



The Buzz

July 2024

COMMUNITY SUPPORTED AGRICULTURE (CSA BOXES)

Community Supported Agriculture (CSA) programs are crucial for enhancing local food systems. These programs, including Community Supported Fisheries, allow community members to buy shares of the harvest directly from local farmers. Customers pay a set fee and receive seasonal produce or other farm products. **Imagine getting a box of fresh, seasonal goodies regularly—weekly, bi-weekly, or monthly. It's like having a farmers' market delivered to your doorstep!** Not only do farmers get a better deal, but you also get to enjoy the freshest, tastiest produce while supporting your local economy. Plus, CSAs often come with fun extras like newsletters, recipes, and even special farm visits where you can meet your farmers and see where your food comes from. It's a fantastic way to eat healthily, build community, and have a lot of fun along the way!

Where can I find one?

Benicia CSA Center

Eatwell Farm, Terra Firma Farm, Real Good Fish, Tara Firma Farm, The Lazy Barn

(Boxes from all these farms are delivered to a drop site in Benicia)

Individual drop sites:

- Riverdog Farm (near I-780 Southhampton Road exit)
- Umbel Roots (Delivery)

Dixon

Individual drop sites:

- Eatwell Farm (The Barn & Pantry at West A and North Adams Streets)
- Lockwood Acres (The Barn & Pantry at West A and North Adams Streets)
- The Barn & Pantry
- Umbel Roots (delivery)

Fairfield

Individual drop sites:

- Eatwell Farm (Kolob Drive and Oliver Road)
- Full Belly Farm (drop site at Green Valley Tractor)
- Real Good Fish (at Il Fiorello Olive Oil Co., Mankas Corner Road)
- The Lazy Barn
- Umbel Roots (home delivery)

Vallejo

Individual drop sites:

- Eatwell Farm (private residence)
- Riverdog Farm (near Muller Street and Lincoln Road West)
- Umbel Roots (home delivery)

Vacaville

Individual drop sites:

- Be Love Farm (starting a CSA for pickup at the farm)
- Eatwell Farm (Blue Ridge Lane and Crestview Drive, and Alamo and Grandview drives)
- Lockwood Acres (at the farm, Vacaville Farmers Market, and Sweet Pea's)
- Riverdog Farm (waitlist for near North Alamo Drive and Mojave Court)
- Sweet Pea's Boutique (891 Alamo Dr.)
- Terra Firma Farm (near Orlando Court and Arcadia Drive)
- Umbel Roots (home delivery)



THE BEE ZONE



Ground Turkey Wraps or Pinwheels

1. In a small skillet, brown turkey on medium-high heat, for about 10 minutes. Heat to 165 °F or higher for at least 15 seconds. Set aside. Allow to cool for 5 minutes. Wash hands after touching uncooked ground turkey.
2. To heat tortillas: Place a damp paper towel between each tortilla.
3. Place the stack of tortillas on a microwave-safe plate. Cover with a damp paper towel. Heat in the microwave for 30 seconds. Remove from the microwave.
4. Combine green peas, ground turkey, cheese, carrots, and ranch dressing in a medium bowl. Stir.
5. Place ½ cup filling in the center of the tortilla.
6. Roll tortilla. Cut into pinwheels or cut in half.
7. Serve 1 wrap (pinwheels or halves). Serve immediately, or keep warm at 140 °F or higher.



INGREDIENTS	Quantity
Turkey, 93% lean, ground, fresh or frozen, thawed	1 1/2 oz
Green peas, frozen, thawed, drained	1 cup
Cheddar cheese, reduced-fat, shredded	1/4 cup + 2 Tbsp
Carrots, fresh, shredded	3/4 cup
Ranch dressing, fat-free	1/4 cup + 2 Tbsp
Tortillas, whole-wheat (10" across, at least 42 g or 1 oz each)	6

Recipes

CRAFT CORNER: FIREWORKS CRAFTS

- Table Salt
- Paper (black makes the colors pop)
- Watercolors
- Paint brushes
- White Glue
- Cookie Sheet



- Start by laying your paper on a cookie sheet so the salt doesn't get all over the place.
 - Draw out your design with the glue. It works better if you do it thick.
- If you aren't comfortable free-handing a design, draw it out with a white crayon or colored pencil first.
- Next, sprinkle salt over the glue before it dries. Apply generously! You want to get everything covered. Shake off excess salt onto your tray.
 - Get your watercolors wet, and lightly paint onto the salt. You can use food coloring here if you'd prefer. You don't want to drag it too much or it will mess up the salt. I tried to get my brush extra drippy so I barely had to tap the design.
- Have fun with colors! It looks great when they bleed together.
- Let the project dry completely and you are done! Your kids will love how the salt sparkles when it is all dry.
 - *Over time this project will flake off and won't last forever, so take pictures of your kiddos creating.