



WEEK OF JUNE 25TH, 2019 #26/52



### Lavender, Community and Food

I wish all of our CSA members could experience what happened here on the farm this past weekend. About 20 CSA members came up to help us get our drying lavender harvested and hung in the drying room. This may not sound very exciting and probably sounds like a lot of hot work. Well, it is hot work, but the feeling of belonging and the sense of pride and joy for contributing to something so important is palpable. To set the scene, most folks come up Friday night, set up camp and enjoy a casual “eat as you arrive” dinner in the farmhouse. Immediately bonds begin to form. More than half of this year’s attendees were here last year. This is really helpful because experience means you can help the first timers learn the tricks of the farming trade, and that experience means you can jump right in and get to work. Friendships develop over the weekend. Sometimes they are lasting when those friends become “besties”. Shout out to Sky and Hannah who met here last year, and now actually are best friends. By the end of the weekend, I was asked to create a contact list so this crew could stay in touch with one another. That is the kind of connection that happens over bunches of lavender and around the kitchen table. From my perspective at the “stove”, looking out at the group, I saw people talking, playing cards, laughing and not a cell phone in sight. Started out as strangers, but by the end of the weekend, definitely friends. Lavender Harvest Weekend is a time to intimately work with one of the crops Eatwell produces. It is a chance to get a glimpse into the life of our farmers and feel that connection to this land that provides so much of the food we all enjoy daily. The day is pretty long, we meet in the farmhouse at 7 am. Saturday they finished up around 5:30. Sunday is a long half day, and if all goes well, the drying room is nearly filled. That is somewhere around 9000 bunches of lavender hanging. These bunches provide us with the lavender buds for sachets and for salt, and what we macerate in olive oil for massage balm and salves. And of course we make thousands of finished bunches for everyone to enjoy throughout the year. We don’t harvest the entire field, because we have to leave some for distilling which will start later this week. But most of the field is now hanging in our drying room. As you might guess, I stay pretty close to the kitchen. I started working on menu planning a week ahead. My gift to everyone who helps is a weekend filled with amazing Eatwell Farm food. With the help of my friends Elianna Friedman and Laura Andersen we truly knocked it out of the park this year. From vegan walnut tacos, chicken tacos, a full Thanksgiving style turkey dinner, to Kale Cesar, with a vegan dressing option, everyone left feeling quite satisfied. Literally, for me, planning, shopping, prepping, cooking, serving and then watching everyone enjoy meals in the farmhouse is the best feeling in the world. And when the weekend was done, many walked out to pick strawberries to take home with them, which, of course, is the perfect way to end your visit to Eatwell Farm. To wrap this up, I would like to say THANK YOU, truly from the bottom of my heart, for making this, our 5th Lavender Harvest weekend, so successful. I am humbled by your support and love for Eatwell. And I can’t wait until next year!



#### Important July 4th Update:

The farm will be closed on Thursday, July 4th. All Thursday deliveries scheduled for that day will be made on Tuesday, July 2nd. If you need to place your box on hold, you can do it through your member dashboard here: <https://eatwell.csaware.com/accounts/dash.jsp>

# RECIPES AND IDEAS FROM LORRAINE

## Fennel with Chard and Parmesan

Recipe by Emeril Lagasse

Serves 4 to 6 takes about 30 minutes to ready  
I think this would be great served over pasta actually, or even some good Chico Rice. If you would like to do a vegetarian version of this use the Fakin Bakon but do your sautéing with some oil.

1/4 pound thick-cut Bacon, chopped  
1 Fennel Bulb, trimmed and thinly sliced

1/2 medium size Yellow Onion, thinly sliced

1 teaspoon minced Garlic  
2 lbs Swiss chard, washed, drained, and chopped into 1-inch pieces

Salt and freshly ground black pepper

1 cup freshly grated Parmesan cheese

In a large nonstick sauté pan over medium-high heat, cook bacon until crispy and fat has rendered, 8 to 10 minutes. Add the fennel, onion, garlic, and chard stems and cook for 5 minutes or until tender. Add half the chard and cook until wilted, 2 to 3 minutes. Add the remaining chard and continue to cook until all of the chard is wilted and tender, 3 to 4 minutes longer. Add the Parmesan and toss well. Transfer to a plate and

## Vegan Caesar Dressing

Recipe from the Farmhouse Kitchen

For our big lunch on Sunday we made Kale Caesar Salad, but I wanted to make sure our vegetarian friends had a super special salad too, so I created this dressing kind of on the fly. Based on a traditional Caesar, but altered to be Vegan friendly. It was amazingly delicious, some people said they liked it even better than the regular Caesar, so I have to share it with you!

1/2 cup plain Almond Yogurt

3 TB Nutritional Yeast

4 TB Lemon Juice, plus zest

2 TB Olive Oil

2 tsp Aedan Foods White Miso

2 cloves Garlic, minced

1 1/2 tsp Dijon Mustard

1/2 tsp Sea Salt

Freshly ground Black Pepper, to taste

3 - 4 TB Almond Milk, I look for higher protein almond milk because then you know the almond to water ratio is higher. I used 3 Trees

Mix all the ingredient well with a whisk and enjoy!  
You can fancy this up with some finely minced green onions, parsley and or chives. And of course, some capers would make it amazing!

### Important July 4th Update:

The farm will be closed on Thursday, July 4th. All Thursday deliveries scheduled for that day will be made on Tuesday, July 2nd. If you need to place your box on hold, you can do it through your member dashboard here: <https://eatwell.csaware.com/>

## Collard Green Gratin

Recipe from Bon Appetit November 2013

Serves 8 and is a bit of work, but worth it  
This is one of the dishes we had with our Turkey Dinner Saturday night. We made a vegan version using Fakin Bakon instead of Prosciutto and used oil instead of butter and Three Trees

Almond Milk in place of regular milk. Both versions were a big hit this weekend. You can also use Kale in this recipe or a combo of Kale and Collards.

4 oz. very thinly sliced Country Ham or Prosciutto

1 cup coarse fresh Breadcrumbs  
4 TB Olive Oil, divided

1 tsp chopped fresh Thyme OR Eatwell Thyme Salt

1 cup finely grated Parmesan, divided

Kosher salt and freshly ground Black Pepper

2 bunches Collard greens (about 1 lb.), center ribs and stems removed

1 large Onion, thinly sliced we actually used the Green Onions

2 Garlic cloves, finely chopped

2 TB unsalted Butter

2 TB All-Purpose Flour

2 cups Whole Milk

1/4 tsp freshly grated Nutmeg

Preheat oven to 325°. Place ham on a parchment-lined baking sheet and bake until crisp, 20-25 minutes; let cool and break into pieces. Combine breadcrumbs and 2 Tbsp. oil in a medium skillet; toast over medium heat, tossing occasionally, until golden brown and crisp, 10-15 minutes. Remove from heat and add thyme and 1/4 cup Parmesan; season with salt and pepper. Mix in ham and set aside. Cook collard greens in a large pot of boiling salted water until tender and bright green, about 4 minutes. Drain, transfer to a bowl of ice water, and let cool. Drain and squeeze dry with paper towels. Coarsely chop greens and place in a large bowl. Heat remaining 2 Tbsp. oil in a medium saucepan over medium heat. Add onion and garlic and cook, stirring often, until softened and golden, 15-20 minutes.

Transfer to bowl with greens; set aside. Reserve saucepan. Increase oven temperature to 400°. Melt butter in reserved saucepan over medium heat. Add flour and cook, whisking constantly, until mixture is smooth and very pale brown, about 4 minutes. Gradually whisk in milk, 1/2-cupful at a time; add nutmeg. Bring to a boil, reduce heat, and simmer, whisking often, until thickened, 5-8 minutes. Whisk in remaining 3/4 cup Parmesan. Add béchamel to collard green mixture and mix to combine; season with salt and pepper. Transfer collard green mixture to a 10" cast-iron skillet or 9" pie dish and top with breadcrumb mixture; place pie dish on a rimmed baking sheet. Bake until gratin is bubbling, 15-20 minutes. Let cool slightly before serving. Ham and breadcrumb mixture can be made 1 day ahead. Store airtight at room temperature.

### This Week's Box List

Basil

\*Chard

\*Collards

\*Fennel

Garlic

Garlic Chives

\*Red Russian Kale

Lettuce or Radicchio

\*Parsley

\*Peaches or Nectarines

\*Radishes or Green Onions

Turnips

\* = Items in Box for 2