



WEEK OF JULY 22ND, 2019 #30/52



Eggplant

Is in your box this week! I am so excited, because now I can make Eggplant Parm, one of my favorite dishes. Lilly made it last summer and I think we ate it for days, and then we were all disappointed when the leftovers

were gone, so we made more. I know some of you don't like it, but I find sliced and roasted with Ottolenghi's Saffron Yogurt sauce, it is quite the treat. For vegetarians it is a welcomed vegetable that adds a bit of meatiness to lasagnes, enchiladas, spaghetti sauce etc. Or you can grill thick slices and enjoy it on a bun. They are naturally high in fiber, so great for digestion.

Juanita

I was taking a quick look out on the farm last Friday and ran into Juanita who was out harvesting herbs for the market. In her hands were some gorgeous onions which she was so excited to pull from the ground. It brings me great joy knowing the crew enjoys the fruits of their labor. Since we were out there we noticed the peppers growing next to the

onions, and that got Juanita excited. Soon we will have enough peppers for the box.

Juanita has been working with us for several years now. She and Andrea put together most of what you see bagged up in your box each week. They also put together all the eggs. Later in the week, when we don't have CSA stuff to do, they work down at our warehouse in town. She is responsible for making all of our salts, salves, massage balms, sugar scrubs, filling essential oil and Hydrosol bottles.



Herb Distillation

Lavender season is much more than just one weekend. For weeks, the crew will harvest bins of lavender that I then drive to Sonoma to be distilled. We also distill rosemary, rose geranium and lemon verbena. This past week I brought in one bin each of rosemary and rose geranium. The scent in the van was incredibly beautiful. It might seem like an odd combination, but they work well together. And what a welcome change from traveling with two bins of lavender. I can guarantee, even the most ardent lavender fan, would have a tough time driving for an hour with 300 lbs of lavender on board. It is intense.



The week before I brought over two bins of the lavender variety "Super," which has a much stronger scent. I was so happy to get out of the van when we arrived at Wally's so I could breath some fresh

air. The hydrosols are the flavor ingredients in my Softers. As I was working for an aromatherapy skin care, when I met Nigel, actually it was his rose geranium hydrosol we were using in our products, bringing the plants in for distillation is pretty exciting for me. Wally and I get to talking and I find myself quickly jumping down the essential oil rabbit hole.

Have you ever tried our lavender oils? They are quite gorgeous, and probably my go to product for many of life's little hiccups. Headache? Rub a little on the back of your neck and at your temples. Stressed? Sprinkle a little on a tissue and tuck into your pillow case. Burns, minor cuts or scrapes? Lavender is fantastic. I used it recently when I got stung by a wasp. Lavender EO with some ice, and my reaction was probably about 1/2 as bad as it normally is, so pretty amazing stuff.



RECIPES AND IDEAS FROM LORRAINE

Lemony Pasta with Zucchini and Fresh

Herbs

Recipe by Colu Henry from NYT Cooking

1 lb Fusilli or other short curvy pasta
1 ½ lb Zucchini, halved lengthwise and cut into 1/2" thick pieces
Kosher Salt and Black pepper
4 TB Olive Oil
2 Garlic cloves, thinly sliced
½ tsp RedPepper flakes
Juice and zest of 1 Lemon
½ cup grated Pecorino or grated Parmesan cheese, plus more for serving
1 ½ cups roughly chopped Herbs - Basil & Parsley, plus more for garnish
Flaky salt, for serving (optional). I recommend using Eatwell Lemon Salt
Bring a large pot of well-salted water (2 heaping tablespoons kosher salt to about 7 quarts water) to a boil. Add pasta and cook until it is just under al dente, 1 minute less than package directions. Drain, reserving 1 cup of the pasta cooking water. Meanwhile, prepare the zucchini or other squash: Season chunks with salt and pepper. Heat 3 tablespoons of olive oil in a large skillet over medium heat and add the squash in one layer (you may need to do this in two batches) and cook undisturbed until it begins to turn golden brown, about 3 minutes. Flip and cook 2 to 3 minutes more. Remove from the pan and set aside. Taste and season again, if necessary. Add the remaining 1 tablespoon oil to the pan. Add the garlic and red-pepper flakes and cook until the garlic becomes translucent, about 30 seconds. Add the squash back to the pan along with the lemon juice and half the lemon zest. Toss to combine. Add the pasta to the skillet, and toss to combine. Add 1/2 cup of the pasta water and the grated cheese, and toss until the cheese emulsifies and is silky. If needed, add an additional 1/4 cup pasta water or more to loosen. Add the fresh herbs and toss again. Top with additional herbs and the remaining lemon zest. Serve in bowls, and pass grated cheese at the table. Season with flaky salt, if desired.

Last week Lindsey, from the Barn and Pantry, in Dixon and I taught a Meal Prep cooking class. Each attendant got a family sized CSA box and one pre-roasted chicken. From that we made two complete meals, plus plenty more for leftovers. The dish we paired up with the chicken breast was this Lemony Pasta, to which we added some feta, and it was delicious. We suggested adding a fresh tomato salad on the side, or if you wanted to make this meal this week, maybe a little roasted eggplant. The second full meal we made with everyone, used the rest of the chicken which we turned into shredded tacos. That we topped with finely chopped cabbage mixed with cucumbers, a bit of smoked chili salt and apple cider vinegar. Delicious and both meals offered plenty of food for a 3 to 4 people, and then maybe some leftovers. The bones and skin from the chicken we suggested turning into stock to use in soup or risotto.

This Week's Box List

Basil
* Cabbage
Chard
* Cucumber
* Eggplant
Onions, Spring
Parsley
* Peaches or Plums
* Potatoes
Radishes or Turnips
* Tomatoes
* Zucchini

* = Items in Box for 2

Shredded Chicken for Tacos

Recipe by Mark Bittman NYT Cooking
2 pounds boneless chicken thighs
1 large white onion, peeled and quartered
5 cloves garlic, peeled and lightly crushed

2 bay leaves
1 tablespoon ground cumin
1 ancho or other mild dried chile (optional)
Kosher salt and freshly ground black pepper, to taste
Combine all ingredients in a saucepan and add water to cover. Turn heat to high, bring to a boil, and skim any foam that comes to the surface. Partially cover and adjust heat so mixture simmers steadily. Cook until meat is very tender, about 30 minutes. Remove from liquid and cool. Shred meat with fingers. Taste and adjust seasonings; use within a couple of days.

More Recipes:

- [Grilled Eggplant, Tomato and Parsley Salad from Food & Wine](#)
- [Cabbage, Bacon, and Potatoes Skillet from The Southern Lady Cooks](#)
- [Cucumber Peach Salsa from Happy Healthy Mama](#)