



WEEK OF JANUARY 1ST, 2020 #1/52



Happy New Year

It's here, the new year, and the new decade, a time for resolutions and reflections. Looking back I realize how differently I eat since my life became a farm life. To me, what is most obvious is how in tune to the seasons I have become; the idea of eating tomatoes this time of year feels almost out of the question, except of course, in the form of sauce. This weekend I made a soup with Rancho Gordo Posole. It was certainly not a traditional recipe, but it was so delicious. I cooked some leeks, garlic, red Russian kale, a sweet potato and chicken stock and the corn. One of our CSA members, Stephen, dropped by Sunday morning and brought me a bag of limes from his mom's tree. So I squeezed some fresh juice into the bowl and topped it with some chunks of California grown avocado and enjoyed my seasonal riff on a delicious and hearty soup. No thought of what *should* be in the pot according to tradition, only looking at what I had on hand, which is what is in season. I no longer feel attached to recipes, but rather to the season, and that is the biggest difference in how I cook after more than 13 years involved with this farm. And that's a good thing:)

But you know this farm is about much more than the food coming out of our fields. The true spirit of Eatwell is the community and how this land has become a part of all our lives. When I think of Eatwell I think of love. Many a proposal has been made



Nigel with beets in 2010

here, to name a few Kyle and Kelly, Christina and Phillip and my own son Cameron and now daughter-in-law Lilly, all got engaged here on the farm. We have gotten to know members who come to the farm for sauce parties or strawberry picking, loving the day they spent here as newlyweds and young couples, who then come back a year or so later with a baby in tow; thinking of you Joe and Jenny, and Melissa and Hitesh. Part of my job description includes getting to know your kids as they grow up to become wonderful young adults. I think of Julianna and Francesca who came with their friends for an afternoon of making Asian dumplings. Keko and Izzy who have helped with early morning breakfast duties. They certainly



aren't the only ones who have gotten up early to come to the farmhouse to help out. Actually, there have been many young helpers over the years, and I can't tell you how many amazing conversations I have had with them! It is the best part of my "job" playing a part in their journey to adulthood. Speaking of adulthood, one of our CSA members, Diego, grew up with Eatwell, and now, as an adult is a member. How extraordinary is that?

One of the best additions we have made is our pizza oven. What an experience it was building it together, but even better is what happens when we gather to make delicious pizzas! I think it is one of the best examples of community coming together. After all, it was members who helped us with the build, and when we cook it is very much a communal effort. The last time we fired up the oven was for olive picking. We made so many yummy pizzas that day! And speaking of olives, we have loads more that have ripened and fattened up, if anyone wants to schedule a time to come pick, please let us know. Bring friends and really go for it!



So I am going to end this here and leave you with some photo memories. Thank you for supporting this amazing place. And I hope to see all of you on the farm some time this coming year. Happy New Year!

RECIPES AND IDEAS FROM LORRAINE

Roasted Cabbage with Warm Walnut-

Rosemary Dressing

Recipe from Food and Wine

This recipe serves 18, and requires 3 cabbages. Normally I adjust recipes to be more appropriate for the box, but decided to leave it as is, in case you have some extra cabbages. I know that I often suggest roasting cabbage, and this might seem a bit redundant but I love the fact that it uses rosemary and so many other ingredients you can actually get with your CSA share, apple cider vinegar, olive oil, and walnuts. Three 1 3/4-pound heads of Green Cabbage, each cut into 6 wedges through the core
3/4 cup Extra-Virgin Olive Oil
Salt
Freshly ground Pepper
8 Garlic cloves, peeled and halved
6 Rosemary sprigs
1 1/2 cups Walnuts (4 1/2 ounces)
1 stick unsalted Butter
1/4 cup Apple Cider Vinegar
2 TB Moscatel Vinegar or White Balsamic Vinegar
Preheat the oven to 400°. In a large roasting pan, toss the cabbage wedges with the olive oil and season with salt and pepper. Arrange the wedges cut side down in a single layer and scatter the garlic and rosemary sprigs around them. Cover tightly with foil. Bake for about 45 minutes, until the cabbage cores are tender. Uncover and bake for about 20 minutes longer, turning once, until the cabbage is brown around the edges. Arrange the cabbage on a platter and tent with foil. Strip the rosemary leaves from the stems; discard the stems and garlic.

Swiss Chard and Egg Casserole

Recipe from Love and Lemons

This recipe looks so easy and really sounds delicious. It would make a perfect light supper or brunch, especially if you pair it with a light salad, or maybe just some sliced orange.
A bit of Olive Oil, for the pan, to cook the mushrooms
1 cup sliced Cremini Mushrooms
4-5 large Chard leaves, stems removed, leaves coarsely chopped
1/4 cup Scallions, chopped
6 TB freshly grated Pecorino cheese
1/4 cup Panko bread crumbs
5 large Eggs
1 clove Garlic, minced
1 tsp Dijon Mustard
a few pinches of Red Pepper flakes
Salt & Pepper
Serve with: Crème Fraîche, or Lemony Yogurt: (plain yogurt, lemon juice, olive oil, salt, a little minced garlic)
Preheat oven to 350. Grease a 7"x11" baking dish (or similar size), and set aside. In a medium skillet heat the oil. Add the mushrooms and a few pinches of salt. Cook, stirring occasionally until they're golden and soft. Remove from pan and set aside. In a large bowl,

whisk the eggs. Stir in the minced garlic and Dijon mustard. Then add in the chard leaves (they should be still raw), mushrooms, scallions, 3 tablespoons (half) of the cheese, and a few pinches of salt and pepper. Toss to coat all of the leaves. Transfer mixture to the baking dish and bake uncovered for 15-20 minutes, until the eggs just start to set. Mix together the remaining cheese with the panko. Sprinkle it on top of the casserole and bake it for about 10 minutes more, until the cheese starts to brown. Sprinkle with a few red pepper flakes and serve with a dollops of crème fraîche or lemony yogurt on the side.

This Week's Box List

Arugula
Bok Choy
*Green Cabbage
*Rainbow Chard
Red Russian Kale
Fennel
*Leeks
*Lettuce
*Spinach
*Butternut Squash
*Navel Oranges
Rosemary

* = Items in Box for 2

Fresh Spinach Dip

Recipe from chowhound.com

Makes 2 1/2 cups

2 TB Olive Oil

1/2 cup shredded Carrot, finely chopped

1/2 cup Yellow Onion, small dice

2 medium Garlic cloves, finely chopped

1 tsp Salt, plus more as needed

1/2 tsp freshly ground Black Pepper, plus more as needed

20 oz Spinach, washed well

2 medium Scallions, finely chopped (white and light green parts only)

1 cup Sour Cream

1/2 cup Mayonnaise

2 tsp Worcestershire sauce

1 tsp fresh squeezed Lemon juice

Heat the oil in a large straight-sided frying pan over medium heat until shimmering. Add the carrot, onion, garlic, measured salt, and measured pepper and stir to combine. Cook, stirring occasionally, until the vegetables have softened, about 6 minutes. Transfer to a large bowl and set aside. Return the pan to medium heat, add half of the spinach, season with salt and pepper, and stir to combine. Cook, tossing occasionally with tongs, until the spinach is completely wilted, about 4 minutes. Add the remaining spinach and cook, tossing occasionally, until completely wilted, about 3 minutes more. Transfer the spinach to the strainer in the sink. Using a ladle, press on the spinach to squeeze out as much liquid as possible. Place the spinach on 4 layers of paper towels, cover with a second quadruple layer of paper towels, and press any additional liquid out of the leaves. Discard the paper towels, finely chop the spinach, and transfer it to the bowl with the vegetables. Add the scallions, sour cream, mayonnaise, Worcestershire, and lemon juice and stir to combine. Cover tightly and refrigerate until the flavors meld and the dip is thoroughly chilled, about 2 hours. Taste and season with salt and pepper as needed, then transfer to a serving dish. Serve with saltine or Ritz crackers, crostini, carrot sticks, celery sticks, or thick-cut potato chips.

Going to a party or hosting one for this New Year's celebration? Why not consider this rich and yummy lasagna dish that incorporates butternut squash and spinach from Halfbaked Harvest? Perfect for this week's shares. Or maybe you are responsible for dessert, and one of my favorites is an old one my mom made back in the 70's Orange Souffle, which is really more of a mousse.