

April 6, 2007

~ This is the Weekly E-letter of the Center for Urban Education about Sustainable Agriculture ~

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This week's produce highlights



A shopping list for those who love the seasonal variety of the Farmers Market.

1. Strawberries
2. White Iris
3. Eggs
4. Cheese!
5. Parsley
6. Pet food
7. Mint
8. Sorrel
9. Little Gem lettuce
10. Chile jam

To find out which farmers have these products, visit the CUESA Information Booth.

Seasonal recipe: Gratin of Potato, Fennel and Leeks

This recipe comes from Chef Charles Vollmar of the Epicurean Exchange.

A gratin is any dish that is topped with cheese or bread crumbs, mixed with bits of butter, then heated in the oven or under the broiler until browned and crispy. This is a wonderful side dish to accompany grilled or sautéed

Special events & announcements

Spring Breakfast by the Bay ~ May 5, 2007



Our Spring Breakfast by the Bay has had many incarnations over the previous 6 years. The locations have varied, from the old parking lot on Green Street, to MarketBar's patio, to our own covered arcades one rainy spring morning. The themes have also changed, as we had special reasons to celebrate, like last year's release of *The San Francisco Ferry Plaza Farmers Market Cookbook* by our board member Peggy Knickerbocker.

Past guest chefs have included Patty Unterman from Hayes Street Grill and Rick Hackett from MarketBar. One thing that has always remained central is the source of our meal's ingredients--spring's harvest from the Ferry Plaza Farmers Market. This year, Chris Borges from Taste Catering will create our Cinco de Mayo-inspired feast. The fundraising breakfast will support and nourish CUESA's educational efforts, including sending out this weekly e-letter! We sincerely hope you can join us. To reserve your seat and learn more, [click here >](#)

Farm, Food & Market Tour: Barcelona & the Basque Country

Join us from September 7-17, 2007, as Executive Director Dave Stockdale leads our first international fundraising tour to Barcelona (in the Catalonia region) and the Basque country of northern Spain. Proceeds help support CUESA education programs, including our local farm tours. To download the full brochure, [click here](#). To download the tour registration form, [click here](#).

CUESA Programs

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Saturday, April 7 ~ Cheese Festival

The Ferry Plaza Farmers Market is dedicating a day to the appreciation and consumption of our region's diverse cheeses. CUESA will host several activities:

10:30 - 11:00 am: Conversation with artisan cheesemaker Soyoung Scanlan of Andante Dairy

11:00 am - noon: Cooking demonstration by Laura Werlin, author of three cookbooks on the subject of cheese, including *The New American Cheese*. Learn to make Brie toasts with Chardonnay-soaked golden raisins and California grilled cheese sandwiches. Laura Werlin's books will be for sale courtesy of Book Passage.

11 am - 1 pm: CUESA will offer \$4 cheese plates composed by Laura Werlin

fish and poultry.

1 cup heavy cream
1 cup whole milk
1 bay leaf
1 teaspoon black peppercorns
½ teaspoon fennel seeds
3 parsley sprigs
3 thyme sprigs
1 tablespoon olive oil
3 leeks, white parts only,
cleaned and thinly sliced
1 teaspoon ground fennel seed
2 large fennel bulbs,
quartered, cored and thinly
sliced
5 garlic cloves, minced
2 tablespoons chopped herbs
(Italian parsley, marjoram and
thyme)
4 ounces Dry Jack cheese,
grated (about 1½ cups)
1½ pounds red potatoes, thinly
sliced
12 mild black olives, pitted and
coarsely chopped
Kosher salt and freshly ground
black pepper to taste

[Click here for instructions and
a printable version of this
recipe >](#)

**[Recommend CUESA's
Weekly E-letter to a friend!](#)**

featuring three cheeses from the Ferry Plaza Farmers Market.

8 am - 2 pm: Enjoy an informative, self-guided cheese tour of the farmers' market at your leisure.

Saturday, April 14 ~ Market to Table events

10:30 am - Meet the farmer

Nick Atallah of Madison Growers

11:00 am - Cooking demonstration & book signing

Alessandro Cartumini of Quattro Restaurant

All events take place in our Dacor teaching kitchen in the arcade north of the Ferry Building's clock tower.

This week's feature: Cheeses of the Ferry Plaza Farmers Market

This week's feature (also available as a printed guide) was written by Laura Martinez, CUESA volunteer and author of Everything Cheese Book (July 2007).

Northern California's pastures have supported a thriving dairy industry for over a hundred years. Dairy farmers and food artisans make specialty cheese with the milk of carefully tended herds of cows, goats, and sheep. Farmstead cheesemakers use the milk of their own herds; others use the milk of local herds. Both are creating some of the most exciting flavors ever to come out of our region. People living in the Bay Area have ready access to several of these cheesemakers through the Saturday Ferry Plaza Farmers Market. The description of each cheesemaker includes a suggested pairing of a cheese with another farmers' market food.

ACHADINHA CHEESE COMPANY



The Pacheco family's farmstead cheeses are handmade according to old world traditions. Wheels of *Capricious*, a semi-hard goat's milk cheese, are hand-rolled, then rubbed with olive oil as they age. *Broncha* has subtle flavors of the brewers' grains fed to the goats, and Donna Pacheco's handmade *Feta* is soaked in sea salt brine. Each cheese is available year-round, though depending on demand they may be aged for slightly different lengths of time. The

milk for these cheeses comes from the Pachecos' herd of approximately 1200 milk goats raised on 229 acres of pasture in Petaluma.

Market pairing: For a delightful, light snack, pair *Capricious* with fresh or dried pears.

ANDANTE DAIRY



Spring Hill Jersey cow's milk, Volpi Ranch goat's milk (both from Petaluma), and the occasional batch of sheep's milk are the key ingredients. Soyounng Scanlan, a solo artisan cheesemaker, uses to create her exquisite cheeses. Many of the names of Andante's cheeses are musical



terms, and Andante is “the tempo mark for many songlike movements that indicates a moderate rate of speed of a strolling walk.”

Nocturne, *Pianoforte*, and *Legato* are bloomy-rind, cow's milk cheeses. *Largo* and *Piccolo* are full expressions of triple-cream cow's milk, where crème fraîche is added to the milk before the cheese is made. Andante goat's milk cheeses include *Acapella*, *Fresh Goat*, *Impromptu*, *Pastoral*, and *Crottin* in various sizes and shapes, some with coatings of ash. *Rondo*, *Metronome*, and *Melange* are made from a mixture of cow and goat's milk, and *Minuet* is a triple-cream goat's milk cheese. Many of Andante's cheeses are seasonal, with quantities and varieties dependent on milk availability and seasonal variations in butterfat content of the milk.

Market pairing: Pair Andante's triple-cream cheeses with French Breakfast or Red Globe Radishes sprinkled with sea salt.

BODEGA & YERBA SANTA GOAT CHEESE

The Salmon family uses Peruvian-, French-, and Spanish- style cheesemaking techniques to produce their farmstead cheeses. The milk comes from 85 goats raised in Lakeport; the goats roam on organic pasture and are treated with herbal tinctures when they are sick. Homemade Zinfandel wine is used as a rub while aging *Queso Cabrero*. *Queso Fresco* (fresh feta) is light and ideal for cooking, and *Queso Crema* can be used instead of cream cheese or ricotta. Keep your eye out for the *Fresh Chevre*, *Chevito*, and *Natilla*, a Peruvian style caramel sauce.

Market pairing: For a delicious, smoky sandwich, spread *Queso Crema* on whole wheat bread and top with Aubergine Spread from Marin Gourmet.

COWGIRL CREAMERY



Cowgirl Creamery's triple-cream cheeses are made from organic cow's milk from the Straus Family Creamery in Tomales, the first certified organic dairy west of the Mississippi. Cowgirl Creamery's *Mt. Tam*, a bloomy-rind cheese, and *Red Hawk*, a washed-rind cheese, are available year-round. The pungency and sunset colors of *Red Hawk's* rind come from beneficial molds that exist naturally in Point Reyes Station, where the cheeses are made. Cowgirl's seasonal

offerings include *Inverness*, *St. Pat*, *Pierce Pt.*, *Sir Frances Drake*, and the occasional, delicious experiment. Fresh cheeses include *Clabbered Cottage Cheese*, *Fromage Blanc*, *Crème Fraîche* and *Niloufer's Paneer*. Cowgirl Creamery cheeses are sold both at the farmers' market booth and at their retail store in the Ferry Building Marketplace. At the farmers' market booth, you can also find local cheeses from Bellwether Farms, the Matos Family, and Vella Cheese Company.

Market pairing: For a Sunday breakfast treat, drizzle Robert Lambert's Golden Date Syrup, available from Flying Disc Ranch, over *Niloufer's Paneer* on a wedge of French toast.

PT. REYES FARMSTEAD CHEESE CO.

Fresh, creamy, raw milk from Holstein cows goes into the production of *Pt. Reyes Original Blue Farmstead Cheese*, the only artisanal blue cheese made in California. Bob Giacomini has been milking cows in Pt. Reyes since 1959, and the family started making their blue cheese in 2000. The creamy white color

of the cheese comes from partially homogenized cream, and the blue veins from a strain of *Penicillium roqueforti*. The closed herd of 300 cows grazes on pasture amid the coastal fog and salty breezes overlooking Tomales Bay. The ranch is Free Farmed Certified by the American Humane Association.

Market pairing: For a delicious dessert, pair Pt. Reyes Original Farmstead Blue with honeycomb from Marshall's Farm Natural Honey.

REDWOOD HILL FARM

French-style Fresh Chevre, bloomy-rind, camembert-style *Camellias*, natural-rind *California Crottins* and *Bucherets*, and raw milk *Feta* have made Redwood Hill Farm famous worldwide. The Bice family has been producing farmstead goat's milk products for almost forty years. All Redwood Hill cheeses are made from the milk of their own herd of 350 goats in Sebastopol, using imported French cheese cultures. Cheesemaking tapers off during the winter to allow full and natural gestation time for goat breeding. Then, in the spring, cheesemaking and goat kid-raising begins in earnest. Redwood Hill Farm is the first American goat dairy to be Certified Humane.

Market pairing: Redwood Hill cheeses pair beautifully with fruit butters, jams, and compotes. Try one from June Taylor Company, Frog Hollow Farm, or the Apple Farm.

SPRING HILL JERSEY CHEESE

Spring Hill cheeses are made entirely from the pasteurized milk of Jersey cows. Jersey cow milk is high in butterfat, allowing Larry Peter and his family to make rich, creamy, certified organic, farmstead cheeses including: *Cheddars*, *Giana* (a soft, washed-rind cheese), *Jacks*, *Dry Jacks*, *Mozzarella*, *Old World Portuguese* (rubbed in salt and Virgin Olive Oil), *Quarks*, *Ricottas*, *Teleme*, and *Spring Hill Breeze* (a Brie-style cheese). The cows are pasture-fed and supplementary silage (fermented red oats, white oats, fava beans, bell beans, and rye grass) is grown at the family dairy in Petaluma. The family makes cheese year-round.

Market pairing: Enjoy an appetizer of sliced baguette topped with Spring Hill *Teleme* and Tierra Vegetables' Farm Blend Chili Jam.

Take a self-guided cheese tour of the Ferry Plaza Farmers Market this or any Saturday! Maps of the market are available at the CUESA information booth, where you will also find printed copies of the information above.

Market update

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This is the most up-to-date information about which sellers will and won't be attending the market as of Friday, when we send this letter. If there are no changes to a seller's status, they will not be listed. To find out which farmers regularly attend each market, [click here](#). Please understand that there are often last

minute changes--it's the nature of farming!

Saturday, April 7

In/Returning: Tory Farms, Tierra Vegetables, The Apple Farm, The Peach Farm (last week for lilacs!)

Out: Happy Quail Farm, Orangewood Farm, Port's Seafood

Tuesday, April 10