



WEEK OF MARCH 28, 2022 WEEK 13/52

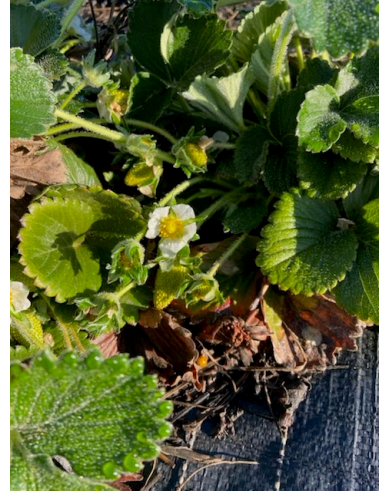
Food Brings Us Together

For those of you who are new to our CSA you probably don't know my history or how I came to this farm. To be completely honest, I don't consider myself a farmer, but more a person that helps people learn about new foods, eat better and hopefully guide you to the dinner table. Years ago I fell in love with a farmer. I eventually left a life I loved in Sonoma County, moved to Eatwell and married that wonderful man, but tragically, we lost him to cancer. We were a very well balanced team, as Nigel would tell everyone, "I grow it, she cooks it". His passion in life was most certainly this farm, and as people do with their passions, he always looked for new ways to do things better. My passion has always been gathering people around the table. I started at a young age, having formal dinner parties with my close friends in my parent's dining room, starting when we were only 15. One of our newest CSA members was actually at that first party. Laura, do you remember us all having some kind of "fancy" dinner way back when? I remember you and Danny were there. I fed you then, and now I get to help feed you again. And I am blessed to spend most of my life helping all of you eat just a little bit better.

These thoughts came into my head early Saturday morning, while I was getting started on a breakfast we were doing on the farm for a group of musicians who were camping down the road at Ruhstaller, the brewery/hop farm. It was the Spring Rivertunes Jamboree, and just like back in the fall, I offered to cook a farm breakfast for folks who were interested. As I poured the water over the coffee grounds—coffee that was roasted by my friends Marissa and Kevin at Attalus Coffee in Vacaville (also CSA members!)—and was starting the pot of polenta from Bayview Pasta, or chopping greens and cooking eggs, all from this farm, I knew that with every pour, every stir, every chop of my knife, there is a bit of me that gets shared. Whether anyone realizes it or not, that is the power of food. I know we all live such busy lives, and so often cooking takes a back seat, but there is such satisfaction that often comes with it. I was certainly super busy Saturday morning, but I wanted to stop my breakfast cooking just for a couple of minutes to write down these thoughts. At that moment, all of you were in my thoughts and in my heart. I was so excited to have them here on the farm and to share our food, and our spirit, and everything that Eatwell is, and all of you are a part of that.

Nigel and I designed this house to be a giant kitchen that would fill with people filling their bellies and their souls. Serving about 100 people between Saturday and Sunday has me longing for the days of Eatwell Farm Events. So, I have decided I don't want to wait until summer, why not have a farm event now? Here is what I am scheduling for you all, Weekend on the Farm April 23rd/24th. Come up for breakfast/brunch, walk the farm, enjoy the beauty.

Choose which morning you want to come up, OR make a weekend of it, stay and do both mornings. You can always head down the road to Ruhstaller for music and beer later in the day. We will start serving breakfast at 7:30 AM and go until noon. After you eat, walk the farm and explore.



Have some fun in the garden, maybe we might have a few strawberries ripening. Tickets are \$15.00 per person, kids under 10 are \$5.00. You can buy tickets [here](#) through our regular webstore.



A lot is happening out on the farm at the moment, I think you would enjoy seeing it. The potatoes have definitely popped out and are bushing up nicely. We planted a bit more this year, than last year. I love new potatoes and can't wait to steam some up, slather with butter and enjoy straight from the pot. I saw loads of ladybugs everywhere, even on this potato plant!

Everywhere I looked I found tons of them. Walking past the Sugar Snap Peas, I saw that we have pods on those plants. I got to enjoy one while I was out there. Beau was with me so I couldn't really dive into the row to see how much action is happening on the plants but it wouldn't surprise me if we had peas next week or the week after. It was delicious by the way!



I hope you consider making the trip up to the farm the weekend of the 23rd/24th. When you order your [tickets](#), can you please put in the notes or email us and let us know what time you would like to arrive. Let's bring in the Spring!

RECIPES AND IDEAS FROM LORRAINE

As I mentioned above, we had 2 days of serving breakfast this weekend. It was rewarding hearing folks go on and on about how good the greens were, how great the grits were, and wow those eggs! All the food was very basic, our eggs scrambled, no salt, no pepper, in good olive oil. I blanched all the mustard and green tops I could find in my cooler, then sautéed them in olive oil with some of our Smoked Chili Salt, loads and loads of chopped parsley, and green garlic. I roasted all the turnips I could find and kohlrabi and through those in to the mix as well. I literally cleaned out my fridge, granted my cooler holds a lot!). The grits were also simple, just a bit of Rosemary Salt, and cooked it with water. No butter, or stock, literally just salt and water. I was even amazed at how good it tasted. And of course we served our Eatwell Buttermilk Biscuits. People are always so thrilled by these simple meals, but what makes it all shine are the ingredients. I am writing all of this to remind you that good food doesn't require much work. I blanch my greens while they are still bunched with the rubber bands on, holding the stem, stir in a pot of simmering water. Cool, then chop, then sauté. To roast turnips or cabbage, peel/chop or cube, toss with salt, pepper and oil and pop into a hot oven. I use loads of parsley in everything!

White Beans And Green Cabbage

Recipe found on steamykitchen.com
2 tablespoons extra-virgin olive oil
1 medium potato, scrubbed and cut into tiny dice
3-4 sprigs fresh thyme (or 1/2 teaspoon dried thyme)
1/2 onion, minced
1 15-oz can white beans, rinsed and drained
3 cups (8 ounces) very finely shredded green cabbage
fine-grain sea salt
Pour the olive oil in a skillet over medium-high heat. When hot, add the potatoes and spread them evenly in the pan. Cook the potatoes for 5 minutes or so, make sure you scrape and toss the potatoes during cooking so that you can get each side browned and cooked through. Add in the fresh thyme, onion and the white beans and spread all around the skillet. Let cook, undisturbed for 2 minutes to brown just a bit, then scrape and toss again. Cook until the beans are nicely browned on both sides. Stir in the cabbage and cook for another minute. Sprinkle with sea salt and freshly ground black pepper. Stir and toss again. Once the cabbage has wilted down, the dish is ready

Sri Lankan Dal With Coconut and Lime Kale

Recipe from Meera Sodha, adapted. By Tejal Rao
Found on NYT Cooking
Because sometimes you want to put some work into a meal, and not just do the simple. This delicious recipe will have lovely complex flavors that I am sure will delight!
1 pound Red Lentils
3 Green Cardamom pods
3 TB Coconut Oil
1 Cinnamon stick
3 whole Cloves
2 small White Onions, thinly sliced

4 cloves Garlic, crushed
3/4 inch piece of Ginger, peeled and grated (about 1 tablespoon)
2 Green Finger Chiles or Serrano chiles, stemmed and finely sliced
Scant 1/2 tsp ground Turmeric
1 large bunch Kale (about 9 ounces)

1/2 tsp Mustard Seeds
2 TB unsweetened shredded Coconut
2 tsp Salt
1 Lime, juiced
7 ounces (3/4 cup plus 2 tablespoons) canned Coconut Milk Yogurt, for serving
Rice, for serving
Wash the lentils in a strainer in cold water until the water runs clear, then place in a medium bowl, cover with water and set aside. Bash the cardamom pods with the side of a knife so they crack open. Put 2 tablespoons of the coconut oil into a large pot over medium heat. When hot, add the cardamom pods, cinnamon stick and cloves. Fry for a minute, then add the onions. Cook

for 10 minutes, stirring frequently, until the onions are browning and soft. Add the garlic, ginger and green chiles and stir-fry for 1 to 2 minutes, then remove a third of the mixture from the pot and set aside. (Leave the cinnamon stick behind.). Drain the lentils and add to the pot, along with the turmeric and 4 1/4 cups of hot water. Turn the heat to high and bring to a boil. Once they are boiling, reduce the heat to low and simmer for 20 to 25 minutes, stirring occasionally, until the lentils are soft and creamy. While the lentils are simmering, chop the kale into thin strips and discard the thicker stems. Put the remaining tablespoon of coconut oil into a lidded frying pan (keep the lid off for now) over medium heat and, when hot, add the mustard seeds. When the seeds begin to pop, add the reserved onion mixture and fry for 1 to 2 minutes. Add the kale, shredded coconut and 1/2 teaspoon of the salt. Stir-fry for 1 minute, add 1/4 cup of hot water and put the lid on to steam the kale for 2 minutes, or until soft and tender. Add the lime juice and stir. When the lentils are soft and creamy, add the coconut milk and remaining salt and simmer for 5 more minutes. Remove from the heat, and pick out and discard the cardamom pods and cinnamon stick. To serve, ladle into bowls and divide kale over the top. Serve with a side of yogurt and rice.

Turnip Cabbage Slaw With Yogurt Dressing

Recipe by Melissa Clark found on NYT Cooking
1 fat garlic clove
1 teaspoon plus 1 pinch kosher salt, more to taste
1/2 cup plain Greek yogurt
1/4 cup extra-virgin olive oil
Black pepper
1/2 head cabbage, cored and shredded (6 cups)
4 medium turnips (3/4 pound), peeled, and julienned or coarsely grated (2 cups)
1/4 cup chopped dill
Finely chop garlic. Sprinkle with a pinch of salt; using the flat side of a knife, mash garlic to a paste. In a small bowl, whisk together garlic paste, 1 teaspoon salt, yogurt and oil. Season with pepper. In a large bowl, combine cabbage, turnips, dressing and dill. Toss well to combine. Let stand 10 minutes. Taste and adjust

This Week's Box List

*Parsley
*Mustard Green
*Green Garlic
*Turnips
*Red Kale
*Green Cabbage, TF
*Eatwell Mandarins
Fennel
Radish
Onions Or Broccoli
Lettuce OR Bok Choy
* = Items in Box for 2