



WEEK OF AUGUST 15, 2022 WEEK 33/52

### Giving Your Gift

I was listening to a podcast this week, and the speaker said something that really touched me, *your gift isn't a gift until you give it.* In a world that honors and reveres the extraordinary, the talented and the genius, it can be difficult to find our own gifts. We may feel as if we don't have much to contribute, when considering the likes of an Einstein or a Beethoven, or Nelson Mandela. Imagine how much the world would have lost if these people had just kept to themselves? In the shadow of such greatness, it is often hard to remember we all can make a difference in this world. My friend Valerie told me the sweetest story about a bus driver in Sacramento who met a boy who couldn't afford the bus to get to school. So every day he let this boy ride for free. He made the boy promise to come back and visit him once he graduated. Well that boy did graduate and went on to join the Navy. A simple gift probably turned his life around. Sometimes our gift is as simple as allowing the peace in our hearts shine through in a kind gesture or the smile on our face. Gifts come in many shapes and sizes.

Most of my life, cooking for people and gathering everyone around the table is the gift I have loved to give the most. Tonight I have some friends coming for dinner and I am thrilled to make them a meal that features Eatwell tomatoes, cucumbers, celeriac, zucchini, onions and potatoes. And homemade fig newtons made with figs from the tree outside my bedroom. We are making "a raclette" as my Swiss friends would say. If you are not familiar with raclette here is a link to the [Wiki](#) article that tells you all about it. Like a fondue, we all participate in cooking our meal around the table. The ham I am including in tonight's diner came from my friends Annie and George who raise hogs. The



ham was Annie's gift to me for a box of produce I gifted her. And because I live in a place where you can't find special cheeses, my friend Brenda sent me the gift of a pack of raclette cheese she bought for me in SF. Tonight, when we are sitting around the table, knowing where almost all of my food comes from, I know I will feel immense joy sharing these gifts.

Food is so essential, but too often we forget that these delicious meals we get to enjoy are a true blessing. If you are a household with children, you are giving them an

incredible gift, hopefully one that they will hold onto throughout their lives. When time permits, that time in the kitchen cooking and then joining together around the dinner table are opportunities for memories which can be cherished later in life. Hopefully your children will grow up and carry on in their adult lives, cooking meals for themselves, their friends and eventually their own families. One of the most amazing things that I get to experience on the farm is meeting folks who grew up in an Eatwell CSA family household, who are now members themselves! Multi-generations of Eatwellers, how awesome is that! PS, homemade Fig Newtons are AMAZING!

### Saucing This Sunday

My friend Elianna is coming up from LA this weekend to come to the farm for tomato saucing. So we will be saucing this Sunday, want to join us? I would love to have some of you up for a day of saucing! I set up a special sku so you can order tomatoes for farm pick up if you can join us. If you would like to come up Saturday and spend the night, you are very welcome to do that. Any interest, email us at [organic@eatwell.com](mailto:organic@eatwell.com). Hope to see you this Sunday! Lorraine

# RECIPES AND IDEAS FROM KENDAL

## Stone Fruit Salad

A recipe from CSA Member Brenda

For salad base:

2 peaches cut in wedges  
2 plums cut in wedges  
2 nectarines cut in wedges  
2 cup of assorted greens and herbs of your choice, we're using lettuce and basil  
2-3oz prosciutto  
1 large ball of burrata  
Flakey sea salt and freshly cracked pepper

4-5 basil leaves

For Dressing:

1 small shallot finely minced  
2 Tbsp dijon mustard  
6 Tbsp balsamic vinegar  
½ c olive oil

Salt and pepper to taste

Begin by preparing and using your stone fruit. Add in a bowl with your washed greens, basil with a little bit of salt and pepper. Set aside.

In a bowl, add minced shallots with dijon, salt and pepper. Next add in your balsamic and mix well until everything is combined. Using a whisk, slowly start streaming in your olive oil while mixing until emulsified and everything is creamy.

Toss your dressing with the stone fruit, greens and finish with prosciutto, top with burrata and serve!

## Cucumber, Lime and Chile

### Agua Fresca

Recipe found on "Sunset," by Jimmy Shaw

1 ½ lb unpeeled cucumbers, cut into chunks  
½ c lime juice  
½ medium serrano chile, seeded if you like  
¾ c simple syrup  
½ tsp table salt

Cucumber and lime slices, for serving

In a blender, combine all ingredients along with 1 ½ c of water until very smooth. Pour into a pitcher and stir in 4 ½ c more of water. Add more lime juice, simple syrup and/or water to taste. Chill until cold, at least 2 hrs. Stir and serve over ice, garnished with cucumber and limes slices!

## Baked Parmesan Zucchini

Recipe found on "Damn Delicious."

This recipe calls for dried basil and garlic, but you can switch it to fresh. Rule of thumb is, for every tsp of dried you use 1 TB of fresh, but I might not go that high with the garlic.

4 zucchini, quartered lengthwise  
½ c freshly grated parmesan  
½ tsp dried thyme

½ tsp dried oregano

½ tsp dried basil

½ tsp garlic powder

2 Tbsp olive oil

2 Tbsp chopped fresh parsley leaves

Kosher salt and freshly ground black pepper to taste

Preheat the oven to 350 degrees.

Preheat a cooling rack with nonstick spray and place on a baking sheet, set aside.

In a small bowl, combine parmesan, thyme, oregano, basil, garlic powder, as well as salt and pepper to taste.

Place Zucchini onto a prepared baking sheet. Drizzle with olive oil and sprinkle with parmesan

mixture. Place into the oven and bake until tender- 15 mins. Then broil for about 2 to 3 mins, or until crisp and golden brown.

Serve immediately, garnished with parsley, if desired

## Chard Artichoke Grilled Cheese

Recipe found on "a couple cooks"

The original recipe calls for spinach, however we are substituting chard! Also, I would probably rough chop the artichoke hearts.

3 c chard leaves, roughly chopped

3 canned artichoke hearts, 6 ounces

2 cloves garlic, minced

1 Tbsp olive oil

2 Tbsp sour cream

1 c shredded cheese, mozzarella, Monterey and/or provolone

4 pieces of bread, of choice

Butter

Kosher salt

Wash and stem chard leaves, then chop coarsely.

Heat the olive oil in a skillet. Add the garlic and sauté for 30 seconds. Then add the chard and 1 pinch of kosher salt, and sauté for a few minutes until just limp. Add the artichokes and sauté for another minute, just heated through. Drain off any liquid from the pan. Stir in the sour cream and another pinch of kosher salt.

Spread butter on one side of each of the bread pieces. Heat a griddle pan to medium high heat. Place two pieces of bread on the griddle, buttered side down. On each piece, spread some shredded cheese, the chard artichoke filling, some more cheese, and another piece of bread. When the bottom bread is browned, flip the sandwich and cook until bread is toasted and the cheese is melted. And enjoy!

### This Week's Box

\*Potatoes

\*Tomatoes

\*Nectarines

\*Peaches OR Plums

\*Basil

\*Summer Squash

\*Sage

Onions

Eggplant

Celeriac OR

Cucumber

Chives

\* = Items in Box for 2