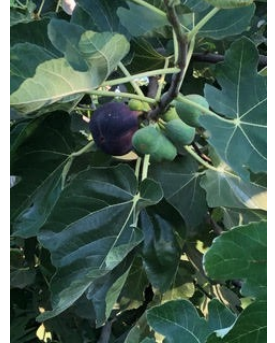




WEEK OF AUGUST 5TH, 2019 #32/52

### Figs

The year after we moved into the farmhouse Nigel planted two fig trees on the side of our bedroom. One is enormous and currently filled with fruit. We don't certify the land around the packhouse or the farmhouse, so our figs are not certified organic, but they are delicious! The big tree is a "Mission" and I suspect we will have some fruit available in about a week. So keep on eye on the extras I will update availability as they come in. Having fig trees just outside his bedroom door was such a joy for Nigel. Growing up in England where you cannot grow fruits like figs or citrus. It was a dream come true to be



able to walk outside and pick these delicacies, because that's what they were to him. Let's not let the birds eat all of them and help me enjoy Nigel's figs.

### What We Do Off The Farm

Many of you don't know that we have a warehouse in town, with a certified kitchen, called "Drinkwell." After the lavender we harvest has dried, we box it up and bring it down, where boxes upon boxes are stored, waiting to be turned into dried lavender bunches. We are now in the process of transporting all of our empty boxes to the farm to fill with lavender, and then turn around to bring back to Drinkwell. This takes days, but we will have enough lavender to last us the year. We also use the dried lavender buds for lavender salt, lavender sachets, and some will be macerated in olive oil and used in our salves and massage balm.



All of our salts, salves, massage balms and sugar scrubs are made at Drinkwell too. Juanita does all of this work for us. For the salts, we dry the herbs on the farm, then she will add it to the salts. Our dried calendula and lavender buds are macerated in olive oil to be used in the salves and massage balm and sugar scrubs, along with our essential oils and a few other ingredients.

Andrea puts together all of the lavender bunches. This is a somewhat tedious job as you have to pay attention to each stem you add. Andrea also makes the Softers. Drinkwell Softers are the pro-biotic drinks we make which are fermented using whey from Straus Yogurt and flavored with our Lavender, Lemon Verbena, Rosemary and Rose Geranium hydrosols.

Our little space close to downtown Dixon produces so much for the farm. I am very grateful for this space.

### Meal Prep Class

In last Thursday's email I mentioned the Meal Prep Classes we have started at the Barn and Pantry. We have now had two classes and I have been having the best time. I have been having so much fun putting these classes together and co-teaching with Lindsey.

Lindsey and I had a conversation about how so many people struggle with cooking. I can honestly say it is probably the biggest deterrent keeping folks from signing up for a CSA box, they just don't know what to do with the food. So, I wanted to share this meal prep idea with all of you and make them available to our members and your friends either here in the farm house or I could potentially come to you.

Our goal is to keep these classes really simple with two meals, using one protein source. Our first class was one roasted chicken for two complete meals, plus leftovers. This past week we made meatballs for the two meals, eggplant roasted tomato stacks and ratatouille with goat cheese polenta. The class includes a family sized CSA box, the meat and recipes for using other items in the box. Would a class like this be of interest to any of you or your kids? It would be a great way to introduce friends to the idea of eating the CSA way. It could also be a fun work event. At my house I can easily accommodate 10 people. We could share a meal together plus you would bring food home. The class takes a little more than 2 hours when all is said and done, and they are so much fun. If you have any interest please let me know at 530-554-3971.

# RECIPES AND IDEAS FROM LORRAINE

## Eggplant Stacks

*Eatwell Farmhouse Kitchen*

This is made with almond flour, which burns pretty easily so you really want to keep the eggplant slices on the thinner side and don't overheat your oil. If you aren't concerned with carbs or gluten, go with standard dredge, dip in flour, then egg, then breadcrumbs.

1 1/4 lb Eggplant, cut into 1/3" rounds

1 cup Almond Meal (or use Panko or regular breadcrumbs)

Salt and Pepper

2 Eggs, beaten

Oil for frying

Dip into the beaten egg, then into the almond meal. Fry on medium heat until a dark golden then carefully flip to the other side and fry until done. Put finished eggplant slices on a cooling rack with a tray underneath to catch oil drips. Preheat the oven to 425 F. Cut the butt end of the tomato off and discard. Cut the tomato into 2 thick slices, they should be no less than 1/2". Put onto a roasting sheet and pop into the oven for 20 minutes. Wash some Basil Leaves. Shred some Mozzarella. Grate some Parmesan. Put one prepared Eggplant slice on a baking sheet, top with one or two basil leaves. Place one or two slices of roasted tomato depending on how wide the eggplant is. You want to have nice amount of tomato coverage. Carefully put on 1 to 2 TB of grated Mozzarella, then top with grated Parmesan. Bake at 375 for 5 to 8 minutes. until cheese melts.

## More Recipes

- [Homemade Pepper Sauce from Rants from My Crazy Kitchen](#)
- [Dried Peppers/ Pepper Flakes from Nonna's Way](#)
- [Grilled Cheese Panini with Tomato and Cayenne from What the Heck do I Eat Now](#)
- [Cooked Tomatillo Salsa from NY Times Cooking](#)
- [Cherry Tomato, Basil and Onion Salad from The Blond Cook](#)

## Grated Squash, Corn and Tomatillo Tacos

*Recipe by Martha Rose Shulman from NYTCooking*

I love when recipes come together so nicely with our CSA share. And someday I would like to meet Ms Martha Rose, I love her recipes! Oh, and if you have any cabbage leftover here is a great way to use it up.

1 TB Extra Virgin Olive Oil or Sunflower Oil

1 small Red Onion, chopped

1 to 2 Garlic cloves, minced

1 to 3 Serrano or Jalapeño chiles, minced (to taste)

1 lb Summer Squash, grated

Kernels from 2 ears of Corn

1/4 cup Cilantro (more to taste)

10 to 12 Corn Tortillas

About 1 cup cooked Tomatillo Salsa

3 ounces crumbled Queso Fresco or Feta

Shredded Cabbage for topping (optional)

Heat the oil over medium heat in a large, heavy skillet and add the onion. Cook, stirring, until tender, about 5 minutes, and add the garlic and chiles. Cook, stirring, until the garlic is fragrant, 30 seconds to a minute, and add the grated squash, the corn kernels, and salt and pepper to taste. Cook, stirring, until the squash has wilted in the pan and the corn is

tender, about 5 minutes. Stir in the cilantro, taste and adjust seasonings. Remove from the heat. Warm corn tortillas: Wrap them in a dish towel and place in a steamer above 1 inch of water. Bring the water to a boil, cover tightly and steam for 1 minute. Turn off the heat and allow to sit for 10 to 12 minutes. Spoon the warm corn and squash mixture onto the hot tortillas. Top with a generous spoonful of salsa, a sprinkling of cheese, and if desired, a handful of shredded cabbage. Fold up the tortilla and serve. Advanced preparation: You can prepare the corn and squash filling several hours ahead. The color will fade out somewhat. The salsa will keep for 3 days in the refrigerator.

- [Fish Roasted on a Bed of Tomatoes and Potatoes from Boston.com](#)
- [Spicy Tomato and Red Pepper Spread from The Grapevine](#)

## This Week's Box List

\*Basil

Collards

Cucumber

\*Eggplant

\*Onions

\*Peaches, Nectarines or Plums

Peppers, Arapaho (SPICY)

Potatoes

\*Summer Squash

\*Tomatillos

Cherry Tomatoes,

\*Red Slicer Tomatoes

\* = Items in Box for 2