



WEEK OF JULY 19TH, 2021 #29/52

Farmer's Markets

I worked the market this past weekend so Corry could get away. It's been a long while, too long actually, since I had been. Having my mother here keeps me fairly farm bound, but she is away for a week, so that I could cover for Cory. Working the market brings up a lot of emotions for me, it is where Nigel and I met, became friends and eventually much more. Naturally, many customers love to share Nigel stories with me, and there is not a market that I attend when I am not reminded of how Eatwell has touched people's lives.



Yesterday, I spoke with a woman from Eastern Canada who told me our veggies and eggs reminded her of going to her aunt's farm as a child. She told me there was a depth of flavor that was just like home. It was so sweet.

When there, I love spending most of my time hanging out between the tables of produce and offering up cooking and meal suggestions, sharing simple tricks with folks. When the rose geranium is in and fragrant like it is right now, there are many discussions about that particular herb. Between the basil, lavender and rose geranium we must have one of the most fragrant stands at the market!

Our day starts early, the van pulls in just before 6 am, and that is after loading up at 4 am, leaving the farm by 4:40. Our set up is pretty big and requires both trucks to get everything down there. The market isn't as busy as it was in the past, COVID keeping tourism down and locals home, but it is picking up again. And Saturday was a beautiful day in the City, everyone was happy to be out enjoying themselves. Working the market you make weekend friends, folks you see week after week. You watch kids grow up, kids who learn there are faces and places behind the food they eat. I can't tell you how many times parents have told us Eatwell eggs are the only ones their children will eat! Like CSA members, they too learn to eat seasonally. The anticipation of truly great summer tomatoes, the aroma of really good basil inspiring you to make all kinds of dishes. Excited when the fruit farmers bring their great raspberries and peaches, or deliciously, crisp apples. Often the locals run into

friends they haven't seen in ages, or they make plans to meet friends for a morning of shopping, great coffee and an excellent breakfast. I certainly enjoyed my coffee from Proyecto Diaz and piece of amazingly delicious cake from Marla Bakery.



Besides sharing our love of food with customers, we also get to chat with chefs, other farmers, and food producers and that is when we get to learn. It is a chance for real, in person connecting, sharing farming concerns, business woes, success stories, new techniques or varieties to grow. There is so much that goes on in those few hours at the market, it is pretty incredible. I came home, after a long traffic filled drive, exhausted, but also feeling like my soul had been recharged.

The market is always a great day, filled with some of the best food and best people. We are currently looking for a few reliable folks to join us at the stand. A lot of our market crew is heading off to college soon, so we have slots to fill. If you would like to be a part of this fun day, or maybe you know someone who would love it, let us know. You can text me 530-554-3971 or email us at organic@eatwell.com.



Some Other Things

Walking out on the farm last week I came across our planting of Celeriac. The knobby root bulbs are popping up out of the ground. That is a very good sign that we have some decent celeriac growing. I was so excited, because it has mostly failed the past several years. This year I planted it much earlier than usual and it seems to be working. Hopefully we will have a good crop this year. The guys have harvested the potatoes and now our cooler is loaded with a crazy amount of spud filled crates. It feels good to have such a successful potato crop this year. And speaking of successes, it certainly seems the investment of the heavy pruning we did in the orchard last winter is paying off. Our peach trees are loaded with fruit, as are the plum and pluot trees. The quality of fruit is greatly improved compared to the past several years. And if we do a heavy pruning again over the next years, the fruit will get even better. The grape vines are looking pretty fantastic this year too. Loads of clusters hanging on the vines. So much to look forward to later in the summer and fall.



RECIPES AND IDEAS FROM ELISE

I'm including a recipe here for stewed chicken that I was going to make last week, but forgot to take the chicken out of the freezer, so I decided to just omit the protein and add in potatoes instead. No regrets! It was delicious, and I went camping over the weekend and reheated it over the fire in a cast iron pan with a fried egg—so, so good! I love North African spice profiles, and if you're the type that is wary of going big with spices, I encourage you to take the plunge with this one! I even added some za'atar and our smoked chili salt 'cause I'm wild like that. I suspect using both chicken and potatoes would be excellent.

North African-Style Chicken Stew

Recipe adapted from [African Bites](#)

3-3.5 lbs chicken, cut in pieces
S&P to taste
1-2 tsp creole seasoning (*I didn't have any pre-mixed; feel free to use some cayenne and additional helpings of the spices below for similar flavor*)
1/4-1/2 cup oil (canola, olive, or vegetable)
5-6 medium **tomatoes** (*can use diced or pureed, depending on your texture preference*)
2-3 **spring onions**, whites and greens sliced
3-4 cloves **garlic**, minced
1 1/2 tsp dried thyme
1 tbsp paprika
1/4 tsp curry powder
1 bay leaf
1-2 cups water or broth (*use additional spices if using water*)
3 tbsp **parsley**
1-2 cups sliced carrots (*I left this out, and I added 4-5 cubed potatoes in the last 20-30 minutes*)

Season chicken with S&P and creole seasoning. Set aside. In large pot, heat oil over medium heat until hot, then add the chicken and sauté, stirring frequently, and scraping any browned bits off the bottom of the pot until chicken is brown. If using fresh tomatoes, blend tomatoes, onion whites, and garlic. Pour tomato blend in the pot of chicken, bring to a boil, and let it simmer until tender (depending on the chicken) about 20-30 minutes, frequently stirring the saucepan to prevent burns. If using canned tomato puree/sauce, add the onion, saute until tender, about 4-5 minutes. Pour tomato sauce, curry powder, smoked paprika, thyme, bay leaf, and garlic. Bring to a boil and let simmer for about 20-30 minutes, add the water/broth to the pan. Add carrots, onion tops, parsley. Cook for another 5 minutes. Add additional broth/water if thickness needs adjusting. Season with salt, remove bay leaf. Serve over warm rice or with a fried egg!

Tomato and Tomatillo Gazpacho

Recipe adapted from [New Entry Sustainable Farming Project](#)

1/2 lb fresh **tomatillos**, husked, rinsed, and quartered
1 1/2 lbs **tomatoes**, chopped, divided
1/2 c chopped **spring onion**, divided
1 **serrano pepper**, finely chopped, including seeds
1 clove **garlic**, quartered
2 tbsp red wine vinegar
2 tbsp olive oil

1/2 c chopped cilantro or **parsley**

Puree tomatillos, half of tomatoes, and half of onion with hot pepper, garlic, vinegar, and 1 1/4 teaspoons salt in a blender until smooth. Force through a medium-mesh sieve into a bowl, discarding solids. Stir in remaining tomatoes and onion, water, oil, and cilantro. Chill until cold, at least 1 hour and up to 4 hours.

Creamy Basil Zucchini Noodles with Shrimp

Recipe from [Nutritious Eats](#)

4 small to medium **zucchini**, ends cut and spiralized
1 lb extra large shrimp, peeled and deveined
2 cloves **garlic** minced
1/3 cup full fat coconut milk (from a can)

1/3 cup **basil**, minced for topping

For the basil sauce:

2 cups packed **basil** leaves
2 cloves **garlic**, roughly chopped
1/3 cup olive oil
1/8 teaspoon salt
1/8 teaspoon pepper
2 tablespoons water
1/2 tablespoon lemon juice

To make sauce, combine sauce ingredients in a blender and blend until smooth. To prepare zucchini, spiraling and place zucchini noodles in a colander. Sprinkle with salt and let sit for around 20min. Rinse and pat dry. Heat 1/2 tbsp of coconut oil to medium heat. Add shrimp and garlic, saute for a few minutes, flipping shrimp when they start to turn pink. Add zucchini noodles before shrimp are fully cooked, then add coconut milk and 1/4 c of the basil sauce. Using tongs, continuously toss the

zucchini and shrimp until everything is well coated. Let noodles cook 2-3 minutes (they will still be firm). Add a pinch of salt and pepper, remove from heat, transfer to serving bowl and garnish with fresh minced basil, lemon wedges, and red pepper flakes (optional).

Spanish-Style Sliced Onion and Garlic Potatoes

Recipe adapted from [Spain on a Fork](#)

1/3 c olive oil
2 **potatoes**
1-2 **spring onions**
4 cloves **garlic**
1 tbsp all-purpose flour
1/2 c white wine
1/4 c finely chopped **parsley**
2 c broth
S&P

Cut 2 peeled potatoes into discs that are 3/4" thick. Heat large dry pan over medium heat, add oil. After 2 minutes, add potatoes in a single layer. Cook in batches, fry 3 minutes per side, just enough to slightly fry them. Once they're all cooked, season with S&P and set aside. Using same pan, add roughly diced onion and roughly minced garlic, mix with oil until translucent, then add flour and continue to mix. After 2 min, add white wine and parsley. Season with S&P and mix until sauce is thickened. Once thickened, add sliced of fried potato back into the pan. They can be stacked over each other. Add 2 c broth and bring to a boil. Place a lid on the pan and simmer for 20min on medium heat. Remove the lid, there should be broth left but the potatoes should be fully cooked. Continue to cook if potatoes are still tough. Transfer potatoes to a serving dish, arranged, and spoon the left over sauce from the pan over the potatoes. Sprinkle with fresh chopped parsley and serve.

This Week's Box List

*Basil
*Spring Onions
*Parsley
*Potatoes
*Tomatoes
Zucchini/Summer Squash
*Eggplant
Serrano Peppers
Garlic
Collards
*Nectarines
Tomatillos or Cherry Tomatoes

* = Items in Box for 2

IT'S SALSA SEASON!

The ingredients in the boxes from mid-to-end of summer are perfect for salsas. Here's some links to a few recipes, and we'd love it if members posted their favorite salsa recipes to our slack page! Life is too short to not try every kind of salsa you can.

[Roasted Tomatillo-Serrano Salsa](#)
[Sweet and Spicy Stone Fruit Salsa](#)
[Garlic and Serrano Pepper Salsa](#)