



WEEK OF MAY 27TH, 2019 #22/52

### Bees & Lavender Honey

Last Friday, CSA member Clay from Clay's Bees brought us a couple of hives for our lavender field. We don't really have a shortage of pollinators at Eatwell, but having hives in the lavender is pretty exciting. If you have ever had true lavender honey you will understand what I am talking about. True lavender honey comes from bees placed adjacent to the lavender field, and the bees primary source of food comes from those flowers. We chose a sweet little spot for Clay's hives right at the end of the rows of our lavender "super". We only harvest the super for distillation, so if you are coming up to harvest lavender with us next month fear not, you will be in the rows of the lavender "grosso".



Lavender is like a super food for bees, they love it. Honey coming from bees feeding on lavender is very high in tyrosine, is anti-fungal and high in certain types of antioxidants, primarily luteolin and naringenin. There is some really interesting information about lavender honey on the website heal with food [www.healwithfood.org/health-benefits/lavender-honey.php](http://www.healwithfood.org/health-benefits/lavender-honey.php). It has a delicate lavender flavor, and typically is a little less sweet. It also tends to crystalize quickly, it is simply the nature of true lavender honey. I think there is a little sweetness in our future!

And since I'm taking about lavender, it is finally growing. When you walk past the bushes and grab the stalks you can smell the heavenly scent of lavender on your hands. In another few weeks the field will be in bloom and gorgeous. The lavender is magical but only blooms for a short time. Lavender Harvest is coming up the weekend of June 22/23. It is such a great way to connect with the land and meet other members. We still have some space available, so if you are available please reserve your spot here: [www.brownpapertickets.com/event/4223819](http://www.brownpapertickets.com/event/4223819)

### Walking The Wilder Side

Our land is fairly narrow, but long. The beds are about 600 feet long, and the fields on our property are marked by rows of very tall poplar trees, which Nigel planted when he bought this land. Running the length of our land along the eastern side is the main farm road. Our crew uses it many times every day, trucks and tractors driving back and forth. From that main road you have access to all the fields on our land and easy access to the 40 acres we lease next door. And, as it is the road more traveled, it is the easiest way for the crew to get out to harvest.

Out of habit we usually walk that road to get out on the farm, but my preferred walk is on the west side of our land. Along that path, Nigel planted a hedgerow of Dogwood Roses, Ceanothus (California Lilac), and Toyon to divide our land from the neighbor. It is a bit wild and quite beautiful. It is a little more quiet and peaceful and I feel like I have stepped away from the business that this farm is. Quite often, you'll see something different when looking down the rows of planted vegetables or in the orchard. It makes sense that when the guys harvest, they do so working from the other end of the rows, closest to the road. From that vantage point a field can look fairly cleaned out, or in the case of the orchard the trees often look like there is no fruit because it has been harvested.



Sunday evening, Andrew and I walked the "wilder side" of the farm and discovered the cherry trees at that end of the orchard are loaded with fruit. If we had only walked the main farm road we would have missed all of those beautiful cherries. What fun to discover that much fruit, much of it is not quite ripe but I am keeping my fingers crossed we can get it harvested before the birds enjoy this year's bounty!



When I came back to the house, I realized that once again the farm is my teacher, reminding me to break out of my routines, walk the road less traveled, look up and around, and don't just accept what I see right in front of my nose.

# RECIPES AND IDEAS FROM LORRAINE

It is Memorial Day, but for me it is just another Monday. So it is easy to forget today is a holiday, and therefore forget what we meant to celebrate, or really in this case, to honor. As I do on many Monday mornings I read Sam Sifton's piece for NYT Cooking. Sometimes he writes as if he is speaking straight from my heart, so as we remember those who have given their lives, I would like to share that part Sam wrote today that really touched me:

"...And then, perhaps, you can celebrate life. That's what we do around dinner tables and sitting on picnic blankets, isn't it? We bring people close in the presence of food and drink so we can feed one another, cheer one another and revel in our sheer pleasure at being alive."

## Bok Choy Salad

*Recipe by Mark Bittman*

Seeing this recipe with no measurements put a smile on my face, guess I am not the only one. Not sure I would necessarily call this a salad, but it certainly is a quick and easy side of veg.

Chopped Slab Bacon  
Saute chopped Bok Choy  
Sesame Oil  
Soy Sauce

Cook chopped slab bacon on medium-high until done; remove with slotted spoon. Saute chopped bok choy. Combine cooled bok choy and bacon with sesame oil and soy sauce; toss.

## Simple Grapefruit Vinaigrette

*Recipe from [aggieskitchen.com](http://aggieskitchen.com)*

This week we have lots of great stuff to make a big center stage salad. Take advantage of them all coming together at the same time. Whether you have arugula or mustard greens, both will work in salad, and if you have the family box you have lettuce. Everyone is getting radishes and fresh garlic.

1/4 cup of freshly squeezed Grapefruit juice (about half of a large grapefruit)

1/4 - 1/3 cup Olive Oil

1 teaspoon Honey or Agave nectar

good pinch of Salt and freshly ground Pepper

Combine all ingredients in a jar or container with a tight sealed lid. Shake vigorously until combined well. Taste for sweetness, salt and pepper and adjust. Spoon over your favorite greens. Store in refrigerator for up to 3 days.

## Sri Lankan Dal With Coconut and Lime

### Kale

*Recipe by Tejal Rao from NYT Cooking*

1 lb Red Lentils  
3 Green Cardamom pods  
3 TB Coconut Oil  
1 Cinnamon Stick

3 whole Cloves  
2 small White Onions, thinly sliced  
4 cloves Garlic, crushed  
3/4" piece of Ginger, peeled and grated (about 1 tablespoon)  
2 Green Finger Chiles or Serrano chiles, stemmed and finely sliced  
Scant 1/2 tsp ground Turmeric  
1 bunch Red Russian Kale (about 9 ounces)  
1/2 tsp Mustard Seeds  
2 TB unsweetened shredded Coconut  
2 tsp Salt  
1 Lime, juiced  
7 oz (3/4 cup plus 2 tablespoons) canned Coconut Milk  
Rice and Yogurt, for serving

Wash the lentils in a strainer in cold water until the water runs clear, then place in a medium bowl, cover with water and set aside. Bash the cardamom pods with the side of a knife so they crack open. Put 2 tablespoons of the

coconut oil into a large pot over medium heat. When hot, add the cardamom pods, cinnamon stick and cloves. Fry for a minute, then add the onions. Cook for 10 minutes, stirring frequently, until the onions are browning and soft. Add the garlic, ginger and green chiles and stir-fry for 1 to 2 minutes, then remove a third of the mixture from the pot and set aside. (Leave the cinnamon stick behind.) Drain the lentils and add to the pot, along with the turmeric and 4 1/4 cups of hot water. Turn the heat to high and bring to a boil. Once they are boiling, reduce the heat to low and simmer for 20 to 25 minutes, stirring occasionally, until the lentils are soft and creamy. While the lentils are simmering, chop the kale into thin strips and discard the thicker stems. Put the remaining tablespoon of coconut oil into a lidded frying pan (keep the lid off for now) over medium heat and, when hot, add the mustard seeds. When the seeds begin to pop, add the reserved onion mixture and fry for 1 to 2 minutes. Add the kale, shredded coconut and 1/2 teaspoon of the salt. Stir-fry for 1 minute, add 1/4 cup of hot water and put the lid on to steam the kale for 2 minutes, or until soft and tender. Add the lime juice and stir. When the lentils are soft and creamy, add the coconut milk and remaining salt and simmer for 5 more minutes. Remove from the heat, and pick out and discard the cardamom pods and cinnamon stick. To serve, ladle into bowls and divide kale over the top. Serve with a side of yogurt and rice.

### This Week's Box List

\* Arugula or Mustard Greens

\* Bok Choy

\* Broccoli

\* Collards or Dino Kale

Garlic Chives

\* Garlic

\* Grapefruit (From Terra Firma Farm)

Lettuce

\* Radishes

Raisins (From Capay Canyon Ranch)

Red Russian Kale

Turnips

\* = Items in Box for 2