



WEEK OF JULY 29TH, 2019 #31/52

### Do We Really Need All The Gadgets?

Cleaning up my email this afternoon, I popped open the Sur La Table special. They now have a Cauliflower tool, a curved gadget to make separating the florets from the stalk that much easier. This cauliflower tool was just one in a long list of handy kitchen tools they had on special ranging from a French Press Stirrer, an Artichokester, a 4-in-1 Avocado Tool, a Spice Cube Freezer Tray and the list goes on. I couldn't help but wonder, if this extremely wide variety of tools, meant to make life in the kitchen easier, only confuses people and makes it all seem so much more daunting. Wouldn't we be better off with a couple of good knives that fit well in our own hand? If I didn't love smoothies so much I could get rid of my blender and just use my immersion blender. Love my food processor and I bake often, so the mixer definitely comes in handy. But the truth is I don't really need that hand mixer that sits in a box in my cupboard, even though I do use it a few times a year. Is all this gadgetry keeping us from the simple basics of cooking? Does it add to that fear that so many people clearly have which keeps them from just getting to work in the kitchen? I can't tell you how often I hear from people that they don't know how to cook. But throughout our lives we all learn how to do and perform countless tasks, every single day, yet we have allowed ourselves to be convinced that making food is just too hard to figure out. I applaud all of you for getting back to the basics of starting with fresh, whole produce, not pre-washed, pre-cut or pre-peeled. You have found your way to the kitchen. And I know for some of you it is a real struggle sometimes. Believe me when I tell you, the most bizarre combinations of food, once googled, will reveal plenty of recipes to choose from. As we move into summer, you can cook less and enjoy the delicious and simple ripe tomato, sliced and topped with a sprinkling of Eatwell Farm Lavender Salt, my personal favorite on tomatoes. Or try Marcella Hazan's Tomato Sauce recipe, 4 ingredients if you include the salt. Oh my, is it delicious. I am also a big fan of good pots and pans, don't skimp, think of them of lifetime investments. Oh and if you need help finding the perfect knife visit the CSA members over at Bernal Cutlery, the store is amazing, and they are really knowledgeable.



### A Few Changes In The Office

Some of you may have noticed last week's emails coming from Noelle read "Noelle and Andrew" and you might be wondering what the heck? Well, we have a new official employee, Andrew Walker, one of the famous Walker twins! Andrew graduated from college and has decided that where he wants to be is here with us on the farm. As it turns out, Noelle has decided that where she wants to be right now is with her sweet daughter Rory who is almost a year old already! How did that happen???? So call it kismet, destiny or serendipity, but the planets aligned and we have a very smooth transition happening in the office, no search, no interviews, just a pretty happy situation.

Andrew brings a lot to this position and does come with some fantastic plusses. The obvious is a life-long love of this farm. He has been a part of the farmers market since he was a couple of weeks old (seriously) and has worked on so many projects with his dad and his brother. He also speaks Spanish, which will be really helpful when communicating with the crew. And of course he knows so much about the farm, but is also really excited to learn all the new things that are a part of this particular job. At university, Andrew worked on his school paper, so I am looking forward to seeing some really nice photos and maybe an article or two from him in the near future. As always, new eyes bring a different perspective on any and all jobs, so I am also looking forward to collaborating with Andrew and Cameron to make some improvements in our systems. Running the CSA is an enormously important job here at Eatwell, and Andrew is up for the challenge and just so excited to dive right in!



Noelle has handled this job with efficiency and calm. Believe me when I say, there are times that remaining calm and cool is quite the challenge. The CSA manager, along with Cameron and myself, get text messages at 5:30 in the morning when the drivers get to their first stop and discover something is missing or broken or just not right. In any case, Noelle has always amazed me with her ability to stay calm no matter what. She also came to us at the end of Nigel's life, and I can only imagine how challenging it was for her to take on a position in the middle of that life crisis. Noelle, you will be missed, and we are so very grateful for the hard work and long hours you have given to your job as CSA manager.

# RECIPES AND IDEAS FROM LORRAINE

## Zucchini Pancakes

*Recipe by Elaine Louie from NYT Cooking*

Since we are not in dill season, and basil tastes great with summer squash and feta, I would use it instead. This is served with a garlicky yogurt sauce, I would add slice tomatoes on the side.

3 medium Zucchini, shredded  
Salt & Freshly ground Black Pepper  
3 large Eggs, beaten  
½ cup All-purpose Flour  
1 TB Extra Virgin Olive Oil  
1 cup crumbled Feta Cheese  
3 Scallions, finely chopped use the tops from this week's Spring Onions  
⅓ cup finely chopped Dill OR Basil from the Box, but I would do about 1/2 this amount and taste it, basil is stronger than dill. If you have Parsley I would add some of that too,  
1 tsp Baking Powder  
4 to 6 TB Vegetable Oil, more as needed

Preheat oven to 250 degrees. Place zucchini in a colander over a bowl, and mix with 1/2 teaspoon salt. Allow to drain for five minutes. Transfer to a cloth kitchen towel, and squeeze hard to extract as much moisture as possible. Squeeze a second time; volume will shrink to about half the original. In a large mixing bowl, combine zucchini and eggs. Using a fork, mix well. Add flour, 1/2 teaspoon salt, olive oil, feta, scallions, dill and 1/2 teaspoon black pepper. Mix well, add baking powder, and mix again. Place a cast iron skillet or other heavy skillet over medium heat. Add 2 tablespoons vegetable oil and heat until shimmering. Place heaping tablespoons of zucchini batter in pan several inches apart, allowing room to spread. Flatten them with a spatula if necessary; pancakes should be about 3/8 inch thick and about 3 inches in diameter. Fry until golden on one side, then turn and fry again until golden on other side. Repeat once or twice, frying about 5 to 6 minutes total, so pancakes get quite crisp. Transfer to a plate lined with paper towels, and keep warm in oven. Continue frying remaining batter, adding more oil to pan as needed.

## Cabbage With White Beans, Turnip and Pecorino

*Recipe by Robin Bashinsky from Cooking Light*

This is a great opportunity to use some of those amazing Rancho Gordo Beans!

1 TB Extra Virgin Olive Oil  
1 cup cubed peeled Turnip  
1 TB chopped fresh Thyme OR use Eatwell Farm Thyme Salt  
1/4 cup thinly sliced Shallots or use some of the Spring Onion

3/8 tsp Salt, divided  
1 (15-ounce) can unsalted White Beans, rinsed and drained  
4 cups thinly sliced Green Cabbage  
1/4 cup Water  
1 TB Champagne Vinegar  
1/2 tsp freshly ground Pepper  
1 oz Pecorino Romano cheese, shaved (about 1/2 cup)

Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add turnip, thyme, shallots, and 1/8 teaspoon salt; sauté 2 minutes. Reduce heat to medium-low; cover and cook 6 minutes or until turnips are slightly tender, stirring occasionally. Increase heat to medium-high. Add beans; cook 2 minutes, stirring occasionally. Add remaining 1/4 teaspoon salt, cabbage, 1/4 cup water, vinegar, and pepper; cook 1 minute or until cabbage is slightly wilted, stirring occasionally. Top evenly with cheese.

### This Week's Box List

\*Basil  
\*Cabbage  
Eggplant  
Onions  
Parsley  
\*Peach, Nectarines or Plums  
Bell Peppers  
\*Potatoes  
\*Summer Squash  
Cherry Tomatoes  
\*Red Slicer Tomatoes  
\*Turnips or Radishes\*

\* = Items in Box for 2

### More Recipes

- [Zucchini, Eggplant, Tomato Gratin from Simply Recipes](#)
- [Herb Roasted Turnips and Onions from Andrea Beaman](#)
- [Baked Tomatoes, Squash, and Potatoes from Martha Stewart](#)
- [Roasted Bell Pepper Tomato Basil Soup from Stacey Homemaker](#)

### Tomatoes and Potatoes

One of my go to meals right now is this combo. I gently boil some potatoes, then drain and cool enough to handle. In a large skillet I melt a good knob of butter with a glut of olive oil. I take the red slicers and cut the bottom end off, then cut in half. I put the halved tomatoes into the skillet and start cooking on medium heat. If I am doing other things I turn it down to medium low. While those are cooking I cut the potatoes into bite sized pieces. When the tomatoes start to brown and caramelize on the bottom they are ready to flip over. I make some space in the pan and add the potatoes off to the side. You might want to add some more butter. You can also put thinly sliced onion into this mix, as well as some summer squash. This can be used throughout the week, as a side to almost anything, or enjoy for breakfast with a fried egg. And don't forget to use your favorite farm salt!