



WEEK OF MARCH 30TH, 2020 #14/52

Week #3

How are you all doing? I hope everyone is healthy, but I imagine many of you are starting to get a little stir crazy, and I know this is pretty hard on the kids. What are you doing to keep your family healthy, sane and entertained? Maybe you could share what is working at your house with other CSA members? We do have a Slack Group for the Eatwell Community where we post recipes and ideas about how to use what is in the box. Last week some of us started to share some cocktail ideas, recipes and photos. Perhaps this would be a good space for family activities? Doesn't necessarily have to be food related. If you haven't joined the group, here is the link: https://join.slack.com/t/eatwellers/shared_invite/enQtMjIiODQ0MTgyNzQxLTNmNjI0YTZAzOWExNjQ2ZWwZjA4MmViMTRmMDI4MDU4YTgzNGFiNGRiMDIiMjlmZWVzMWVlN2ZkOWIwYTFiZmM

To Give You An Idea

I sat down Sunday night and looked at a couple of weeks of sales figures for all the extras we sell. The first two weeks of February you all purchased an average of \$815 worth of extras each week, not including eggs. The last two weeks the average was, wait for it.....\$531! You can imagine this has really thrown us for a loop. It is a ton of work getting all these extras packed up and on the trucks. We are running out of ice chests and cooler packs, even though I have spent over \$300 just on small coolers in the past week. The stack of labels that are printed for each item you order is massive. I am so grateful I started doing all of this a couple of years back, because we had most of these items already in place and it was pretty straight forward ramping up. Several of you have shared with me that it is a relief to be able to get so much from the farm thereby avoiding trips to the store. I am glad we are able to take a little stress out of your life. But you can imagine with such a massive jump in orders, some mistakes are bound to happen. Additionally, we took on doing the home deliveries ourselves for the first time this past Saturday. There is really a lot that goes into getting all of that organized, and we did make some mistakes. To those of you who were missing a delivery or an item, I apologize for that. We did learn a lot and I know the weeks to come will be much better. I also wanted to remind you all again, please check the sign in sheet at your pick-up location to make sure you are getting all of your extras. Some of the extras will be in egg coolers and others will be the extras box. We are finding quite a few extras left behind. One last reminder, especially for all of our new members, we sell our eggs by the HALF DOZEN. There were quite a few missing eggs this week, and we suspect that was due to a little confusion over how many to take. So if you order 1, that is 1 half-dozen, not 1 dozen. I know that is not how eggs are normally sold, so please make sure you double check the sign-in sheet and take the correct amount of half-dozens.

A Little News From Around The Farm

I am thrilled to have Sugar Snap Peas in this weeks box. We sowed more seeds this year, and I think it has paid off. Did you know the Sugar Snap Pea we eat today was developed in the late 1960's? It is a cross of shelling peas with snow peas. This combination gives the sweetness of the shelling pea, but with an edible pod like the snow pea.

On our walk a week ago, Andrew and I were thrilled to find little apricots growing. Last year, due to the long rainy season, the fruit never really formed, and we got virtually no apricot crop. But it is looking pretty great this year, at least compared to previous years. Still a ways off from maturity, and a lot can happen between now and delicious fruit, but I am hopeful.



The crew has gotten 3 deliveries of transplants in the ground. It is a staggering amount of plants. Saturday before last they planted most of the basil. For this year, we decided to increase our planting by 50% more transplants. Last year we had a lot of opportunities to sell basil through our wholesale channels but just didn't have enough to fulfill the orders. So we prepared for that for this year, although now it is more likely much of it will go to the CSA. It was cold last week, though, and we are concerned those delicate little plants may have been damaged, however, Jose feels pretty confident the majority will be just fine.



RECIPES AND IDEAS FROM LORRAINE

Pasta With Sugar Snap Peas, Bacon and Parmesan Cream Sauce

Farmhouse Recipe

Serves 4

Sunday I was working at our warehouse making Softers. Sabrina was helping out and we started discussing what we should make for dinner. I remembered we had a bag of sugar snap peas in the fridge, and I had just bought a couple of pints of cream. This is what we came up with, and boy was it fantastic! Our simply dressed lettuce from last week's box rounded out the meal perfectly. I did cook up a full pound of pasta, but probably only used about 2/3 of it. I would start by adding only half the cooked pasta, you might find you want it saucier.

1 lb Spaghetti or Fettuccine, cooked according to instructions, save the pasta water
2 cups Sugar Snap Peas, rinsed, tops removed, then cut into about 1/3rds
2 cups Cream, maybe more if you want it saucier
3/4 cup Parmesan, with extra for topping your plate
3/4 cup cooked, chopped Bacon, or you can use ham
1 cup chopped Walnuts, these aren't necessary, but I love the contrast in texture and the flavor it brings this dish

A good grating of Nutmeg, about 1/4 tsp
Heat the cream with the parmesan over medium until the sauce thickens. This happened pretty quickly. You will want to use a large enough sauce pan to accommodate the pasta later. Add the bacon and the peas and cook on low. Just before adding the pasta, stir in the chopped walnuts. When the pasta is ready, I used tongs, to put it into the sauce pan so I could get some of the pasta water for thinning out the sauce a bit. If you want your sauce a little looser still, add more pasta water. Mix well. Plate up, and give it a nice shaving of parmesan. I did not add any salt to the sauce, I felt like it was just about salty enough between the bacon and the Parmesan but we did add a little black pepper on the plate.

Tofu And Swiss Chard Stacks

Recipe by dicentra found on food.com

Serves 2

2 TB Soy Sauce
1 TB Mirin
2 tsp Rice Vinegar
1 tsp Honey
1 package water-packed firm Tofu, drained (12 oz pack size)
Cooking Spray
For The Greens:
1 tsp Dark Sesame Oil
1 cup thinly sliced Shitake Mushroom Caps

1 1/2 tsp minced peeled, fresh Ginger
1/4 tsp Red Pepper Flakes
2 Garlic Cloves, or use a couple stalks of the Green Garlic
4 cups thinly sliced Swiss chard
1/2 tsp Sesame Seeds, toasted
2 tsp Soy Sauce

This Week's Box List

*Mandarins
*Chard
Spinach
*Parsley or Cilantro
*Lettuce
Kale
*Sugar Snap Peas
*Green Garlic
Lemons
*Stir Fry Mix

* = Items in Box for 2

To prepare the tofu, combine the first 4 ingredients, stirring with a whisk. Cut tofu lengthwise into 4 equal slices. Carefully place tofu in an 11" x 7" baking dish. Pour the soy sauce mixture over tofu. Cover and refrigerate. 30 minutes, carefully turning once. Preheat broiler. Remove tofu from dish; discard marinade. Place tofu on a baking sheet coated with cooking spray. Broil 10 minutes on each side or until tofu is lightly browned. To prepare greens, heat oil in a large nonstick skillet over medium heat. Add mushrooms, ginger, pepper, and garlic; cook 1 minute, stirring frequently. Add chard and sesame seeds; cook 3 minutes or until chard wilts, stirring frequently. Stir in 2 teaspoons soy sauce. Place 1/4 cup chard mixture on each of 2 plates; top each serving with 1 tofu slice. Repeat layers with remaining chard and tofu.

Mandarin Vinaigrette

Sometimes the simplest salad is really all your main course needs as an accompaniment. Last night was one of those nights for us. My God-Daughter Sabrina is staying with me and she made a delicious, simple salad dressing using the Mandarins from the box.

Zest from 1/2 Lemon
Juice from 1 Lemon
Mandarin Juice to taste, but at least one
Pinch of Dried Tomato flakes
Eatwell Tomato Salt to taste,
1/2 cup Olive Oil
Splash of Balsamic Vinegar
Mix well. I often use a regular mouth mason jar because the blade base to my blender fits and you can put all of the ingredients in the jar, mix on the blender and store in the same container.

More Recipes

- [Sautéed Kale with Garlic and Lemon from marthastewart.com](http://marthastewart.com)
- [Orange Parsley Salad with White Balsamic Vinaigrette from barefeetinthekitchen.com](http://barefeetinthekitchen.com)
- [Curry Inspired Soup with Stir Fry Mix from Eatwell Farmhouse Kitchen](http://Eatwell Farmhouse Kitchen)
- [Spinach Quiche recipe by Jennifer Segal](#)
- [Swiss Chard and Romaine Salad with Shaved Romano Cheese from www.besthealthymethods.com](http://www.besthealthymethods.com)