungry...our three basic needs, for food and security and love, are so mixed and mingled and entwined that we cannot straightly think of one without the others."

Cooking for loved ones and sharing meals brings these three together - food and security and love. May your kitchen table be a beacon of light during this uncertain time!



Summer and Fall CSA Shares are available!

Let's talk about financing— because I know the price point of CSA can feel expensive (even when not in an economically uncertain time). We have multiple financing options available for folks interested in signing up for one of our CSA shares.

Regardless of the share price (our most expensive share is \$610 and our least expensive is \$220), all of our shares have FIVE financing options and TWO different community programs to help make our CSA affordable.

To purchase a CSA share you can:

- pay in full by credit card
- pay by credit card by delivery
 - Pay for you first delivery now. After the first delivery, you will be charged on a per delivery basis.

- pay by credit card 25%/25%/50%
 - At sign up, you pay 25% of the total. The first week of deliveries, you pay 25% of the invoice total + the remaining 50% balance on the first delivery box amount. For the rest of the season, you pay the remaining 50% due for each share.
- pay by check in full
- pay by check in two or four (or as many as you need) installment

Healthy and healthily grown food should be accessible to all. Further financial assistance is available through our Community Fund or FairShare CSA Coalition's Partner Shares Program. Just email us for details on either!

[JOIN OUR CSA](#)

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