



WEEK OF MAY 13TH, 2019 #20/52

Spring's Joys and Heartbreaks

Yesterday was our Mother's Day Strawberry event, and many people told me this has been their tradition for years. Someone said it was his favorite way to honor Nigel's memory and his commitment to the community. I have to agree. I know the way Nigel opened the farm to the members, casually sitting on the edge of a table chatting away with members, made our CSA one that follows the true spirit of community. Many of you have been with this CSA for decades now, and you gave me the opportunity to be open, honest, and transparent during the process of getting through the first year after losing Nigel to cancer. Thank you for "virtually" holding my hand that year, and helping me on that journey.



(Continued) I think this week's box list had me a hit a real low point, and really is the impetus for this newsletter article. Through the winter, watching the weather forecast several times every day, my big fear was to hit spring and not have nearly enough for the weekly shares. And now my fear is realized.

It is hard to feel encouraged or hopeful today, but I know this will pass. And the delicious potatoes, and gorgeous lettuces will be ready soon. So I just have to force myself through this rather challenging week or two, keep reminding myself that we will get to the other side. The fact that tomato season is on the horizon definitely lifts my spirits.

Thank you for indulging me here today. Sometimes I just need to speak what is in my heart and my head. Thank you for supporting this farm, and organic farming. Together we all make a little bit of difference in this pretty crazy, hectic world.



For those of you who are new to Eatwell's CSA, Nigel Walker founded this farm more than 25 years ago. He was a visionary, a man with a beautiful, grand heart, and a passion for his land and the community that it feeds.

It is hard living with a broken heart. Harder still to take on the responsibility of keeping this farm running, knowing Nigel will never be around to answer the millions of questions that go through my head daily. Living with the truth that I am not a farmer, and this is an unimaginable task, seeing my failures, but also enjoying my successes is hard. Sunday I got to hug and kiss members who feel like relatives that I see a few times every year. I also got to meet new members, and long time members I haven't met before. It brings me so much joy to have you all here on the farm, to share the land and the delicious berries, the one thing that is growing in crazy abundance at the moment.

However, I can't ignore the fields of weeds, or the list of what is in the box this week, with so many items bought from other farms, just to get it out to you all. Knowing that it will probably be another 2 weeks before what we have in the ground will be in large enough quantity to fill our boxes, feels like such a failure. And so the heart breaks again.



Potatoes

Jose and the crew put the seed potatoes in the ground April 13th. It has been a month and this is how they are looking now. Coming along, but probably 6 weeks or more behind schedule. But when they are ready, what a treat they will be! If you have never had a true "new" potato, it is something very special. The skin is so thin it literally can wash off in your hands. The flavor of a simply steamed new potato with a little butter and a pinch of salt, is one of my absolute favorite things to eat. I have so many beautiful memories of Nigel and I standing around our stove eating them straight out of the steamer.



RECIPES AND IDEAS FROM LORRAINE

Sausage, Greens, and Beans Pasta

Bon Appetit October 2016

I found the perfect recipe for the Stir Fry Mix (aka Baby Mixed Greens).

1/3 cup Olive Oil
2 sprigs Rosemary OR Sage
8 ounces spicy Italian Sausage, casings removed
1 15.5-ounce can Chickpeas or Cannellini (white kidney) beans, rinsed, patted dry
1/4 cup dry White Wine
12 ounces Paccheri, Rigatoni, or other large tubular Pasta
Kosher salt
8 cups (lightly packed) torn Kale and Stir Fry Mix
3/4 cup finely grated Parmesan, divided
Freshly ground Black Pepper
2 tablespoons unsalted Butter

Heat oil in a large Dutch oven or other heavy pot over medium-high. Fry rosemary/sage turning, until crisp, about 2 minutes. Transfer to paper towels to drain. Add sausage to same pot and cook, breaking up with a wooden spoon and stirring occasionally, until browned and cooked through, 8-10 minutes. Transfer with a slotted spoon to a plate. Add chickpeas to pot and cook, tossing occasionally and mashing some chickpeas with spoon, until browned in spots, about 5 minutes. Transfer about half of chickpeas to plate with sausage. Add wine to pot, bring to a boil, and cook until liquid is almost completely evaporated, about 2 minutes. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until very al dente, about 3 minutes less than package directions. Using a spider or a slotted spoon, transfer pasta to pot with chickpeas and add greens and 1 cup pasta cooking liquid. Cook, tossing often, until escarole is wilted, pasta is al dente, and sauce is thickened, about 4 minutes. Add another 1/4 cup pasta cooking liquid, then gradually add 1/2 cup cheese, tossing until melted and dissolved into a luxurious, glossy sauce. Thin with more pasta cooking liquid if needed. Season with pepper, and more salt if needed. Add butter and toss to combine, then mix in reserved sausage and chickpeas. Divide pasta among bowls. Crumble herbs over top and sprinkle with remaining 1/4 cup cheese.

Simple Souffle Omelette

Recipe by Daniel Gritzer from Serious Eats

This past weekend Joe and Amy from Marla Bakery joined us for our Mother's Day/Strawberry Day. When the day was over, I had everything packed back into the van, I got back to the house to find a delicious treat that Joe had made for all of us, Souffle Omelettes and a simple salad.

After being outside all day and not having had a chance to eat a meal, it was so nice to be fed a nourishing, fresh and simple meal. I have amended this recipe a bit to fit what is in this week's share.

3 Eggs
Salt and freshly ground Black Pepper
2 oz grated Gruyere or Cheddar
A good amount of finely chopped Chives
1 tbsp unsalted Butter

In medium bowl, beat egg yolks with a generous pinch of salt and some freshly ground black pepper until well mixed. In separate large mixing bowl, using a whisk, electric hand blender, or stand mixer fitted with whisk attachment, beat egg whites until firm, glossy peaks form. Add half of the beaten egg whites to yolks and stir well until whites are thoroughly combined and soufflé base

has a looser consistency. Mix in half the cheese as well as the chives, if using. Add remaining beaten whites, and, using a silicon spatula, gently fold them into the soufflé base just until well combined. In a 9- or 10-inch nonstick skillet, melt butter over medium heat, until foaming. Scrape soufflé base into pan. Using spatula, spread soufflé base into even circle and smooth out the surface. Cover and cook until bottom of omelette is browned and top is just barely set (or even a little loose still, if you prefer). Scatter remaining cheese on top; cover once more and cook until cheese starts to melt, about 1 minute longer. Carefully slide the omelette out of the pan and onto a warm serving plate, folding it over itself. Serve right away.

More Recipes (with clickable links):

- [Ottolenghi's Strawberry and Vanilla Mini-Cakes from Yotam Ottolenghi's Sweets](#)
- [Screamin' Mean Greens from Martha Stewart](#)
- [Vegan Southern Collard Greens from Sweet Potato Soul](#)

This Week's Box List

Chives or Garlic Chives

Cilantro or Dill

* Collards

* Green Garlic

* Grapefruit (From Terra Firma Farm)

Kale (From Terra Firma Farm)

* Lettuce (From Terra Firma Farm)

Mandarins (From Twin Girls Ranch)

* Rosemary or Sage

* Stir Fry Mix

* Strawberries

Turnips

* = Items in Box for 2