



WEEK OF MAY 25, 2022 WEEK 21/52

CARRY OVER FROM LAST WEEK

One last reminder, we have a Strawberry Day this coming Sunday. If you have never been to the farm, U-pick Strawberry Days are a great time to visit. Bring a picnic and make a day of it. You can eat warm berries right off plant, which is the best way to enjoy them! And what you pick to take home is only \$2.00 per lb. Once you have had your fill, head on down the road from us for an ice cold beer, and a lot more fun at Ruhstaller, the brewery and hop farm. Tickets to our Strawberry Day are available [here](#). You can arrive starting at 10am until 2pm. Currently the weather app is forecasting a pretty lovely day with a high of 84 and keeping my fingers crossed, no wind. Please bring containers to put your berries into, although we will have green baskets and boxes if you need them.

After this weeks Strawberry Day, is **Lavender Harvest**. This is a very important weekend for us, because the work that gets done really helps us get a lot of lavender hung in our drying room. Not only do we sell bunches of dried lavender throughout the year, we also use the buds in sachet bags, lavender salt. And I macerate buds in olive oil for our lavender sugar scrub, massage balm and calendula salve. It is a lot of work to get done, and having 25 or so of you here with busy hands, makes a huge difference. If you can join us the weekend of June 17th-19th and you have questions please email me at organic@eatwell.com or text me at 530-554-3971. If you know you can join us, get your ticket (it's free, this is just a way for me to have everyone's information in one place) [here](#). In case you missed last week's newsletter, there are no actual tickets coming with your box. I decided this year to not use a ticket service because I don't want you charged an extra fee. So if you see event tickets listed on the sign in sheet, just ignore that.

Another item from last week, is regarding eggs cartons. Over the years I have had a lot of people ask if we could re-use them. We have always said no, but I have done a little investigating and it seems that it is not a hard rule, but strongly suggested that we do not. We can reuse them if we clean them. We could give them a quick spray with sanitizer. How do you feel about that? Is this something we should move toward? Please text me 530-554-3971 or email organic@eatwell.com with your feedback and thoughts.

EXTRAS DEADLINE

First of all, thank you so much for supporting us with all the extras orders. Although it is also extra work, it has become a significant amount of money each week, and is making a difference for us. But there has been some confusion over when you get the extras you order. All extras come ONLY when you have a box scheduled, and the cutoff for ordering for the coming week is Sunday at midnight. So, if you order asparagus on a Monday it will not be in your box that week, but rather it will come with your next deliver. So if you want something to come the current week,

make sure to get your order placed before midnight on Sunday.

One last thing I wanted to re-mention, is the idea of having friends or family take over your box while you are on vacation. I am happy to move the pick up location to accommodate your friends so that the box is closer to where they live. This could make a really big difference for us during the summer months when box holds can top 300 each week.

DIRTY LETTUCE

I pulled out a bag of lettuce the other day, that I realized was well over a week old. It hadn't been washed and was really pretty dirty. Dumped it all into a bowl of clean water and let it sit for a couple of minutes. I put the lettuce into my spinner, cleaned the bowl and repeated the process until it was well



cleaned. gorgeous realize this most folks because in can go to and buy eat straight But we also



The lettuce was and delicious. I is something aren't used to, today's world we the grocery store lettuce ready to from the bag. live in a world

where we have massive recalls due to contamination. Lettuce doesn't like being stored wet so when you do clean it make sure it gets spun well, and maybe even pat dry with a paper towel.

Zucchini & Cucumbers

Zach and I were pretty excited to get lots of starts going in our little greenhouse a couple of months back. We were really hoping to get a jump on summer veg this year, but sadly Jose told me some critter got to all of our starts and enjoyed them right down to the ground! We also direct seeded and they are started to come up. But I am afraid we won't have them as early as I had hoped.



RECIPES AND IDEAS FROM LORRAINE

Rakat Krumpli

Recipe from krumpli.co.uk

When I was in high school, one of our favorite restaurants was Paprikas Fono in Ghirardelli Square.

My best friend's father's family was from Budapest, and that was a pretty great Hungarian restaurant. One of my favorite dishes there was Rakat Krumpli. And yes, I do include this recipe each year when potatoes are in season!

About 1 lb Potatoes
3 Eggs + 1 Egg Yolk
4 oz Smoked Sausage
1 Cup Sour Cream
Salt to Taste
Pepper to Taste

Butter for Greasing
Bring a pan of well-salted water to the boil. Add in the potatoes and the eggs. Boil the eggs for 10 minutes before removing. Remove the potatoes after 30 minutes. Allow both to cool for 10 minutes and then peel both. Mix the egg yolk with the sour cream. Cut the sausage, boiled eggs and potatoes into 3-4mm thick slices. Grease an 18cm X 12cm gratin dish with butter. Layer up the dish starting with potatoes, then sausage, then egg and then a third of the sour cream. Season this layer with salt and pepper and add another identical layer. Finish with a layer of potatoes and then add the remaining sour cream. Place in an oven and cook for an hour at 200°C or 400°F.

Chard Stem Pickles

Recipe by Marth Rose Shulman NYT Cooking

A lot of times people remove stems from their greens and then don't know what to do with them. Here is a great idea, pickle them!

1 to 2 cups very thinly sliced chard stalks (slice less than 1/4 inch thick)

1/2 cup (135 grams) seasoned rice wine vinegar

1 tablespoon (15 grams) sherry vinegar

1/4 cup (50 grams) sugar

1 cup (230 grams) water

2 1/4 teaspoons (10 grams) kosher salt

Place the chard stalks in a jar or bowl. In a large bowl, combine the rice wine vinegar, sherry vinegar and sugar. Bring the water to a boil, remove from the heat and add to the vinegar and sugar mixture. Stir until the sugar is dissolved. Add the salt and stir well. Pour over the chard stalks, cover and refrigerate for at least 2 days before eating and for up to 2 weeks. Shake the jar from time to time or, if you use a bowl, place a saucer on top of the chard stems to keep them submerged. Remove from the brine with a slotted spoon to serve.

Creamy Grits With Mushrooms and Chard

Recipe by Bryant Terry and Rahanna Bisseret Martinez

You can also use collards cause they are delicious with grits!

1 cup grits, preferably organic (see Tip)

1/4 cup unsweetened oat-milk cream (or coconut, nut or soy cream)

1 tablespoon olive oil

1 tablespoon kosher salt

FOR THE SAUCE:

1/4 unpeeled yellow onion

1 jalapeño

3 unpeeled garlic cloves

1 teaspoon lemon juice

1 tablespoon olive oil, plus more as needed

1/3 cup chopped cilantro

8 ounces maitake or cremini mushrooms

FOR THE CHARD:

1 bunch rainbow chard

3 tablespoons neutral oil

Salt and pepper

1 jalapeño

1 cup distilled white vinegar

1 garlic clove

1/4 yellow onion

2 tablespoons granulated sugar or maple syrup

Make the grits: Cook the grits with water according to the package instructions in a large, heavy-bottomed pot, stirring occasionally and adding more water if needed to ensure no grits stick to the pot. The cook time can range from 30 minutes to 2 hours, depending on the age and quality of the grits. When the grits are tender,

remove from the hot burner and pour in

the oat cream, oil and salt, stir well, and cover. (If you cooked the grits with salt, then start with 1 teaspoon and add more to taste.) Set aside. Meanwhile, make the sauce: Heat a cast-iron skillet over medium. Once heated, add the onion quarter, jalapeño and garlic cloves. Char and slightly cook the vegetables, turning occasionally. The garlic will likely be done first, after 4 or 6 minutes. Place each item in a bowl when charred and cover with a lid. When the charred vegetables are cool to the touch, remove the outer skin of the onion, the jalapeño stem and the garlic peels. If you are very sensitive to spice, slice the jalapeño in half lengthwise and remove one half's seeds and white veins to make it much milder. In a blender or mini food processor, blend the onion, jalapeño and garlic with the lemon juice, olive oil and cilantro until smooth. Add more olive oil if needed to blend, 1 tablespoon at a time. Clean the mushrooms with a damp towel and break apart or cut at the stem into 2-inch pieces. Place the mushrooms in a bowl and pour the jalapeño sauce on top; let sit for at least 15 minutes. Make the chard: Place the chard shiny side down on a cutting board and slice the stems and ribs away from the green leaves. Stack the leaves in a pile and cut crosswise into thin strips. Transfer to a bowl, toss with 2 tablespoons oil, and season with salt and pepper. Cut the chard stems into 2-inch-long matchsticks. In a medium saucepan, combine 1 cup water with the jalapeño, vinegar, garlic, onion and sugar, and bring to a boil. Remove the pan from the heat, add the chard stems and let sit, uncovered, for at least 10 minutes. Heat a medium cast-iron skillet over medium, add the chard leaves and cook, using tongs to move them around quickly in order to keep their bright green color, 1 to 2 minutes. Transfer to a bowl and set aside. In the same skillet, add the remaining 1 tablespoon oil and swirl to coat the bottom of the pan. Set over medium-high heat. Shake excess sauce off the mushrooms back into the bowl; too much sauce will cause them to steam instead of sear. Add the mushrooms to the hot oil, and cook until tender and caramelized, 2 to 5 minutes per side. To serve, spoon the grits onto a large platter and top with the chard, mushrooms and pickled stems. Tip: If using stone-ground grits, soak them overnight to create a creamier dish in less time.

This Week's Box

*Lettuce OR Broccoli

*Greenish Garlic

*Turnips OR Radishes

*Potatoes 2 lbs!

*Chard

*Collards

*Nectarines

Arugula

Mustard

Onions

Peaches