



WEEK OF AUGUST 23, 2022 WEEK 34/52

Distillation Season

For years we have made weekly treks to Sonoma to our distiller Wally at SonomAroma. He takes our lavenders, rose geranium, rosemary and lemon verbena. Most of the hydrosol (the water portion of distilling) goes to a wholesale account. And of course we bottle and sell our hydrosols and I use them in our Softers. This year I reached out to our client early back in May, hoping to get a sense of their needs for this year. Unfortunately, I didn't hear from them until late July, at which point we were very near the end of the time we could harvest and distill lavender. It was getting pretty dry and cooked. I conferred with Wally and he



will play with making a Softer with it. Doing a little research on Hops Essential Oil, I have learned it is very anti-inflammatory and I think it would work really well with our lavender and calendula in a salve. Or I might try it in the Lavender/ Artemisia Salve. AND I definitely want to play with it in a hair/scalp product. Lavender and Rosemary are both great at combatting dandruff and reportedly, hops stimulate hair

follicles. Perhaps this is the little ingredient I have been waiting for to move forward with some new products! We shall see. I am picking it up this week and hope to find some time to play with it.



Saucing Labor Day Weekend

We have a few members coming up Labor Day weekend to sauce tomatoes. If you are interested in coming up to sauce on Saturday OR Sunday, please let me know. There is a special sku so you can order tomatoes for farm pick up if you can join us. If you would like to sauce on Sunday, you are welcome to come up Saturday and spend the night, so you can get an early morning start. Any interest, email us at organic@eatwell.com.

said it should be really good at that time, and boy was he right! The 600+ pounds of Lavender Grosso I drove over to his place was the strongest I have ever smelled. And it gave us an incredible amount of essential oil. The following week I was able to get just enough of our Lavender Super picked for him to distill, so we could take care of our big wholesale order.

Egg Cartons

Given the cost of packaging and shipping it and the difficulty in getting things, I have decided to move forward with re-using egg cartons. If you have CLEAN egg cartons and want to send them back to the farm, you can leave them either in tree extras box or in the egg cooler.

As I was in the distilling mood, I thought I would try an experiment with hops. My friends down the road are harvesting their's right now, so I asked them for 50 lb to take to Wally last week.

Short and Sweet

I have a bunch of products to make, like sugar scrub, lavender salt and the lavender artemisia salve, so I am keeping this week's newsletter short.

Since last year's hop harvest, I have been thinking a hop hydrosol and essential oil would be a really cool thing to play with. And Lagunitas seems to do well with their sparkling Hops Water, I think I

RECIPES AND IDEAS FROM KENDAL

Cucumber Salsa

Found on "A couple Cooks" by Sonja & Alex. I took some creative liberties to make it more open to preferences- adding tomatoes and changing some of the prep info!

2 cups cucumber, finely diced, optionally peeled
½ c red bell pepper, minced
½ c tomatoes, diced
¼ c red onion, minced
1 to 2 jalapeno pepper, optionally move seeds
¼ c cilantro, finely chopped
¼ tsp cumin
2 Tbsp lime juice
½ tsp kosher salt

Place the vegetables in a medium bowl and mix with cumin, lime juice, and kosher salt. Taste and adjust flavors as desired. Serve immediately with chips, tacos or grilled fish. Stores refrigerated for up to 4 days.

Grape Sorbet

Found on "Live, Eat, Learn" by Sarah Bond. This recipe can be used with ANY fruit- maybe a nectarine and plum (Stone Fruit) sorbet!

3 c green grapes
2 Tbsp sugar or honey
1 tsp lemon zest
1 tsp lemon juice

Remove grapes from the stem and arrange onto a plate or baking sheet in a single layer. Freeze until solid- roughly 4 hours.

In a food processor, puree frozen grapes, scraping down the sides as needed. Add remaining ingredients and puree until smooth.

Serve and enjoy.

Zucchini Fritters

Found on "All Recipes," by Amy Gonzalez.

1 ½ lb zucchini, grated
¾ tsp salt
¼ c all purpose flour
¼ c parmesan cheese, grates
1 egg, beaten
2 cloves garlic, minced
2 Tbsp olive oil

Kosher salt and ground pepper to taste

Toss zucchini and salt together in a large calendar and palace in a sink to drain- 10 mins. Transfer zucchini to the center of a piece of cheesecloth; wrap cheesecloth around zucchini and squeeze to drain as much moisture as possible.

Mix flour, parmesan cheese, egg and garlic together in a large bowl. Stir in zucchini, then season with kosher salt and pepper.

Heat olive oil in a large skillet over medium- high heat.

Working batches, scoop tablespoonfuls of zucchini mixture into the hot skillet and fry until golden brown- 2 mins per side.

Swiss Chard and Roasted Garlic Mac and Cheese

Found on "Olivia's Cuisine" by Olivia Mesquita.

A great option would be to add basil!

1 head of garlic, whole

2 Tbsp olive oil, divided

16 ounces Elbow Macaroni

2 garlic cloves, minced, divided

1 bunch Swiss or Rainbow chard, stems removed and chopped

Salt and freshly ground pepper, to taste

2 tsp lemon zest

2 Tbsp lemon juice

¼ c + 2 tablespoons unsalted butter, divided

3 Tbsp all-purpose flour

2 ½ c whole milk

1 c heavy cream

Freshly ground nutmeg, to taste

1 tsp dry mustard

1/2 tsp paprika

2 ½ c gruyere cheese, grated

½ c panko breadcrumbs

1 tsp garlic powder

2 Tbsp fresh chives, finely chopped

Preheat the oven to 400°F. Slice off the top of a head of garlic, just enough to expose the cloves.

Drizzle with a teaspoon of the olive oil and wrap in foil. Roast the garlic for 30 to 40 minutes, or until soft and almost caramelized. Let it cool a little so you can handle it, then squeeze out the flesh of each clove out. Mash the cloves with a fork and reserve.

Cook the pasta in a large pot of salted boiling water according to package instructions. Drain, reserving 1/2 cup of pasta water, and reserve back in the pot.

Heat the remaining olive oil in a large skillet, over medium heat. Add half of the minced garlic and sauté until softened and fragrant, about 1 minute.

Stir in the chopped Swiss Chard and cook until softened, about 2-3 minutes. Season with salt and pepper, and stir in the lemon juice and zest. Reserve.

Wipe down the skillet with a paper towel and melt the butter over medium heat. Remove and reserve 2 tablespoons for the topping. Add the remaining garlic and cook for a minute, until softened and fragrant. Then, sprinkle the flour and whisk until combined.

Cook for a minute or two, until bubbling and starting to turn golden. Slowly whisk in cold milk.

Continue to whisk until it starts to boil. Lower the heat to medium-low and cook, stirring constantly, until slightly thickened, about 8 to 10 minutes. Stir in the heavy cream, roasted garlic, dry mustard, paprika, freshly grated nutmeg and a pinch of salt and pepper. Cook for another 3 to 5 minutes to thicken. Remove from heat and gradually stir in the cheese until melted. In the pot with the pasta, combine the pasta, sauce, Swiss chard and a splash (about 1/4 cup) of the pasta water. If necessary, add more pasta water to make sure the mixture is saucy. Taste and adjust salt and pepper as needed! Transfer the mac and cheese to a greased 9×13-inch baking dish. In a small bowl, combine the breadcrumbs, reserved melted butter and garlic powder. Sprinkle over the mac and cheese. Bake for 15 to 20 minutes or until golden and bubbly. Garnish with the chopped chives and serve!

This Week's Box

*Potatoes

*Tomatoes

*Onions

*Grapes

*Chard OR Cabbage

*Cucumbers

*Plums

Basil

Zucchini OR Eggplant

Nectarines

Chives

* = Items in Box for 2