



WEEK OF JUNE 7TH, 2021 #23/52

### Greetings

Lorraine is off at the hot springs taking a well-deserved break and enjoying her birthday, so this is Elise writing to y'all this week! If I haven't talked to you personally yet, I've been the CSA Manager here for what will be a full year at the end of this month. I rarely get to speak with any of you about something other than order fulfillment and software navigation, so providing some farm updates this week is a real treat for me!

### Herbs

It's been a project-in-the-making for a while to begin experimenting with a wider variety of herbs. Lorraine



would definitely like more options to play with in the production of our botanical products, but we're also wanting to offer fun varieties for you all to order as extras. So, I got to work last week sowing some seeds, and Ian and I will be repairing the

drip irrigation going to the herb bins that haven't been used for a while. We're starting small—winter savory, marjoram, capers, chervil. If there are plants that seem to be more popular, we'd definitely be interested in expanding their production beyond these bins down the line. Herbs take a while to germinate and mature so this is a long-term project that we'll probably be doing in waves, but if there are herbs you love that you would be stoked to order with your CSA box, I'd love to hear about it. Email me anytime at [organic@eatwell.com](mailto:organic@eatwell.com). Let's talk herbs.

### Flower Magic

Walking around the farm, I was very excited to see our calendula flowers looking so vibrant and gorgeous. It's been a little while since they've been available as extras, but they'll be on the website this week. We use it in our botanical products because of its benefits for healthy skin,

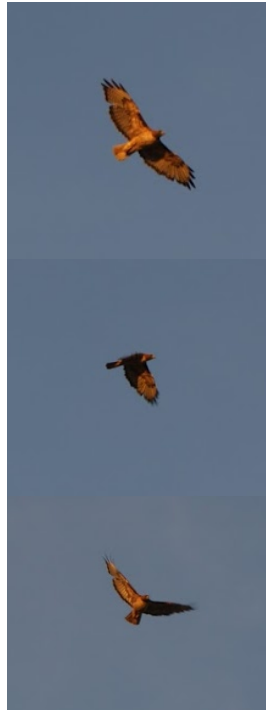


but calendula is also a versatile addition to your ingredient list in the kitchen. The blossoms add a lot of color to a dish and have a bright, peppery taste. They give their gold-yellow color to food similarly to how saffron would. They're great on a summer cheese board, tossed in salads, in a cocktail, and can also be added to tarts, breads, and various sauces or preserves. The whole flower is edible, though you can use just the petals, and the leaves are edible as well, with a sharper, more bitter taste.

Cooking with flowers has a special cheery kind of magic to it, so try 'em out if you never have.

### Critters Abound

Sunrise and sunset are my favorite times to walk around the farm, and not just because the scorching valley temperature is more palatable at those times. It's when a lot of the other creatures on this farm come alive and go about their business. It's a real pleasure and privilege to meander to the east side of the farm, pick a few strawberries, and watch the kestrels and kites hunt over the beds of lettuce, tomatoes, and peppers. Lorraine has mentioned previously that we've had a lot of loss of our young plants to the appetites of the ground squirrels this year, but it would be even more-so without the natural population control that the birds of prey around here provide. A few days ago, I took a peek at our newer strawberry plants (looking healthy!) where I found some volunteer sunflowers, and I counted five different species of bees on the flowers, little legs all stocked full of pollen. It's been a fun personal project of mine to research the names of some of them and learn more about any critters I see around here that I don't



know much about. They all have a part in what makes this land so fertile and abundant and I don't know about you, but I find that endlessly inspiring. Lorraine has talked so much before about the importance of sustainable farming by maintaining biodiversity in the land, but it can't be said enough. Just take one walk on this farm and you'll see an array of life thriving in every field. And if any of you are fellow birders and you haven't had a farm visit, let me tell you, taking a trip out here with your binoculars is well worth it!

# RECIPES AND IDEAS FROM LORRAINE

Just kidding, still not Lorraine. Recipes from Elise: The garlic heads are officially set! Last week a friend suggested I watch the documentary film *Garlic is as Good as Ten Mothers*, which covers the “garlic scene” around Berkeley in the 1970s. If you didn’t know there was a garlic scene, neither did I, but the film describes how garlic was heavily woven into the culture of the East Bay at that time and highlights Chez Panisse and the Gilroy Garlic Festival. It’s an offbeat film and I really recommend checking it out, though I’ll mention there are a few scenes that feature butchered pigs in the culinary process, for those of you that may prefer to avoid that exposure. In any case—let’s celebrate garlic this week!

## **Roasted Garlic, Fennel, Orange & Basil Rub**

Recipe from *Piedmontese*, makes about 2 cups

From David Warner, chef of Bottega Americano: *The underlying sweetness of this rub pairs exceptionally well with New York strip steaks, complimenting the outer fat while the acidity of the orange cuts through to season the center of the steak. Make this rub a few hours (or even a day) ahead so flavors have time to meld. Rub steaks about one hour before grilling, using only enough to coat the steak. (This recipe should be enough for about four steaks.)*

1 head garlic  
¼ teaspoon olive oil  
Pinch of salt  
½ head fennel, diced small  
2 oranges, juiced and zested (the Valencias from Guru Ram Dass would be perfect!)  
1 tablespoon honey  
20 basil leaves  
1 tablespoon olive oil  
¼ teaspoon salt

Preheat oven to 350°F. Place head of garlic on aluminum foil, drizzle with olive oil, and season with salt. Wrap the garlic in the foil and place on baking sheet in the oven and cook for 30 minutes or until garlic is soft. Allow to cool before removing cloves. In a small sauce pan, combine fennel, orange juice and zest, and honey. Reduce mixture by half, allow to cool to room temperature. Once cool, combine roasted garlic cloves, fennel reduction, basil leaves, olive oil, and salt. Using the pulse control on a food processor, process until almost smooth and combined.

## **Red Beet Salad with Garlic and Parsley**

Recipe from *A Squirrel in the Kitchen*

A super simple, low-labor-investment side dish:

4 cups diced cooked beets  
1/3 cup fresh parsley, chopped  
2 cloves of garlic, minced  
1/2 TBSP olive oil  
1 TSP apple cider vinegar  
1/4 TSP salt

Cut the greens off the end of the beets, leaving a 1 inch stem. (keep the leaves to eat later!). Cover in water and boil until tender (35 to 40 minutes). Let the beets cool down, cut the small stems, peel the skin off and dice in 1/2 inch cubes. In a bowl, combine the beets with salt, vinegar, olive oil, chopped parsley and minced garlic. Serve chilled.

## **This Week’s Box List**

Garlic  
Basil  
Chard  
\*Lettuce  
\*Collards  
\*Nectarines  
\*Parsley  
\*Potatoes  
\*Beets or Radishes  
\*Fennel  
Red Kale

\* = Items in Box for 2

## **Indian-Style Fragrant Garlic Buttered Greens with Potatoes**

Recipe from *Food52*

1 lb cooked potatoes (steamed or roasted)  
1 bunch fresh greens (collards, kale, beet tops, or chard work great)  
4 tbsp ghee (butter and/or olive oil can be substituted)  
1 onion, sliced  
2 tomatoes, diced (can use approx. 15oz canned)  
1 tsp cumin seeds  
1 tsp turmeric  
1 tsp coriander powder  
1 tbsp fresh ginger root  
3 gloves garlic, minced  
Salt to taste

Wash and steam potatoes until they are almost but not quite done (30 min-is). Leave them to cool, skin, and then cut into small cubes. Meanwhile remove coarse stalks from greens, rinse and chop coarsely. Mince garlic and ginger, measure the spices out into a bowl to mix together, and slice the onion. Heat butter/oil in sauce pan, brown the cumin seeds until they turn fragrant. Add onions, sauté for 5 minutes, add tomatoes until they “melt” and add garlic and ginger. Add the spices, and a little water if you feel it’s necessary. Cook for a few minutes, then add greens and a 1/2 cup of water. Bring to boil. Reduce heat, add potatoes, and mix well. Cover and simmer gently until ready, stirring once or twice to prevent sticking (about 10 minutes). It’s done whenever the greens are cooked to your liking. Suggested serving: with white rice and whole milk yogurt.

## **Lettuce and Radish Salad with Lemon-Garlic Vinaigrette**

Recipe from *epicurious*

2 tbsp lemon juice w/ 1 tsp lemon zest  
1/2 tsp vinegar (sherry or apple cider)  
1/2 tsp sugar  
1 clove garlic, smashed and peeled  
1/4 cup canola or olive oil  
2-3 heads lettuce, torn  
1-2 bu radishes, trimmed and thinly sliced  
1/4 cup minced fresh herbs (such as parsley, basil, tarragon, chervil)  
Parmesan cheese for topping

In 1-cup liquid measuring cup, whisk together lemon juice, vinegar, sugar, and 2 tablespoons water. Using mortar and pestle or food processor, grind or crush garlic, lemon zest, and kosher salt into fine paste. Whisk paste into lemon juice mixture. Gradually whisk in oil. Whisk in table salt and pepper to taste. Toss together lettuce, radishes, herbs, and dressing. Top with parmesan.