



WEEK OF AUGUST 19TH, 2019 #34/52

Squash Bugs

Last week we had a visitor come by who is doing research on squash bugs. Kala is a PhD candidate at Emory University in Atlanta, Georgia, and has been traveling the country collecting squash bugs. Squash bugs suck the sap out of leaves with their piercing-sucking mouthparts. Their feeding causes yellow spots that eventually turn brown. The feeding also affects the flow of water and nutrients, which can cause wilting (From the University of Minnesota). I am happy to say she found very few bugs in our field.



Shiso

We are always trying something new and this year it was planting a bed of Shiso. Shiso is an herb that is part of the mint family. It is commonly found with Japanese cuisine and also used in Korean food. The shiso variety we grew is purple. Even though it is in the mint family, the flavor is more like cinnamon. The purple shiso is also used to color food, like ginger served with sushi. We didn't grow enough for the boxes, but we are putting it up on as an extra. So if you would like to give it try just order it to come with your next share.



Tomato Perspective

As Andrew and I were cleaning up after the Sauce Party, we stood and watched the harvest the field of tomatoes next door. A massive piece of equipment runs through the field pulling up the entire plant and sending it up a conveyor. The tomato is separated and spit out into a tractor trailer. When the trucks are loaded, they go racing down the road to the Campbell Soup factory for processing. The field next door is 40 acres and they will have that harvested in about a day and a half. Then we turned around and looked at our tables, that were just the day before covered in tomatoes with people making their own sauce. Everyone is always excited to get their sauce made. We all know there is no comparison when it comes to flavor, store bought versus home made. We grow tomatoes for flavor, whereas the canning tomatoes next door are grown for color and texture.



Sometimes It Happens

I am sitting here with my computer and really struggling for a story. Most Mondays I have far too much to say but today not so much. So I am going to use this space to say thank you to all of you. We know you have choices for how and from where you get your food but you have chosen Eatwell. By supporting a farm like ours you are supporting healthy soil and plant diversity. You are cutting out some of the steps it takes for your food to get to you. You have a direct connection with the farm where some of your food is grown. Even though our first Sauce party this year was small, it was very obvious how important it is to them to have the opportunity to be on the farm. I hope more of you will consider coming out for a visit, we always love to show our members around.

RECIPES AND IDEAS FROM LORRAINE

Tomatillo Chicken Soup

Recipe from Food52 by Brussels Sprouts For Breakfast

1 1/2 pounds boneless skinless Chicken Breasts (cubed)
10 - 12 Tomatillos (paper removed and rinsed)
1 Yellow Onion (diced)
7 Cloves Garlic (sliced)
1 Poblano
1 can mild or hot Green Chilies
3 teaspoons Cumin
3 teaspoons Oregano (dried)
3 teaspoons Green Chili powder
1 1/2 teaspoons ground
Coriander
1 Lime (juice)
6 cups Chicken Broth
Salt and Pepper
Olive Oil

You're going to multitask to begin. Get three things going around the same time. Turn on your broiler. Place tomatillos on foil lined baking sheet and pop under the broiler. Let one side char for about 4 minutes, then flip over and let the other side char for another 4. Remove from broiler and set to rest. As tomatillos char, char the poblano on a gas burner or pop into the over under the broiler with the tomatillos. Let all sides char. Let cool once charred, then remove stem and most seeds before dicing up. As tomatillos and poblano char, heat a soup pot or Dutch oven over medium high heat and add olive oil. Drop in chicken breast cubes and add 1 tsp cumin, oregano, green chili powder and 1/2 tsp coriander. Add some salt and pepper as well. Let cook for about 7 minutes until browned a bit. It may not be entirely cooked through, but that's okay. Remove to a plate. Lower heat to medium and add a bit more olive oil. Add onion and garlic, with 1 tsp cumin, oregano, green chili powder and 1/2 tsp coriander. Let cook for 5 minutes. Add in diced poblano and can of chilies. Let cook for another 3 minutes. Add the whole charred tomatillos with their skin and all juices. Crush a little bit with your cooking utensil and mix everything to combine. Add salt and pepper. Add the juice of 1 whole lime. Add all chicken broth with remaining cumin, oregano, chili powder and coriander. Add an extra dash of salt. Bring to a boil. Once boiling lower heat, cover and let simmer for 30 minutes. After 30 minutes, puree with an immersion blender until mostly smooth. Add chicken back in and let simmer for 45 minutes over low heat, until chicken is super tender. Serve in a bowl with lots of fresh cilantro, cabbage, Greek yogurt, onions, lime juice, avocados and queso fresco. Feel free to leave anything out, or add anything else that sounds yummy.

Lunchbox Peppers, Summer Squash and Potatoes

They are so delicious you really don't need to do anything to them. The nice thing about the lunchbox is all the seeds are up in the top shoulder of the pepper, and they only have just a few. I love to cut the top off and stuff them with Tuna Salad. Or you can put them on a baking sheet and roast them in the

over. I think most of you just eat them as they are. I recently roasted up some of the peppers, with thick slices of onion and also roasted cubes of potato and summer squash. Mixed it all together with a little salt and pepper and served it as a side dish. And the leftovers I put into a pot with our Chicken stock, added a bit of salt and parsley and made a delicious soup!

This Week's Box List

*Basil
Eggplant
*Lunchbox Peppers
*Onions
Parsley
*Peaches, Plums, or Nectarines
*Potatoes
*Summer Squash
Tomatillos
Cherry Tomatoes
*Black Krim Tomatoes

* = Items in Box for 2

Slow Cooked Eggplant with Lemon and Fennel Seeds

Recipe from Bon Appetit September 2018

1 lb. fairy tale eggplants, halved lengthwise if large
1/2 head of Garlic
Zest of 1 Lemon, removed in wide strips
1/2 cup Extra-Virgin Olive Oil
3/4 tsp. fennel seeds
3/4 tsp. Kosher salt
1 Tbsp. fresh Lemon Juice

Place a rack in middle of oven and preheat to 350°. Toss eggplant, garlic, lemon zest, oil, fennel seeds, and salt in a shallow 2-qt. baking dish to combine. Turn garlic cut side down, then roast eggplant, tossing 2 or 3 times, until golden brown, very tender, and crisp around edges and on cut sides, 70-80 minutes. Let cool slightly, then add lemon juice and toss to coat.

Basil Green Goddess Dressing

Recipe from Simply Sated

This would be really nice on sliced tomatoes, or dunk your cherry tomatoes and lunchbox peppers in like a dip.

1 cup fresh Basil Leaves
1/2 cup flat-leaf Parsley
1cup Yogurt or Greek Yogurt
1-2 teaspoons agave nectar or honey- per taste
2 tablespoons green onion scallions, 3-4 green onions, white & green parts
Juice of 1 Lemon - freshly squeezed
2 Garlic cloves minced
1/2 teaspoon Cider Vinegar
1/2 teaspoon Worcestershire Sauce or 1 teaspoon anchovy paste
3/4 teaspoon coarse Sea Salt or Kosher Salt
3/4 teaspoon freshly ground Black Pepper
2 tablespoons Olive Oil

Place all ingredients except the olive oil in a food processor fit with the steel blade. Pulse ingredients until smooth and creamy. With food processor on, drizzle in olive oil and process until oil is incorporated. Place dressing in an airtight container and refrigerate several hours or overnight before serving. Green Goddess Dressing tastes the very best after the flavors have a little time together, but it is still delicious if served immediately.