Strawberries are too delicate to be picked by machine. The perfectly ripe ones even bruise at too heavy a human touch. It hit her then that every strawberry she had ever eaten - every piece of fruit - had been picked by calloused human hands. Every piece of toast with jelly represented someone’s knees, someone’s aching back and hips, someone with a bandanna on her wrist to wipe away the sweat. Why had no one told her about this before?

-Alison Luterman, “What They Came For,” The SUN Magazine
CSA shareholder reminder: Please everybody, bring your own bag or box to pick up your veggies each week. The farm has to scrounge these from other sources so it really helps if you bring your own. And please feel free to bring extras to help out those who forget! Thanks!!

The quickest way to eat fresh strawberries (besides plain) is to sprinkle a little sugar on them, crush them a bit with a fork, and pour a little heavy cream or 1/2 and 1/2 on them. But strawberries make spectacular tarts, lovely jam, and dress up any number of things like breakfast cereal, a slice of cake, or a scoop of ice cream. You can make a quick ice cream or waffle syrup by crushing the berries just slightly and cooking them with a little sugar in a saucepan for a few minutes. Mmm. Another good way to enjoy fresh sliced strawberries is added to a little red wine in a glass, which, according to Alice Waters, is how winemakers in France enjoy their first strawberries of the season. If you prefer the taste of almonds with strawberries instead of oranges, substitute Amaretto for the Grand Marnier in the recipe below.

**Strawberries Grand Marnier** (Serves 3 to 4) from *Simple French Desserts* by Jill O’Connor

- 3 cups fresh strawberries, hulled and quartered
- 1/8 cup fresh orange juice
- 1/8 cup Grand Marnier or other orange liqueur
- 1 tablespoon superfine sugar

Gently toss all the ingredients together. Refrigerate at least 30 minutes or up to 3 hours before serving (the berries will start to break down after 3 hours and become mushy.) Serve the berries alone, or with whipped cream, over ice cream or sorbet, or alongside sweetened fresh yogurt cheese (fromage blanc).

**Fanny’s Strawberry-Orange Compote** (Serves 4) from *Chez Panisse Fruit* by Alice Waters

- 2 small navel oranges
- 1/2 cup plus 2 tablespoons sugar
- One 1-pint basket strawberries (about 2 cups)

Remove about three-quarters of the zest from one of the oranges with a zester or peel off strips of zest with a vegetable peeler and cut into a fine julienne. Measure 1/2 cup sugar and the water into a saucepan and bring to a boil to dissolve the sugar. Add the tiny strips of zest, reduce the heat, and simmer for about 30 minutes, until the peel is tender and the syrup has reduced and thickened slightly. Let cool.

Rinse the strawberries and dry them gently. Hull and slice them about 1/4 inch thick into a bowl. Cut away all the peel from the oranges: slice off the tops and bottom and cut away all the rind. Remove skinless sections of oranges by sliding a sharp paring knife alongside the membranes and prying out the segments into the bowl with the strawberries. Squeeze the juice from the orange «carcasses,» sprinkle with 2 tablespoons sugar, and mix gently.

To serve, spoon the compote into serving glasses or dishes, sprinkle some curls of the candied peel on top, and drizzle a teaspoon of the syrup from the peel over the compote.

**Beekeeper’s Strawberry Jam** (6 half-pints) from *The Northwest Essentials Cookbook* by Greg Atkinson

- 4 cups crushed strawberries
- 2 boxes powdered pectin
- 1 3/4 cups mild honey
- 2 tablespoons lemon juice

Sterilize 6 1/2-pint jars in boiling water and keep them simmering. In a large saucepan, combine the strawberries and pectin. Bring the mixture to a boil. Boil hard for 1 minute, stirring constantly. Add the honey and lemon juice and bring the mixture back to a full, rolling boil. Boil hard for 5 minutes, stirring constantly. Remove from heat, skim off the foam, and transfer to sterilized jars. Seal with new lids according to manufacturers’ instructions.

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