



WEEK OF MARCH 11TH, 2019 #11/52

We want to hear from you!
Every and all feedback is evaluated and highly appreciated.
www.eatwell.com/feedback

Taming the Rogue Chickens

Our hens are adventurous, and with so much rain, we really can't move them as much as they would enjoy. If you'd come to the farm, you'd know they are quite good at hopping over the 8' fence. Cameron and I have been talking about putting up a hot wire close to the top of the fence to discourage this behavior. We finally got it done.

Our cousin Jonathan is out here from Wisconsin for the next few months working on power lines, and he graciously took on this project. So nice to have family come in and take on one of these "extra" projects and just get it done. Plus it's just



been really fun having him here and getting to know him.

Cherry Blossoms

The cherries are just beginning to bloom. I fear the rain may have done a lot of damage, but we shall see. As you can see in the photo there aren't many blossoms out there yet, but reading a few of Nigel's past newsletter posts, it seems it is still early. But I also know everything has been changing as the climate has, so who knows. One thing I do know, is we don't need more rain. If the sun sticks around and we have some nice breezes, instead of the intense winds, the trees might be ok.



The Breakfast Project

If you were to ask me what I believe is some of the most important work we could do, I will quickly respond with teach children to cook. Many people might think I exaggerate but look at it from these perspectives:

Cooking teaches you math skills. You certainly learn about fractions, and the difference between volume and weight.

You learn science- how do different foods interact with each other? What happens when you pound cabbage with salt?

You learn how to plan and about timing. If you want to eat dinner at 6 when do you put the chicken in the oven to roast? What is your first step to create your meal?

You learn to pay attention to your senses, do you hear that pot of water boiling over? Do you smell your delicious bread baking or burning? Is your pancake turning golden brown or bubbling and is it time to flip? Did you taste it and discover you forgot to put in the salt or sugar.

And of course, the most important thing, you learn how to take care of yourself. If a young person learns to cook they do not have to rely on cheap pre-packaged or fast foods to feed themselves, they can take a small amount of money and cook something better and healthier for themselves.

So you see, cooking is simply invaluable, and I encourage all of you CSA members who have kids in your lives, even if they aren't your own, to invite a child into the kitchen with you.



Jose, our field manager, had his daughters come over to bake cookies with me last week. They loved the cookies I baked for them at Christmas and wanted to bring them to school, so they asked me to teach them how to make them. What fun we had, and they were so proud to bring these special cookies to their classes!



One of our CSA members runs the Breakfast Project at Harvey Milk Civil Rights Academy in SF. This is a non-profit culinary arts program, integrating hands-on cooking classes into the fabric of the kids' daily school life. Joyce has been using produce from the farm to supplement the breakfasts they are cooking. **May 4th is a fundraiser breakfast.** I will be there volunteering and would love to have a few members volunteer too. Eatwell is donating eggs and strawberries. Even if you don't have kids, you can still make an important difference in a child's life. Sometimes connecting with a kid, even when it is only a few hours, can make a real difference for them. Please text me if you can join us 530-554-3971. Again, the date is May 4th.

EATWELL FARM
5835 SIEVERS RD. DIXON CA 95620
(707) 999-1150 | ORGANIC@EATWELL.COM

RECIPES AND IDEAS FROM LORRAINE

One of our new members found a connection to our CSA through the website Mom's Kitchen Handbook. Out of curiosity I took a look at the website and thought it would be interesting for our members who are parents. It has weekly menus, plus you can print out shopping lists. There are meat, as well as vegetarian/vegan recipes. I found the Falafel Burger recipe on her site. I love falafels and it uses several ingredients from this week's share! Here is a link to the website:

<https://www.momskitchenhandbook.com/first-time-here/>

Falafel Burgers with Yogurt Dill Sauce

Recipe by Sonja & Alex Overhiser from Pretty Simple Cooking

Time 1 Hour | Makes 8 Burgers

2 15-ounce cans Chickpeas (3 cups cooked)
¼ cup Sesame Seeds
2 to 3 medium Garlic cloves, use your Green Garlic instead
1 medium Red Onion, use the Spring Onions from this week's share
2 large Carrots
1 cup packed Cilantro leaves and tender stems
¾ cup Whole Wheat Flour (gluten-free flour can be substituted)
4 teaspoons Cumin
4 teaspoons Coriander
¼ teaspoon Cayenne
1½ teaspoons Kosher Salt
1 teaspoon freshly ground Black Pepper
2 tablespoons Extra-Virgin Olive Oil

For the Dill Yogurt Sauce:

2 small Garlic Cloves (optional), you can switch out and use Green Garlic
2 tablespoons chopped fresh Dill
¼ cup Lemon Juice (1 large lemon)
2 cups plain Greek Yogurt
2 tablespoons Extra-Virgin Olive Oil
½ teaspoon Kosher Salt

For Serving:

1 cucumber
1 large tomato
8 English Muffins, Pita Breads, or large Lettuce leaves

Preheat the oven to 375°F. Make the burgers: Drain and rinse the chickpeas. Blot them with a paper towel or clean dish towel to remove any extra moisture, then place them in the bowl of a large food processor. Add the sesame seeds and process for a minute or so until a paste-like consistency is formed (if necessary, stop and scrape the sides of the bowl, and process again). Scrape the mixture into a large bowl. Peel the garlic, red onion, and carrots. Chop the onion and carrot in rough chunks. Add the garlic, carrot and onion to the food processor and pulse several times until finely chopped. Add the cilantro to the processor and pulse a few more times until chopped. Scrape the vegetables into the bowl with the chickpeas. Stir in the flour, cumin, coriander, cayenne, kosher salt, and black pepper. Mix with a spoon or with your hands until fully combined, then form 8 round patties and place them on a baking sheet. In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add 4 of the burgers and fry them for 1 to 2 minutes per side, until golden brown. Remove the cooked burgers and place them back on the baking sheet. Wipe out the pan, add an additional drizzle of oil, and fry the remaining 4 burgers, keeping in mind that the pan will be hotter and the cooking time slightly quicker for the second batch. Once all burgers are browned, place them in the oven on the baking sheet and bake 15 minutes on one side, then flip and bake another 15 minutes. Remove from the oven and place on a wire rack to cool for at least 10 minutes.

Make the sauce: Peel and finely mince the garlic. Chop the dill. Juice the lemon. In a small bowl, stir together the garlic, dill, lemon juice, Greek yogurt, olive oil, kosher salt, and 2 tablespoons water. Store leftovers in a sealed container in the refrigerator for 1 to 2 weeks. Assemble the burgers on lightly toasted english muffins or pita breads with a generous spoonful of yogurt sauce and desired fixings.

Savory Sauté of Romanesco, Cabbage and Potatoes

Recipe from fruitguys.com by Jill

1/2 head of Romanesco
1/2 head of cabbage
4 small potatoes
1 tablespoon sesame oil
2 tablespoons olive oil
2-3 cloves fresh garlic, minced
1-2 teaspoons freshly grated ginger
Salt and pepper to taste
Add a couple inches of water to a medium saucepan that fits with a vegetable steamer, and bring to a boil. Scrub and chop unpeeled potatoes into 1-inch cubes, place in a steamer, put over boiling water, and cover. While potatoes steam, rinse and separate Romanesco into small florets. When potatoes are still slightly firm and starting to soften, add florets to steamer. While veggies steam, rinse and chop cabbage. Check steamer periodically and remove from heat once potatoes and Romanesco are both tender. In a large skillet, heat olive oil and sesame oil over medium heat. Add garlic and sauté until fragrant (2-3 minutes). Stir in fresh ginger, add cabbage and sauté for 2-3 minutes, then mix in potatoes and Romanesco. Cook for another 2-3 minutes, but don't overcook—cabbage should stay slightly crispy. Remove from heat and serve.

This Week's Box List

Cabbage

- * Carrots (From Terra Firma Farm)
- * Chard or Red Russian Kale
- Green Garlic
- Lemons or Oranges
- * Lettuce or Spinach
- * Mandarins
- Romanesco
- * Rosemary (with edible flowers)
- * Spring Onions
- * Turnips or Radishes

* = Items in Box for 2

Rosemary & Garlic Kale

Recipe from Stone Soup Virtual Cookery School

Serves 2 | Takes 15 minutes

You can use this simple recipes for any of the greens.

1 large bunch kale
1-2 cloves garlic
1-2 stalks rosemary, leaves picked
Wash kale. Don't dry as the water will help it steam. Cut into ribbons about 1in or finer across the stem. Heat a generous glug of olive oil on a medium heat in a largish saucepan. Add kale, garlic, rosemary and a few tablespoons water to the pot. Cover and cook stirring every few minutes until the kale has wilted down. Will take about 5 minutes. If it starts to burn or is taking too long add a little more water to help make more steam. Remove from the heat and season generously with salt and pepper.

Recipe Suggestions from CSA Members:

(With clickable links)

- [Carrot, Turnip, Sweet Potato Bisque](#) from Epicurious
 - Suggested by CSA Member Sorel
- [World's Best Braised Green Cabbage](#) from Nom Nom Paleo
 - Suggested by CSA Member Kristina
- [Kale or Chard Pie](#) from Epicurious
 - Suggested by CSA Member Stephen