



WEEK OF JULY 12TH, 2020 #29/52

### Living In My Farm Bubble

My experience with COVID has been so different from most people. When SF and neighboring counties first floated the idea of SIP, we watched orders rapidly coming in. Suddenly we were really busy and realized we had to jump into action to make sure we had enough boxes and product to fill the orders. Our minds spun trying to think ahead and avoid any serious problems. It was only going to be two weeks, we could all get through two weeks. Of course those weeks turned into months. It is heartbreaking reading that the number of cases continues to increase. I know the increase in cases is partly due to the increase in testing, but hospital cases are going up as well.

More than ever I know that making the farm available to you all is critically important. Nigel told me he felt very strongly about not wanting to farm in the Capay Valley because he wanted to be very close to I80 with easy access to the Bay Area. Really, he wanted the Bay Area to have easy access to us. Having that closeness meant we could host many events during the nicer months, of which there are many. We have been hosting Strawberry Days on the farm for years, long before I came on the scene. In 2007 when they found Mediterranean Fruit Fly in a garden in town, the state Ag Department essentially shut us down, and hence our Tomato Sauce Party was born. We used to host a Pumpkin Party but attendance for that really dwindled and we had such problems with the ground squirrels, we gave it up. Our Solstice overnight has been replaced by Lavender Harvest, and last year I scheduled several dinners in the farmhouse. Having a place for you to come and get out on the land has always been a key element of Eatwell's CSA program. Obviously with COVID everything had to change. No big events this year, but many families have taken me up on the offer to come to the farm for strawberry picking, or birthdays. We had the Tse family here a week ago celebrating Cody's 11th birthday, picking strawberries and making pizza. Currently the science says we are safer outside, so our pizza oven garden space is a pretty great place for small select gatherings.



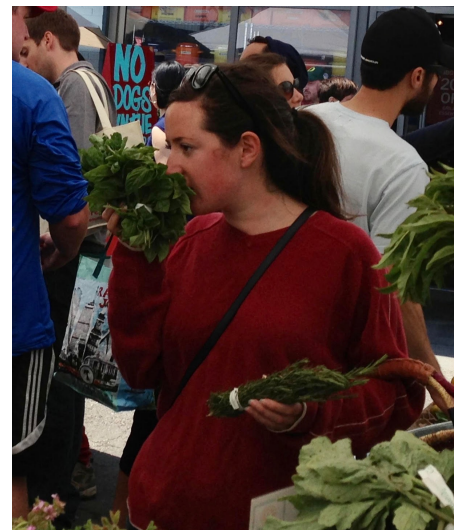
With the exception of a random weekend here and there, I am staying close to home so if you want to come to the farm all you need to do is call or text me in advance to schedule a time.

This past weekend I ventured out and worked the market at the Ferry Plaza. To be honest, it's something I have been putting off. For me the market



is a place of many happy memories; it is where Nigel and I met. Going inside the building to see many of the businesses, now gone, was hard. It felt like a little part of me went dark. As a business owner, it is hard knowing that the owners and their employees all worked hard, took pride in

their businesses and had to make the decision to close the doors. Much has changed. Many of the regulars aren't there anymore, we have to set up our booths differently, and it's all a bit awkward. Simple things like not being able to hug my favorite customers was hard and emotional. Will we ever get to hug again? Sharing one day a week with loads of people who love good food, the market has been a source of energy and excitement. Visiting with farmer friends, trading stories and advice, it always felt like being transported to another world for those few hours each week. I could feel the heaviness that comes from so much uncertainty, and none of us have mentors to turn to for guidance during this unprecedented moment in our lives. We're all in the same boat, but we don't have a Captain. I spoke with the chef from Dear Inga, and asked him how he was doing. The slump in his shoulders said so much more than his words, it broke my heart. They are open for take out, so please support them. Honestly, the Bay Area has many amazing restaurants. If you can afford it, please make an effort to order food to go and show our local businesses your support.



After that long, sad day, I was really happy to get back home. So much in our lives continues to change. I cannot express how much I appreciate this space I call home, and the sanctity of the land, where so many of nature's creatures have also found a home. Eatwell is a true blessing we all share, not just a box of vegetables, but a safe place to gather, and breathe. Together we keep it a sanctuary for all of us.



# RECIPES AND IDEAS FROM LORRAINE

The fruit is coming in strong, and so is the basil. Ahh summer is just glorious!

## Peach and Basil Salad

*Recipe from Real Simple*

Sabrina made a version of this for one of our Lavender Harvest weekends, and it was delicious. She added a drizzling of Balsamic Vinegar, which I would certainly recommend.

3 ripe Peaches, peeled if desired  
1 cup fresh Basil leaves, torn  
8 oz fresh Mozzarella, cut into 1" chunks  
2 tsp Extra Virgin Olive Oil  
1/4 tsp Kosher Salt  
1/8 tsp Black Pepper

Cut each peach into 6 to 8 wedges, then cut each wedge in half crosswise. In a large bowl, combine the peaches, basil and mozzarella. Drizzle with the oil, sprinkle with the salt and pepper, and toss. You can cover and refrigerate the salad for several hours. Serve room temp or cold.

## Zucchini, Leek & Potato Quiche

*Recipe by Margarita @ Tasty Mediterraneo*

*Serves 6 people*

Quiche is such a great dish to have on hand, and you can make one that suits every season. This one was perfect for this week's box.

1 Leek, sliced  
3 medium Potatoes, peeled and thinly sliced  
1 TB Extra Virgin Olive Oil  
1 Zucchini, thinly sliced  
1/2 cup freshly grated Parmesan cheese  
7 Cherry Tomatoes  
1/2 cup Heavy Cream  
3 Eggs  
Sea Salt  
1 Pastry Dough of choice

Lightly grease your pie pan. Flatten out the dough, and press it into the pie pan. Pierce the bottom with a fork to make holes for air to escape. Bake in the middle of a pre-heated oven for 10 minutes at 350 F, then remove from the heat.

While the tart is pre-baking, wash all vegetables well and prep as indicated. In a large frying pan heat the olive oil over moderate heat, add the leeks and sauté for 2 minutes until lightly golden. Add the thinly sliced potatoes and a pinch of salt and sauté over medium heat for about 10 minutes or until soft but not brown. Remove from the heat. In a large bowl beat the eggs and add the cream and a pinch of salt. Mix it well until just combined. Add a layer of the zucchini over the pre-baked pie crust. Add the sautéed leeks and potatoes and pour over half of the egg/cream mixture. Add another layer of zucchini and half of the

freshly grated Parmesan cheese. Pour over it the rest of the beaten egg/cream mix plus the rest of the Parmesan cheese. Decorate with the cherry tomatoes and bake in the middle of the oven for 20 minutes at 350 F. Remove from the heat and serve hot with some of the Peach and Basil Salad.

## Rainbow Chard w/ Pine Nuts, Parmesan, and Basil

*Recipe By Susie Middleton Fine Cooking Issue 105*

This would make a great side dish to grilled chicken or fish, or cutlets, or one of my favorites Chicken Piccata (I use half wine and half chicken stock).

13 to 14 oz. Rainbow chard (about 1 large bunch)  
1 Tbs Extra-Virgin Olive Oil  
3 Tbs Pine Nuts  
Kosher Salt  
1 Tbs minced Garlic  
1 Tbs cold unsalted Butter, cut into 4 pieces  
1/4 cup grated Parmigiano-Reggiano  
1/4 cup thinly sliced fresh basil leaves (8 to 10 large)

Pull or cut the stems from the chard leaves. Cut or rip the leaves into 2- to 3-inch pieces and wash and dry them well. Rinse the stems and slice them crosswise 1/4 inch thick. In a 12-inch nonstick stir-fry pan or skillet, heat the olive oil over medium heat. Add the pine nuts and cook, stirring constantly, until lightly browned, 2 to 3 minutes. Transfer the pine nuts to a plate, leaving behind as much oil as possible. Return the pan to medium-high heat, add the chard stems and a pinch of salt, and cook, stirring occasionally, until shrunken and beginning to brown lightly, 6 to 7 minutes. Add the garlic and cook just until fragrant, about 15 seconds. Add the chard leaves and 1/4 tsp. salt. Toss with tongs until just wilted, 1 to 2 minutes. (If using a skillet, you may need to add the chard in batches, letting the first batch wilt before adding more.) Remove the pan from the heat, add the cold butter pieces and stir just until the butter has melted. Using tongs, immediately transfer about half of the leaves and stems to a serving plate and arrange. Sprinkle on half of the Parmigiano, basil, and pine nuts. Layer on the remaining leaves, stems, and pan juices, and garnish with the remaining cheese, basil, and pine nuts. Serve immediately.

### This Week's Box List

\*Chard  
Collards  
Cabbage  
Gypsy Peppers  
\*Potatoes  
Onions  
\*Leeks  
\*Zucchini  
Garlic  
\*Peaches  
\*Nectarines or Plums  
\*Basil

\* = Items in Box for 2



### And for Dessert....

Enjoy some stone fruit, any of them will work, with some good Ricotta and a nice drizzling of flavorful honey. Or on some good yogurt topped with Nana Joe's granola.