



WEEK OF OCTOBER 10, 2022 WEEK 40/52

Some Thoughts

It is impossible for me to convey all that I feel when I putter in my kitchen preparing for a group of members to come for a day on the farm. Or how I feel each day making a hundred different decisions wishing I had Nigel here, who should be standing by my side, helping me make the right choices. The truth is quite often I don't make the best decision. This past year has been a real struggle for me, and my mistakes have been great and far more frequent than I would like. Too many distractions and not quite enough experience, compounded with navigating through a rapidly changing world, it has been impossible for me to keep up with everything. So I look at what is most important and try to whittle life down to those tasks. That being said, please know if I don't respond quickly to your email or text, sometimes it is because we are knee deep in getting stuff done to make sure the boxes go out. Wanted to also mention, that quite often the emails you send to us through CSAware end up in our spam folder. I do try to watch out for them but I miss quite a few. So if there is something important you need to let us know emailing us directly at organic@eatwell.com is your safest option.



This past Sunday we had almost 30 of you here to pick olives and learn a little about curing/brining. It was a beautiful day on the farm, not too hot and no wind. We gathered in front of the house and had a nice discussion about olives, and then everyone went out to have some fun picking. There are two things that always get me a little emotional at these events, watching the kids and having a chance to feed everyone. It is a wonderful way to showcase what the farm produces as well as many of the amazing items we offer you as extras.

I always spend a good amount of time planning my meals for these events, and as per usual ended up switching things out and winging it Sunday morning. The recipes I found and printed never left my bag; they were really there to comfort my nerves and guide me on my way. For our lunch we had a chicken salad made from Root Down chickens, homemade Eatwell mayo, raw turnips, our smoked chili salt and a few Capay raisins. It was simple and amazingly delicious. We also served up roasted butternut squash that we brushed with a mixture of the Sauce of Nostalgia from Aedan foods, which is miso, sesame oil and soy sauce. Following that theme we incorporated the Sauce of Nostalgia into our Kale/Dandelion and Marcella Bean Salad, with a tahini/yogurt dressing. For dessert we made an apple crisp using all the leftover Devoto apples I had in my cooler, and topped it with Nana

Joe's granola, mixed with melted butter and a bit of brown sugar. Everything was so tasty. People kept telling me how delicious everything was, and the chicken salad was the best they have ever had. Honestly I didn't do anything special, except for the homemade mayo, but really the difference is in the chicken, Root Down birds are just so fantastic. And kale/dandelions with white beans is an excellent and satisfying vegetable dish, not to mention a great way to use up a lot of greens. We took the leftover salad and roasted squash and turned them into a very yummy soup that we enjoyed that night. I was asked for recipes, but the problem is, we really didn't measure and so it is a little challenging to put a "recipe" into the newsletter. But if you are interested and ok with loose recipes, email me.

This farm was built to create a community, which is why Nigel followed the CSA model. Having members come up to the farm, seeing a group of strangers sitting around the tables in front of my house, chatting and having fun, is what this is all about. Sure, you all get boxes each week, but visiting the farm is one of the most important things you can do as an Eatwell member. This farm is such a nourishing place, you feel it when you have a chance to walk around and just be here. You feel that healing power come up from the ground, right into your feet and on up to your heart. Last week I received a very special gift from one of our members, Jayson, who put together a beautiful photo book of our very first Tomato Sauce party. On the last page he included an excerpt from the newsletter right after that event, and this is what Nigel wrote:

When I got a few moments to myself I looked upon everyone working hard and having a great time and thought "this is exactly the farm and community that I have always wanted". So it took a few Med Fly in Dixon to realize that what we all have here is something very precious.

Yes, Nigel, it is, very, very precious.

Box for 2

Folks who get the Box for 2, keep a look out, we have a new style of box. The picture above is the box we are now ordering. For a few more weeks we will have a mix of the old along with these new ones, until the old model is not good enough to use.



RECIPES AND IDEAS FROM KENDAL

Rosemary Simple Syrup

This recipe can be used with any herbs that you desire: lavender, sage, basil, etc! Can be stored either on the counter or in the fridge, the best way to know if it is still good to use is to smell it, if it has an alcohol or nail polish remover smell then it is past its prime.

2c water

2c cane sugar

6 rosemary stems (more or less depending on preference)

In a medium sauce-pot, bring the water to a light boil and add cane sugar.

Stir until sugar is dissolved.

Once sugar is dissolved, add rosemary (or herb of choice) and turn heat to high, allow to simmer on a rolling boil for 5-8 minutes. Remove pot from heat and allow rosemary to steep for an additional 10 minutes. Remove rosemary stems and allow syrup to cool, uncovered on the countertop for 30-45 minutes.

Stays best in a cool dark place for 3-4 days.

Matt & Ted Lee's Radish Butter

Recipe found on, "The Kitchen," by Faith Durand.

1/2 lb round red radishes, trimmed, at room temperature

6 Tbsp unsalted butter, completely softened

1/4 tsp kosher salt

1/8 tsp freshly ground white or black pepper

About 24 thinly sliced rye toast points, toasted slices of French bread, water crackers, 2 inch celery sticks, endive leaves, or romaine heart halves.

Put the radish in the bowl of a food processor and pulse until the radish is chopped into very fine dice, four or five 3 second pulses.

Transfer the contents to a length of cheesecloth or a double thickness of paper towels and wring out the excess liquid. Transfer to a medium bowl and add 4 Tbsp of the butter. With a rubber spatula, cream the radish and butter together, adding more butter 1 Tbsp at a time, until the mixture comes together in a smooth, pliable mass. Transfer the mixture to a 2-cup ramekin or bowl, sprinkle the salt and pepper over the top, and serve immediately. Keep best in the fridge, covered, for up to 3 days. Remove it from the refrigerator for up to 2 days. Remove 15 minutes before serving to let it soften.

No-Churn Sweet Potato Pie Ice Cream

Recipe found on, "Butter Be Ready," by Quin Liburd.

2 1/2 c heavy whipping cream

1 Tbsp vanilla bean paste

1 (14 ounce) canned sweetened condensed milk

1/2 c full-fat greek yogurt

3/4 c mashed sweet potato

2 tsp cinnamon

1/2 tsp nutmeg

1/4 tsp ground cloves

1/4 tsp kosher salt

1/2 c chopped pecans

1 Tbsp dark brown sugar

OPTIONAL 1 Tbsp bourbon

In a stand mixer fitted with the whisk attachment or using a handheld electric mixer, whisk heavy cream and vanilla bean paste together until stiff peaks form, about 6-8 minutes. Heavy cream should be thick and whipped. In a separate large bowl, add condensed milk, greek yogurt, and mashed sweet potato. Whisk

ingredients together until all lumps disappear. Then add in cinnamon, nutmeg, cloves, salt, pecans, brown sugar, and bourbon. Mix until everything is combined.

Gently fold in heavy whipped cream into a bowl with mashed sweet potato mixture. Fold mixture together just until everything is combined. Pour mixture into a 9x5 inch loaf pan and smooth top with an offset spatula. Cover with plastic wrap and place into the freezer overnight, 8-10 hours. Let ice cream sit out for a few minutes before serving to soften some. Scoop, serve and enjoy!

Slow Cooker Balsamic Chicken with Tomatoes and Chard

Recipe found on, "Mom's Kitchen Handbook," by Katie.

1 1/2 lbs boneless, skinless chicken thighs

Salt and pepper to taste

1 large red onion, very thinly sliced

4 whole cloves garlic, peeled

1/4 c balsamic vinegar

1 (26 ounce) box or 28 ounce can chopped tomatoes, with their juices

1/2 tsp dried rosemary

1/2 tsp dried thyme

1 tsp dried oregano

1 bunch Chard, stems removed, roughly chopped

2 to 3 Tbsp grated parmesan cheese

Cooked whole grain pasta, brown rice, or other grain for serving.

Season the chicken with salt and pepper on both sides. Put onion, garlic, balsamic vinegar, tomatoes, rosemary, thyme, basil and oregano into the crock pot and stir well. Nestle the chicken pieces into the tomatoes. Turn the crock pot to high. Cook until the chicken is very tender, about 4 hours. Add chard to the pot and stir so that it is covered with liquid. Cook 15 to 20 minutes longer until the chard is tender. Serve over cooked whole grain spaghetti, brown rice, or farro with parmesan cheese grated over the top.

Tahini Yogurt Sauce For Beans and Greens Salad

Recipe found on [Silk Road Recipes](#)

For our Beans and Greens Salad we cooked up the Marcella (white) Beans from Rancho Gordo, drained and cooled. We brought a pot of water to a boil. Keeping the rubber band on, washed the dandelion greens and kale, but chard would be perfect for this. Holding the stem end, swirl in the boiling water until soft. Drain and cool, wring out as much water as possible. Chop the greens, put into a bowl, add beans and sauce and mix. Season with salt and pepper.

Dressing Recipe

1/2 cup plain Greek yogurt

1 lemon (1/2 grated lemon zest plus 2 tablespoons juice)

2 tablespoon mint leaves minced

1 tablespoon tahini

1 tablespoon water

1/4 teaspoon salt

1/4 teaspoon black pepper

Zest half of the lemon and then juice it. You need 2 tablespoons of lemon juice. In a bowl whisk together the yogurt, lemon zest and juice, mint, tahini, water, salt and pepper. Cover and refrigerate at least 30 minutes before serving.

This Week's Box
*Butternut Squash
*Grapes OR Plums
*Fennel
*Dandelion Greens
*Radishes
*Leeks OR Onions
*Basil
Sweet Potatoes
Eggplant OR zucchini
Chard
Rosemary OR Sage
* = Items in Box for 2