



WEEK OF JULY 1ST, 2019 #27/52

## July 1st



Today is the second anniversary of losing Nigel. It is impossible to believe that a man with such strength, will and love for his life, could be taken that way. He touched many lives. This morning I read a note from a CSA member who is renewing his subscription, and his answer to the question how did you hear about us was "I went to a talk by Nigel at a now long gone bookstore in the Mission in 2004". Even today, on this particular morning, he still effects people.

For all of our new members let me tell you a little about the man who started this farm. Nigel came from Leicester England. As a young child he loved spending time with his grandfather working in the garden, in the dirt. His grandfather was a no-nonsense kind of man who apparently was a little scary, but as a young child, that didn't bother Nigel, he just called him Bossy Boots Grandpa. Young Nigel learned his love for land and plants from him, which many years later would determine his path in life.

At 18 Nigel was offered the opportunity to go through the BBC's radio engineering program. He made it through and took his position working for the BBC's World Radio. He truly enjoyed the work, but had the feeling there was something more for him. And not so long after starting a very promising career, he made the decision to leave it to attend Writtle Agricultural College to pursue a life of farming.

In England, he farmed a few places, including growing for Safeway. He was involved with his friend Ian at Sunnfields Farm back when they were getting started. Ian told me that the fence Nigel built is still standing. But ultimately Nigel was drawn to the rich soil and sun warmed fields of Northern California.

Nigel and Frances started Eatwell Farm over 25 years ago on a few acres not far from where we are now. They were the first ones selling at the CUESA Market, now located at the Ferry Plaza, and several other farmers markets around the Bay Area. Growing their customer base, always with the goal of starting a CSA. Nigel had such a love for his community, the CSA members, our regulars at the market and the other vendors who became such good friends. He was always game for a new idea and adding a different aspect to the farm, very much a man willing to at least give it a try. It was this spirit that led him to buy a delivery truck that ran on waste vegetable oil, growing wheat for chickens which turned into growing wheat for flour, which led to the purchase of a stone mill.

One of Nigel's favorite crops were his tomatoes. One day, Sam Mogannam from Bi-Rite Markets talked to him about these amazing tomatoes he had in Italy, and on Sam's recommendation Nigel began growing heirloom tomatoes, and was the first to the market with them. Back in the day, he selected and saved his tomato seeds. A lot of work, but at the time he felt it was really worth it. Until the big companies came in and took over the market.

Nigel was one of the first farmers in this area to do pastured chicken eggs at the scale we have. And we are still, probably the only farm that relies solely on our chickens for fertility. He came up with the crazy idea of using old mobile homes for our chicken houses. He spent a lot of time researching, and observing how our chickens live and thrive. In his last few years, Nigel delved into the teachings of permaculture. We went to conferences and he took the Permaculture Design Course. It was his dream to turn our farm into a broad acre permaculture farm, incorporating more vertical growing with food producing trees and plantings in between them.

He was a visionary, my husband. He was a man with a great smile, and wonderful English sense of humor. But he was also a bit no-nonsense like his Grandpa. Always clear on his direction, even if that direction had far too many little roads and twists and curves. He loved ice cream, especially Ben and Jerry's. It was, and still is, a family tradition here, when all the kids get together, to have at least 4 pints on the table, with spoons and no bowls, to be shared between us all.

One of my absolute favorite memories with Nigel was his excitement over his new potatoes. And so it seems ultimately fitting that our very late potatoes should arrive in your boxes this week. Please be gentle with them, just a little soaking and wiping will remove the dirt. Steam them, and eat them straight from the pot with a little butter and salt, and know that if Nigel were here, that is exactly what he would be doing.

# RECIPES AND IDEAS FROM LORRAINE

## Stone Fruit in Plastic Bags

We have had a lot of you write in telling us your stone fruit has rotted in the bags. It is a real challenge getting the fruit to you in good condition. But the truth is, if you want to ripen your fruit you put it into a paper bag and I fear that might be our problem. We all want less plastic in our lives, but I also don't want so many of you getting rotting fruit. So over the next few weeks we are going to experiment a little. This week we are planning on putting the fruit into the plastic bags and next week we will try the clamshell containers and see if any of these options work better. If you know of any affordable alternatives or suggestions, please email us.

## Sweet and Spicy Fruit Salad

*Recipe from NYT Cooking by Melissa Clark*

1/3 cup granulated Sugar  
1 Serrano Chile, halved  
1 whole dried Star Anise  
7 to 8 cups mixed cut fruit, like Kiwi, Peaches, Plums, Raspberries, Blueberries, Blackberries, Mango, Pineapple, Oranges, grapefruit, Pears or Bananas  
2 tsp chopped Tarragon  
2 tsp chopped Basil  
Flaky Sea Salt, to taste  
Black Pepper, to taste  
Mascarpone or crumbled ricotta salata, for garnish (optional)  
Place sugar, 3/4 cup water, chile and star anise in a small pot and bring to a boil. Simmer for 10 to 15 minutes until the mixture is as thick as maple syrup and spicy tasting. Strain syrup. (Syrup can be made up to 1 week in advance; store in the refrigerator.) Toss fruit with half of the sugar syrup, the tarragon and the basil. Add more syrup to taste, depending on how sweet and spicy you want the salad. Season very lightly with salt and pepper. If desired, add dollops of mascarpone or crumbled ricotta salata on top.

## Using the Box for 4th of July

It's the week of the 4th of July. You have potatoes and cabbage, sounds like perfect picnicking food. These velvety small potatoes would also do well on skewers with some marinated meat/tofu/fish and loads of veggies. Maybe pieces of onion too. You could make a warm salad with the cabbage by cutting into wedges, drizzling with oil, sprinkle with your favorite Eatwell Farm Salt and roast in the oven until the edges just begin to crisp. Zucchini is just starting to come in, and I am hoping we will have enough for both boxes next week.

You can make a nice sauce with the basil. You don't have to do full pesto, just some oil, salt and if you have any parsley or chives throw them in too. Puree in the blender or food processor. To brighten the flavor add lemon zest and lemon juice.

For Collards, I usually start by cooking them in boiling water, still bunched. I swirl the bunch around the water until the leaves are tender. Put into a colander to cool and let much of the water drip off. Then I chop and cook further to make whatever I want with them. You can also leave them whole, remove the stems and use the leaves as wraps. You can cook the Red Russian Kale this same way. Kale is great for salads. One of the advantages of kale

salad is you can make it well ahead of time and it won't wilt or go bad like lettuce salads will. You can blanch, then dry well, then chop or you can go with fully raw kale. Here is a link to a website that has 12 kale salad recipes for you to chose from [cookieandkate.com/12-favorite-kale-salads](http://cookieandkate.com/12-favorite-kale-salads)

## This Week's Box List

- \* Basil
- \* Cabbage  
Chard
- \* Collards
- \* Kale, Red Russian
- \* Onions  
Parsley
- \* Peaches or Nectarines
- \* Potatoes  
Radicchio or Lettuce  
Turnips  
Zucchini or Tomatoes

\* = Items in Box for 2

## Potato Salad With Dijon Vinaigrette

*Recipe from NYT Cooking by William Norwich*

Clearly you won't have enough of our potatoes for this recipe so do a mix with store bought, but try to find small ones.  
3 pounds red new potatoes  
1/4 cup red wine vinegar  
3 tablespoons whole grain Dijon mustard  
1/2 cup Olive Oil  
6 Scallions, chopped use the green tops from this week's onion  
1/2 cup chopped Parsley  
1/4 cup chopped Dill  
Salt and pepper  
Place the potatoes in a large stockpot, and cover with water. Bring to a boil, and cook until the potatoes are tender, about 20 minutes. Drain and allow to cool. When cool, cut the potatoes in half. Combine the vinegar and mustard in a large bowl. Slowly whisk in the olive oil. Add the potatoes to the vinaigrette, and mix gently but thoroughly. Toss in the scallions, parsley and dill. Salt and pepper to taste.