



WEEK OF JUNE 21ST, 2021 #25/52

Community Grows Around A Farm

Eatwell has been a CSA farm for approaching 3 decades. CSA's (Community Supported Agriculture) over the past year certainly exploded in popularity as a pandemic raged our world. But before COVID, CSAs had been around for quite some time feeding people fresh from the farm food. Originally, "community" was the word used to describe the cohort supporting a farm, but for some of us it has come to mean much more, especially for Eatwell. It was Nigel's dream to build our CSA into a grander concept of community around the farm. He wanted people to have countless opportunities to visit and experience the land. He loved taking members on tours of the farm, telling them about all the different crops and his latest schemes. Over the years, Nigel and I looked for new reasons to bring people out to the farm. We did the pre-Thanksgiving Harvest Market a couple of times, of course there was the Tomato Sauce Parties, that grew out of the Med-Fly disaster. Some events have disappeared but new ones have developed. Sadly, last year, between COVID and fires, all of our events had to be cancelled, except the Lavender Harvest. This past weekend we made it happen again.



Half way through the day Saturday, I took a break for a few minutes. Resting in the silence of my room, my head was spinning with thoughts. The loudest was how amazing my life has been. I have traveled, raised a pretty awesome son, had very interesting jobs, met loads of incredible people, including some of my biggest heroes and was lucky enough

to find that one true love. And that love brought me here. Sometimes, in a few moments of quiet, I marvel at just how incredible it is to live a life in which I play a part of feeding people each week, sharing new foods with them, and opening their eyes a little to all that it takes to get that food to their tables. But the best part is having the ability to gather many of you here on the farm, especially to help us with our Lavender Harvest. It is a big and important weekend for us and having members come out to help has been pretty critical to getting it done. When Nigel and I first talked about having members out for the harvest, my side of that dream was to make it as close to the French grape harvest as possible. People meeting new people, working hard, but having a lot of fun and of course being fed magnificent food. So naturally, the meals all weekend long are a really big deal for me. I am beyond grateful that I have incredible friends who love to cook for a crowd as much as I do and jump at the chance to work like crazy in my kitchen! Elianna, Laura and Alicia are some truly amazing women and I can never thank them enough for always being here when I need them, but more importantly for making it easy and so much fun.

Last week I kept a close eye on the weather forecast for the weekend. Having 25 people outside working all day in the heat of the sun can be dangerous. So by Thursday, as it became clear it was getting hotter, I made the decision to move everything up to the front of the house to give folks close access to a space to cool down whenever needed. Plus it was easier to stay on top of keeping the drinks cold and flowing, and the process of serving meals was greatly simplified. Standing at my stove I could look out our big glass doors and watch everyone working away bunching lavender and I remembered that *this* is exactly what we built our house for, bringing the members together in a smaller space. Yes, it is my home, but it was designed to



give the members a more intimate place to gather, compared to the expanse of the farm. This weekend the house worked hard, and I know Nigel would have loved it.



From my command center (the stove) I could see people who had just met, chatting and laughing and friendships developing. The few kids who were here had a great time playing with Beau and spending time in the house swatting the gazillion flies! One couple of friends gave another member, who came up on the train/bike, a ride back to the Bay Area. Rita taught Saining how to dance when we were out at the brewery down the road. Laughter and chatter filled my weekend and filled my heart. Sunday morning, when I got up, Greg was already outside working. The air was fresh and the temp cool, and he was loving it. A long time host and member, this was his first time up to the farm, and I know it won't be his last. You know you are doing something right when two young teenage girls, who came up here for camp years ago, were excited to be back helping in the kitchen all afternoon. What amazing dishwashers and helpers! With the brewery and hop farm 3 miles down our road, we now have a wonderful place to go for a cold beer and live music. It was the perfect ending to a productive day of hard work. Being a member of Eatwell's CSA is far more than just a box of random vegetables. There is community here, the opportunity to be a part of something. Yes, our Lavender Harvest is done for this year, but hey, strawberries always need weeding :) and equally important, just come out, walk the land, eat the strawberries when they are warm from the sun, watch the crew do what they do. Let your feet touch the soil that gives so much of itself to feed you every week. This is an amazing place, and you are very much a part of it.



RECIPES AND IDEAS FROM ELISE

We made a few slight changes to the box list since sending out the Thursday email last week—the heat wave altered a few things so we’re rolling with it. And don’t ya worry, we’ve got tomatoes and peppers burgeoning into their colors in the field because they love these high temps, so the wait for those summer favorites will soon be over, but for now there’s plenty of leafy greens and also spring onions! If you’re new to spring onions, you’re in for a treat. The bulbs and tops are both edible, and the flavor is less intense than a fully formed onion but more intense than a scallion. We love ‘em!

Pasta with Collards & Spring Onions

Recipe from [Soil Born Farms](#)

1 bunch collard greens, stems removed and leaves washed
2 tablespoons olive oil
3 spring onions, bulbous ends and greens separated
2 cloves garlic, minced (original recipe calls for green garlic but we’ll use what we’ve got!)
salt and pepper to taste
¼ teaspoon red pepper flakes (optional)
8 to 12 ounces pasta, any shape
½ cup cooking water from the pasta
Parmigiano Reggiano cheese

Bring a large pot of generously salted water to a boil. Stack collard leaves and roll like a cigar, then thinly slice into ribbons. Add the sliced collard greens to the boiling water. Blanch for 2 minutes, then using a slotted spoon or a skimmer, transfer to a bowl of ice water. Drain and squeeze out excess water. Set aside. Boil and add the pasta. Cook al dente, following the timing instructions on the package. Before draining the pasta, ladle out ½ cup of the cooking water from the pot and set aside. Slice the bulbous end of the spring onions. Thinly slice 2 tablespoons of the spring onion greens and set aside. Heat the olive oil over medium heat in a large lidded frying pan and add the sliced spring onions and garlic. Cook, stirring often, until onion is tender and translucent, about 3-5 minutes. Add a generous pinch of salt and the red pepper flakes. Cook, stirring about 1 minute, then add the blanched collard greens and salt and pepper to taste. When the greens begin to sizzle, turn the heat to low, cover and simmer for 5 minutes. Add the ½ cup of pasta water, cover and continue to simmer for another 5 to 10 minutes, stirring often, until the greens are nice and tender. Taste and adjust seasonings if needed. Add the pasta and toss with the greens. Top with the reserved spring onion greens and Parmigiano Reggiano to taste.

Herb and Spring Onion Salsa Verde

Recipe adapted from [CookingLight](#)

I always crave salsas and dips in the afternoons when it’s hot outside—this recipe looked like a tasty, fresh use of the herbs in this week’s box. You could probably throw in some chives for some additional layers of flavor. Would be great with chicken, corn and beans, chorizo and eggs... go wild.

1/2 c loosely packed fresh parsley

1/4 c fresh torn basil
2 tbsp chopped spring onion tops
2 tsp drained and rinsed brined capers
1 tsp grated lemon rind
1/2 tsp anchovy paste or Worcestershire sauce, or, additional capers
1/4 tsp dijon mustard
1/2 to 1 garlic clove
2 tbsp olive oil
1 to 2 tbsp water
Black pepper to taste

Place first 8 ingredients in a food processor; process until mixture forms a rough paste. Add oil; process just until combined. Add water, 1 tablespoon at a time; process until mixture reaches desired consistency. Transfer to a small bowl; stir in pepper.

Slow Cooker Black Eyed Peas and Greens

Recipe adapted from [A Wicked Whisk](#)

I love Southern dishes of all kinds—black eyed peas being at the top of the list. If you haven’t added [Rancho Gordo’s](#) to your pantry yet, I can’t recommend anything better!

1 large ham bone with some meat on (or some bacon, or this can be omitted to make it vegetarian but do consider another fat source for the dish)
2-3 spring onion bulbs, diced
6-8 cloves garlic, minced
64 ounces chicken stock
Salt and pepper to taste
1 tsp creole seasoning *optional*
1/2 tsp cayenne pepper
8 ounces tomato sauce
1 tbsp apple cider vinegar (try [Little Apple Treats](#) from the webstore)
16 ounces dried black eyed peas
2-3 c chopped greens (collards, chard,

kale, mizuna, beet or turnip tops—take your pick)
3/4 c rice (original recipe calls for wild rice; I believe either brown or white [Chico rice](#) would be delish)

Start by pouring your black eyed peas into a large strainer and running them under cold water. Take care to remove any broken or discolored beans and any foreign material mixed in with your beans. Once cleaned, set aside. Add your ham bone to your slow cooker and then add in the onion, minced garlic, chicken stock, spices, vinegar and tomato sauce. Stir lightly to combine before adding in the black eyed peas and chopped greens. Cover and cook on High for 2 hours before stirring in the wild rice. Return the cover and continue cooking on Low for 4 hours. At that point, carefully (it’s HOT!) remove the ham bone and cut away any meat still clinging to the bone. Return the meat to the slow cooker and give it all a quick stir. Cook on Low for another 30 minutes to 1 hour. Once done, use a spoon to skim any ham grease from the top of the soup and serve up with an extra sprinkle of cayenne or a shot of hot sauce and serve with corn bread.

This Week’s Box List

Chard
Red Kale
Mizuna
Spring Onions
*Lettuce
*Potatoes
*Parsley
*Collards
*Garlic
*Basil
Beets or Turnips
*Nectarines

* = Items in Box for 2

Last but not least, here’s an idea for some [Grilled Potato Foil Packets](#). Since we had campers on the farm over the weekend and I’ve definitely got the summer grilling bug, I thought this would be a good one for an easy outdoor meal on the barbecue or in the campfire. You can use our yellow potatoes and sub out the green onions for the spring onion tops.