



WEEK OF FEBRUARY 4TH 2015 #5/52



My Farm, Your Farm

What does Eatwell Farm mean to you? How has it changed your family and well being? We'd love to hear about your journey with Eatwell Farm.

Send Emily an email with your stories and photos at organic@eatwell.com.

With your permission, we'll share them with the Eatwell Farm Community!



Nigel and Jose walked through the fields one last time before Nigel heads to UCSF for treatment.



There's a certain vibrancy here on the farm that speaks to the energy and fertility that surrounds us. As I passed by the pack house today, a crisp onion scent coupled with the earthy loam of the soil stopped me in my tracks. I climbed onto the back of the tractor to peek at what was inside and was greeted by crates full of Eatwell Farm spring onions, freshly pulled from the ground and ready to be packed into CSA boxes. Aren't they lovely? - Emily

Update on Nigel

I spoke too soon. Last week I wrote an update on Nigel's cancer, letting everyone know about his current condition; "We are very fortunate that his treatments do not require him to be hospitalized nor do they make him really sick." That was written Tuesday morning just before we raced off to an appointment with Nigel's doctor at UCSF. So this is where we are one week later. I brought Nigel to UCSF last night (Sunday) where he was admitted for 2 1/2 weeks of heavy, in hospital, chemo. He will come home for 10 days to rest, then go back in for another 2 1/2 weeks for stem cell/bone marrow transplant.

What a difference a day makes, and sometimes not in such a good way. Originally his doctor was pleased with how quickly Nigel responded to the drugs, but the problem is when he is off it comes back too fast and too strong. Dr. Martin says now is the time to really knock it hard before the Multiple Myeloma can do too much damage; Nigel is already missing one vertebra as a result of the cancer. Dr. Martin asked for three months; three months to get through all the procedures, including one month to recuperate. And last night was the start of this three month journey.

This time around they are advising few to no visitors. We can not bring him any home cooked meals. That is hard, because cooking is how I care for people. When Nigel was admitted to UCSF three years ago many of you brought him amazing meals (we even had vegetarian CSA members who brought him the most delicious beef stew!). Those meals fed him in many ways, not just nutritionally, but emotionally and spiritually. So when you hear me ramble on about how important it is to sit down to a good meal with friends and family, or even just yourself with candles lit and a nice bottle of wine, know that those are far more than just words for me, it truly comes from the core of who I am. - Lorraine

How You Can Help

In the past, members have rallied around Nigel and Lorraine, giving support through good meals and visits while Nigel was in the hospital. This time around, we cannot visit Nigel, send him food, cards or gifts while he's undergoing treatment. What we need now is community outreach about the CSA.

- Cook meals for your friends and family featuring your farm share's produce and tell them all about the farm.
- Order extra boxes (available under the "additional produce" heading in your account) to give away to interested friends.
- Post photos of your produce and meals on Facebook and Instagram with a link to Eatwell Farm's website and the discount code for new members. (See below for code)
- Share Eatwell Farm's Facebook posts on your own newsfeed. The more "likes" and shares we receive, the wider outreach we have for each post.
- Leave a review for Eatwell Farm on yelp and Facebook.

Show us some farm love!

Community Supported Agriculture (CSA) Farms thrive on word-of-mouth referrals, Yelp reviews and community outreach.

Help grow YOUR farm by sharing the love of Eatwell with neighbors, friends and family. Share this code: **3YQYWUQ** for friends and family to receive their first 4 CSA box subscription for \$99. If they mention your name when they sign up, you'll receive a special handmade gift from Nigel with one of your CSA deliveries!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

ORGANIC@EATWELL.COM

TEXT/VOICE 707-999-1150



Recipes and Menu Suggestions

Chicken, Spinach and Pasta Pie - Serve with a fresh Arugula Salad topped with grated carrots, sliced radishes and chunks of Pomelo

Uses: Spinach, Arugula, Carrots, Radishes, Pomelo

Vietnamese Stir Fried Bok Choy and Mustard - Serve as a side perhaps with a hot spicy mushroom stir fry

Uses: Bok Choy, and Mustard

Wheat Berries with Romanesco, Butternut Squash and Preserved Lemon - Serve with Kale, Lemon and Garlic

Uses: Romanesco, Butternut Squash, Lemon, Garlic and Kale

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

A Chicken, Spinach and Pasta Pie

From *Tender* by Nigel Slater

This book arrived on Friday, a lovely surprise from my dear friend Sandee who is now living in London. Quite a few people have asked if I had any of Nigel Slater's books and this is my first. I spent a good amount of time early Sunday morning lounging on the couch going through it. This recipe really jumped out and just sounds delicious!

12 oz Spaghetti
10 1/2 oz Mushrooms
3 TB Olive Oil
A thick slice of Butter
1 lb cooked Chicken
2 Glasses White Wine
2 cups Heavy Cream
7 oz Spinach
6 1/2 oz grated Parmesan

Cook the spaghetti in deep, generously salted boiling water. Drain and set aside (a little olive oil will stop it sticking together). Preheat the oven to 350F. Cut the mushrooms into quarters. Warm the oil and butter in a deep pan and add the mushrooms, letting them color nicely here and there. Add the cooked chicken, cut into large pieces and then pour in the wine. Bring to the boil, scraping away at the sticky remains on the bottom of the pan; they will add much flavor to the sauce. Pour the cream into the pan, bring back to a boil and turn off the heat. Wash the spinach and put it, still wet from rinsing, into a pan with a tight-fitting lid. Let it cook for a minute or two in its own steam, then drain, squeeze to remove excess water, and chop roughly. Fold the cooked spaghetti, mushroom and chicken sauce, and spinach together, then stir in two thirds of the grated Parmesan and some salt and black pepper and spoon into a large baking dish. Scatter the remaining cheese on top and bake for thirty-five minutes, until crisp and golden.

Kale with Lemon and Garlic

From *Tender* by Nigel Slater Enough for 2 as a side dish

2 large handfuls Kale
2 TB Butter
A little Olive Oil
2 cloves Garlic OR use Green Garlic
A little Lemon Zest
Juice from 1/2 Lemon

Wash the kale and set aside. Bring a pan of water to a boil, salt it lightly and cook the kale for no longer than a minute or two. The leaves must retain their crispness and vigor. Drain and set aside. Meanwhile, warm the butter and oil in a shallow pan, peel and crush the garlic and soften it in the butter and oil. Add a little grated lemon zest (a couple of tsp should suffice), then, as the butter starts to froth, squeeze in the lemon juice. Lower the kale leaves and toss them gently in the hot lemony garlic butter. Correct the seasoning and serve immediately.

A Vietnamese Stir-Fry

From *Tender* by Nigel Slater - Enough for 2 as a side dish

I was very happy to find a chapter devoted to Chinese Greens in this cookbook! He suggests it would be an excellent side for a mushroom stir-fry.

1 bunch Bok Choy
1/2 bunch of Mustard
2 large Garlic Cloves OR use some of the fresh Green Garlic, including some of the tender green tops
Ginger, a thumb sized piece
6 Green Onions, OR use the Spring Onions, green tops included
2 TB Peanut Oil
1 TB Thai Fish Sauce

Bring a saucepan of deep water to a boil and salt it lightly. Wash the greens thoroughly. Peel the garlic and ginger, finely chop the garlic, and shred the ginger into matchstick-like strips. Trim the green onions and cut each into two or three. Warm the oil in a shallow pan or wok. Toss the garlic, ginger, and green onions in the oil until deep gold, verging on being lightly browned and fragrant. Drop the greens, whole or shredded as you wish, into the boiling water. Leave for only a minute or so before draining. Pour the fish sauce in with the garlic and ginger, it will spit and sizzle, then toss with the greens and eat.

Wheat Berries with Romanesco, Butternut Squash and Preserved Lemon

Recipe by Emma Frisch About 8 Servings

1 3/4 cup Wheat Berries
5 cups Water
2 cinnamon Sticks
Romanesco, chopped into 1/4" cubes
1 butternut Squash, chopped into 1/4" cubes
6 Scallions, chopped OR use the Spring Onions, green tops included
3 TB Olive Oil
1/2 tsp Sea Salt
1/2 cups Almonds, coarsely chopped

1/4 tsp ground Cinnamon
1 Preserved Lemon
1 tsp Preserved Lemon Juice
1 cup Parsley, coarsely chopped

Preheat the oven to 475F. In a colander, rinse the wheat berries. Add them to a medium pot with the water and cinnamon sticks. Bring the water to a boil over medium-high heat and then reduce to a simmer and cover the pot. Cook the wheat berries for about 60-75 minutes, or until the water is completely absorbed. On a baking sheet, toss the romanesco, butternut squash and scallions with the olive oil and sea salt. Roast for 15 minutes. Remove from the oven and transfer to a serving dish. Meanwhile, put the almonds in a small pan and toast them over medium heat until lightly browned. Add the almonds and ground cinnamon to the serving dish and toss. Rinse the preserved lemon under water to remove some of the slat. Remove the flesh from the lemon and set aside. Mince the rind and add to the serving dish. Over the serving dish, squeeze the liquid out of the flesh with a lemon squeezer or through a colander. Add the extra preserved lemon juice and toss again. When the wheat berries are done, remove the cinnamon sticks and drain the wheat berries in a colander. Toss in with the romanesco and butternut squash. Add the parsley leaves last for one final toss.

Eatwell Farm at 18 Reasons

February 24th 6pm to 8pm

18 Reasons is hosting a three-course dinner discussion paired with wine featuring Eatwell Farm's produce. Join Lorraine and Emily at the table!

www.18reasons.org

These recipes will help you use everything in your box

Romanesco
Spinach
Red kale
Bok choy
Onions
Green garlic
Arugula
Red or green mustard
Butternut
Pomelo
Lemons (Twin Girls)
Carrots (Terra Firma)
Radishes (Bonus)