



WEEK OF JUNE 27, 2022 WEEK 26/52

What's Going On Around Here?

Quite a bit actually, and a few changes. First, Zach is off on an adventure with his partner Marie, to Africa. They are currently touring a few countries, and then Marie will be working on a project in Madagascar. Between losing drivers, and shifting things around here, I have moved Zach into several different jobs and I have mostly been sitting in the CSA manager's chair and doing those tasks.

Honestly, that has been a very good thing for me, because over the past several months I have learned a lot. When Ian left, I moved Zach over to take care of all the non-fruit/veg extras, plus work on getting the home delivery boxes sorted and labeled. Now that Zach is gone, I have moved Keri into that role, and as I trained her, we worked on making a few improvements. One was to make sure the ladies in the pack house had all of our extras to pack while they were putting the veggie/fruit extras into the Add-Ons boxes. This saved us a chunk of time, not handling the boxes twice, and we could set it up in more of an assembly line situation.

Whereas previously the boxes were on shelves in the cooler, and we were trying to work around the crew, in a very tight space. The biggest hiccup is the fact that we have many sites with similar names, like Central Richmond, Outer Richmond, and Outer Sunset, Mid Sunset, Inner Sunset, Lower Haight and Lower Pac Heights. It is easy to mess up and put a bag into the Outer Sunset box instead of Outer Richmond, etc. But we are working on training brains and hopefully we are improving each week.

Looking at my job on the farm, I have realized how much of my time has disappeared over the past year. Of course, I was taking care of my mom which was an enormous distraction and emotionally draining. So much work has piled up and I realized it was time for me to get some help. I have loved doing the CSA manager's job, I particularly love having so much direct contact with all of you. And honestly, I am not wanting to give that up, at least not all of it. But there are very routine things that we have to do every Monday to make all the magic happen. Egg sheets need to be prepared and printed, extras labels need to be sorted and printed, sign in sheets, pick lists, and harvest lists blah blah blah. I realized I don't have to be the person who does all of that, so I thought maybe I could find someone who wants to work in the office with me one or two days a week, to relieve me of those tasks. I thought about it, visualized it and threw it out there. The first person I asked to keep an eye out for someone, was my friend Lindsey's daughter Kendal. She works at the Barn and Pantry and sees a lot of people, so I thought she might know someone. I was so excited when she told me she did know someone and it was her! Funny, how the universe provides, especially when your intentions are clear.

Meet Kendal, my new office sidekick. As I mentioned, Kendal is my friend Lindsey's daughter. Over the years I have developed a very sweet relationship with both Kendal



and her sister Kaylee, who together are now running the Barn and Pantry. Such capable young women, who never cease to impress me. They grew up eating real food, veggies from our farm and drinking raw milk from their own cows. Farm kids know how to get things done. And Kendal has proven that to me once again. She is quick on the computer, has great typing skills, and took to it all immediately. The last two weeks, she has done just about all of the Monday work on her own. And this week I have her in for a second day, to help me with a few other tasks, one being the recipes for the flip side of this newsletter! I feel blessed to have her here, and I know it will make a big difference for me over the next few months, hopefully allowing me to get back on track.

Oh, and Kendal is an amazing photographer, I hope you enjoy today's pictures, they are all her's.

In other news, I ended up having a very small Lavender Harvest here, with the folks who had already signed up, and were really disappointed to hear that I was cancelling. It was a rather abbreviated version of the weekend, only bunching on Sunday, but they got a lot done. It felt good having members here helping out, working together, eating together. One member actually celebrated his birthday that Saturday night with a pizza party. Cooking for everyone always brings me great joy and satisfaction, everyone gathered in the farm house to eat our farm food is a pretty awesome thing. So, I have scheduled another Breakfast On The Farm for Sunday July 17th. We will start serving breakfast at 8 and go until noon. If you are interested in joining us, you can order tickets here. \$20.00 for adults and \$5.00 for kids. There are no physical tickets, and I will

email you after your purchase to get an idea of timing. We keep our meals very farm centric, obviously Eatwell Eggs, probably summer squash/greens and potatoes, plus fruit and yogurt, Attalus coffee, etc. I only have 50 slots, I hope you can make it!

Fire Season is most certainly upon us, and moving in a little too close for comfort. The other day, my friend Xo from Ruhstaller, sent me a photo she took from their deck, asking if we were ok? In the photo it looked like there was a fire right down the road from us. Turned out it was on the other side of 505. I happened to be off the farm at a meeting in Davis, so you can imagine how nerve wracking that was! Yesterday, while running to town, it looked like there was a big fire really close to Ruhstaller, at the other end of our road. As I crossed the freeway I could see it was a rather large fire on the other side of 80. And just now, driving back to the farm we spotted yet another fire, that looks

like it is a few orchards over. In all the years around Eatwell, I have never seen so many fires this close to us. The strangest thing, with all these fires, I have almost never smelled any smoke. And hats off to the first responders who have jumped into action each time and so far, none of these fires have gotten out of control.

RECIPES AND IDEAS FROM LORRAINE

Green Goddess Dressing

Recipe from Samin Nosrat found on NYT Cooking, adopted from Jessica Battilana's green goddess dressing in "Repertoire." The perfect dressing for a bed of kale- so you can see why I like this option. If kale is the way you want to go, tear and wash your kale then sprinkle some salt on it and massage it for a couple of minutes. This makes for the best, more tender kale salad!

2 oil-packed anchor fillet
1/2 cup mayonnaise
1/3 cup full fat Greek yogurt
1/2 cup parsley leaves
1/3 cup basil leaves
1 to 2 Tbsp lemon juice
2 Tbsp finely chopped fresh tarragon leaves
3 Tbsp minced chives

Salt

Freshly ground black pepper

for vegan alternative: swap anchovy, yogurt and mayonnaise for 1 avocado and 1 Tbsp (more to taste) apple cider vinegar

In a food processor or blender, combine anchovies, mayonnaise, yogurt, parsley, basil and 1 tablespoon lemon juice. Process until smooth and uniformly green/ Transfer to a lidded jar, and stir in the tarragon and chives. Adjust seasonings as needed with salt, pepper and lemon juice.

Gingery Chicken Stew

Recipe by Mark Bittman found on NYT Cooking
The original recipe calls for winter squash but I think it would be delicious to swap for summer squash and some potatoes- if you would like the original recipe, it calls for a pound and a half of winter squash cut into 1-inch chunks. Here is my adaption of the recipe:

2 Tbsp olive oil
1 and 1/2 lb (4 bone in) of chicken thighs
1/2 tsp salt
1/2 tsp ground black pepper
1 large onion, chopped
2 cups chopped daikon radish
1/4 cup minced ginger
2 cups vegetable or chicken stock, or water, more as needed

1/4 cup soy sauce

2 Tbsp lime juice

3 pieces star anise

3/4 to 1lb potatoes, chopped

3/4 to 1lb summer squash, chopped

Put the oil in a large pot over medium-high heat. When it's hot, add the chicken, sprinkle with the salt and pepper, and cook, turning the pieces as they release easily from the pan, until they're well browned on both sides- 8 to 12 minutes. Remove the chicken from the pot and set aside for later. In the same pot, add the onion, daikon and ginger and cook until they begin to soften- 3 to 5 minutes. Add the stock, soy sauce, lime juice and star anise. Bring to a boil, stirring to scrape up any brown bits from the bottom of the pot. Return the chicken and adjust the heat so the mixture bubbles gently. Add chicken to the pot and cover for 30 minutes, or until chicken is very tender. Stir in summer squash and potatoes. Simmer, stirring occasionally and adding enough stock to keep them from sticking until potatoes and squash are tender, but not mushy- 10 to 15 minutes. Optionally, remove bones from chicken thighs and return to pot. Fish out and discard star anise. Adjust seasonings to taste and serve!

Peach and Nectarine Cobbler

Recipe by Makenzie Gore found on Delish, however I have added some minor alterations with granola (automatically a gluten free dish) and of course the nectarines- YUM!

3 (1 and 1/4 lb) large peaches, sliced
3 (1 and 1/4 lb) large nectarines, sliced
1/4 cup granulates sugar

Juice of 1/2 lemon

1/2 tsp ground cinnamon

1/2 tsp ground ginger

Pinch of kosher

1 cup packed brown sugar

1/2 tsp kosher salt

1/4 tsp ground cinnamon

1/2 cup (1 stick) melted butter

1 1/2 cup granola of choice, preferably

Nana Joe's Granola; sunset blend

Preheat oven to 375 degree. In a large

bowl, combine peaches, nectarines, sugars, lemon juice, cinnamon, ginger, and salt.

Mix until evenly coated. Pour mixture into

a large baking dish, so peaches and nectarines are evenly distributed.

In a medium bowl, combine granola, brown sugar, salt, and cinnamon. Pour melted butter and stir until mixture resembles coarse crumbs.

Sprinkle crumb topping evenly over peaches.

Bake until topping is golden and fruit is bubbling- 45 to 50 minutes.

Allow to cool and serve while warm. Optionally, add a scoop of vanilla ice cream on top.

Slow- Cooker Korean Beef in Cabbage Leaves

Recipe found on EatingWell.

1/4 cup of all purpose flour

2 lb boneless chuck roast, trimmed, cut into 2 inch cubes

1 1/2 Tbsp sesame oil

8 garlic cloves, crushed

1/2 cup of rice vinegar

1/4 cup sesame seeds

3 Tbsp soy sauce

3 Tbsp light brown sugar

2 Tbsp Sriracha chili sauce

1 Tbsp fresh ginger, minced

3/4 tsp kosher salt

16 medium sized savoy cabbage leaves, one head

16 medium scallions (green parts only,) sliced diagonally

In a gallon sized ziplock bag, place flour and beef, seal and shake to coat. Heat the oil in a large skillet over medium-high heat. Add half of the beef to the skillet, stirring occasionally until browned on all sides. Remove from heat and place in a 5 to 6 quart slow cooker coated with cooking spray, then repeat with the remaining beef. Add garlic to the same pan and cook for 1 minute, add to the slow cooker.

In a small bowl, stir vinegar, sesame seeds, soy sauce, brown sugar, Sriracha, ginger and salt to a small bowl.

Pour over beef in the slow cooker, mix in, cover and cook on low until beef is very tender- 8 to 9 hours.

Remove the beef from the slow cooker, reserving the cooking liquid. Pour the cooking liquid through a fine wire mesh strainer into a bowl. Discard the solids.

Divide the beef among the cabbage leaves. Sprinkle with scallions and drizzle desired amount of cooking liquid over each serving. And you are ready to serve!

This Week's Box

*Chives

*Potatoes 2lb

*Chard

*Nectarines

*Daikon

*Onions

*Peaches

Summer Squash

Broccoli OR Brasil

Savoy Cabbage

Green Kale

* = Items in Box for 2