



WEEK OF DECEMBER 27TH, 2021

### Goodbye 2021

Hard to believe, we are in the final days of 2021. Another year has flown by, leaving me with memories and a lot of things I wish I had had time to accomplish. But as they say, there is always tomorrow!

Each year, when I sit down to write the last newsletter of the year, I go back to read what I wrote previously. Last year I took these words from 2019, they really touched me so I wanted to start with it:

*...this farm is about much more than the food coming out of our fields. The true spirit of Eatwell is the community and how this land has become a part of all our lives. When I think of Eatwell I think of love.*

The farm, the land, our crew, our members, and our customers, have become so much a part of my life, it is impossible to imagine a life without all of this. Watching my little grand baby eating his first foods, all from this farm, knowing he will grow up with a taste for what this land provides, reminds me of the importance of this work. The farmers market gives me loads of opportunity to interact with our young connoisseurs, who are growing up knowing what truly ripe strawberries taste like, and rich creamy eggs, and so much more. It is important work, and work I am proud to be a part of.

Looking back on 2021, we spent another year living with COVID, which we are still living with, but finding our way through. We did have a few small gatherings on the farm this past year, and that is always a wonderful thing. Maybe 2022 will be another year of only small gatherings, but that has its benefits too, as I have come to appreciate. It was also a year that brought my first grand baby into this world, and what a blessing that is. It's pretty incredible watching the child you raised into adulthood become a parent. For David's first Christmas I bought him a living



Christmas Tree, that we will plant in a few weeks, and as he grows, he can watch his tree grow. Next year, I hope he and I can go out to his tree and decorate it with pretty lights, hopefully a tradition we will carry on for many years. And of course 2021 brought me my other love Beau, who thoroughly enjoyed all the attention he received Christmas Day. I never realized just how much you can love a dog, but man this big boy has completely won my heart. He is a constant companion, and puts a smile on my face every day. But 2021 was also a year of saying



goodbye to my two cats, poor old Nomi and my sweet Little Thing, and of course finding a new home for my beautiful Stella. As the years without Nigel roll by me like a river, the changes that must come, often mean I say goodbye to another little piece of our life together. Nomi and Stella were the last of our shared four legged family members.

During the warmer months we were lucky enough to have some weekends folks could come out to the farm, either to help in the strawberries, in the orchard or to make sauce. Pizza for lunch in the garden is always a special treat, enjoyed by all the members. Between the hot weather, smoke-filled skies and COVID, our Sauce Parties have really had to evolve into very small and rare events.



But many of you now know how to make your own sauce and do so at home. I LOVE having a stockpile of Eatwell Tomato Sauce and took advantage of that summer bounty for our Christmas dinner, which was homemade sauce, meatballs and ravioli. As a matter of fact I am enjoying some of that sauce on leftover roasted cabbage and cauliflower as I am writing this newsletter!

New for me this year was starting a few of our own starts. Some of the eggplants and tomatoes we had came from starts that Elise and I worked on in the early spring. I am hoping to do more this year, but will need a little more help to make that happen. And speaking of help, the past 6 months brought us 2 new drivers, a new CSA manager and a completely new market crew. That all has taken a lot of my time training, but it also gave me a chance to learn a lot of new things. I now actually know how to do the CSA manager's job. With all that change and learning, meant I saw things differently which helped me implement some improvements and made us a little more efficient.



All in all, 2021 was certainly a year for much growth. I look forward to even more from 2022, Happy New Year y'all!

# RECIPES AND IDEAS FROM LORRAINE

## Roasted Cauliflower, Fennel Leek Soup

Recipe from nutmegnanny.co

4-6 servings

This recipe is meant to be made in a Vitamix, which I do not have, but I am guessing if you portioned it into a blender in small batches you will end up with similar results.

12 oz Cauliflower heads

2 Leeks, sliced (just the white part)

1 head Fennel, sliced (just the white part)

4 cloves Garlic, slightly smashed

1 TB Olive Oil

Salt and Pepper, to taste

1 tsp fresh Thyme leaves

1/2 tsp crushed Red Pepper

1/2 cup chicken stock (you can also use vegetable stock)

1/2 cup Heavy Cream (or any desired nut milk)

For topping, minced Chives or Fennel tops (optional)

Preheat oven to 425 degrees.

On a rimmed baking sheet add cauliflower, leeks and fennel. In a small piece of foil add garlic. Bring the foil up around the garlic leaving a small hole at the top. Place onto the baking sheet with vegetables.

Add about 1 teaspoon of the olive to the foiled garlic and drizzle the rest of the olive oil over the vegetables.

Sprinkle with kosher salt and pepper and quickly toss to evenly coat all vegetables. Roast for about 15 minutes or until the vegetables are soft and roasted. Remove from the oven and set aside.

In a high powered blender (Vitamix or Blendtec) add roasted vegetables, fresh thyme leaves, crushed red pepper, chicken stock and heavy cream. Blend until smooth and creamy. Taste and season with salt and pepper if needed. Garnish with chives and fennel greens if desired.

## Herbed Compound Butter

Recipe by Melissa Clark NYT Cooking

*A compound butter — a stick of butter seasoned with herbs, lemon and garlic or shallots — is one of the most versatile things to keep on hand. You can store it in the freezer, then slice it whenever you want to add herby richness to a dish. Use it on steak, fish, chicken or even mashed or roasted sweet potatoes.*

1/2 cup (1 stick) unsalted Butter, softened

1 TB minced Shallots or 1 Garlic clove, grated on a Microplane or minced

1 TB chopped fresh Rosemary

1 TB minced Parsley

1 teaspoon fresh lemon juice

1/4 teaspoon black pepper

1/4 teaspoon fine sea salt, more to taste

In a bowl, mash together butter, shallots or garlic, herbs, lemon juice, pepper and salt. Spoon the butter onto a piece of parchment paper or plastic wrap, form into a log and wrap well. Chill for at least 3 hours before using.

## Halibut And Turnips

Recipe by Marian Burros NYT Cooking

I love serving a heavy white fish, with this much seasoning on a bed of slightly wilted mustard or arugula. The fat, the spice and the bitter.

7 TB Olive Oil

Ground Black Pepper to taste

1/4 teaspoon Cardamom

1/4 teaspoon Turmeric

1/2 teaspoon Salt, optional

1/2 teaspoon Coriander

Juice of 1/2 Lemon

4 six-ounce Halibut fillets

2 Leeks, thinly sliced

2 medium-size Turnips, peeled and cut into the size of walnut halves

2 Shallots, thinly sliced

2 cloves Garlic, thinly sliced

1 teaspoon dried Thyme

2 TB Raisins

1/2 cup dry White Wine

1/2 cup Fish or Chicken stock

1/4 teaspoon Dijon-style Mustard

Combine 6 tablespoons olive oil, pepper, cardamom, turmeric, salt, coriander and juice of half a lemon and marinate fish in this mixture for 10 minutes. Heat pan for fish and add remaining 1 tablespoon of olive oil. Saute leeks, turnips, shallots, garlic, thyme, raisins. Toss and cook over high heat for about 5 minutes to soften. Drain marinade from fish and reserve. Add fish, wine and stock to turnip mixture; cover and bring to boil. Reduce heat and simmer fish 8 to 10 minutes,

depending on thickness of fish. Remove fish and vegetables and keep warm. Reduce liquid in pan to 1/2 cup. Whisk in mustard. Remove from heat and vigorously whisk in 4 tablespoons of reserved marinade mixture until thickened. Adjust seasoning and serve over fish and vegetables.

## Pomelo And Basil Cocktail

Recipe by Kelly Carambula found on [seriouseats.com](http://seriouseats.com)

Maybe you might like an unusual cocktail to enjoy while ringing in 2022, well here ya go!

For the Basil Syrup:

1 cup sugar

1 cup water

6 large fresh basil leaves, torn in half

For the cocktail:

1 ounce freshly squeezed pomelo juice

3/4 ounce basil simple syrup

1 1/2 ounce gin

To make basil simple syrup: Combine sugar and water in a small saucepan over medium-high heat. Stir to dissolve sugar and bring to a boil. Add basil leaves, reduce to a simmer and continue to cook for 10 minutes. Remove from heat and let cool completely. Strain before bottling. For the cocktail, fill a cocktail shaker with ice. Add pomelo juice, basil simple syrup, and gin. Shake vigorously for about 10 seconds. Strain into a chilled cocktail glass and garnish with pomelo slice.

### Roasted Cabbage

Simple and delicious, cabbage wedges, drizzled with olive oil, sprinkled with Eatwell Smoked Chili Salt, topped with sliced Lemon. Roast until golden!



### This Week's Box List

Arugula

\*Green Cabbage

\*Cauliflower

\*Fennel

\*Leeks

Lemons

\*Lettuce

Mustard Greens

\*Parsley

\*Pomelo

Rosemary

Turnips

\* = Items in Box for 2