



WEEK OF MARCH 13TH 2017 #11/52



This Year's Event Season

The last few years we opened all the events to the general public. Our hope was to get as many people on the farm as possible to experience what we do here, and maybe some of them would become members.



It is a wonderful thing sharing what we have created here on this land with people, especially those who live in the City. Promoting and managing such large events is a lot of work, but I can tell you it was a lot of work when they were small. The small events became too much for just Nigel and I to manage. With Nigel's illness we knew we couldn't run the events on our own anymore so we decided to create an actual position for someone and really expand the events to make it worth their while. The past couple of years we have hosted literally thousands of people. Something we could not have managed without the hard work Emily and Connie have put into making those days happen. But there was something missing, the intimacy and connection we have with members at smaller events. So when the three of us met last week to set the dates we decided to go back to the original style - events for members, and their guests, and if there is space, Eatwell Alumni and their guests. No worries, you can still bring Aunt Betsy and the neighbors down the street. We just aren't opening up to the general public. I really hope everyone will make it up for at least one event. Tickets are available through Brown Paper Tickets, but are not public. Find the event links in your Friday email.

Seeing Spring Fly Around Our House

Two weeks ago, I had my first cataract surgery. It had been a long time coming. What an amazing thing to be given clear vision just in time for the glorious colors of Spring. On these clear Spring days, you can see the snow covered Sierras from the farm. There is so much snow! After months of cloudy, rainy days it only took a little bit of sunshine for the grasses around the house to explode into action, and double in height. Our house is a verdant hillock, the green can be seen from far down our road. Walking by our pond, I watched an enormous heron fly in. He settled down on the bank opposite the geese and soaked up the rays. This time of year there are unbelievable amounts and varieties of birds flying about. I am so grateful to see the giant hawks that live in the trees behind our house. Walking past our olive trees, I startled a flock of mourning doves. In the evenings, Connie has spotted large owls behind the house, and we suspect there is a big nest in the poplars back there, along with the hawk nests. We do have the owl boxes out on the farm adjacent to the orchard where you can spot plenty of owls at night. We have a few rogue chickens that have taken up residence around the barn with Stella. The hens have hatched quite a few chicks, and for some reason the chicks love to be close to Stella when she is in the barn. Huge hooves and baby chicks, oy! That might not seem like the best combination, but Stella is a gentle giant and the ultimate mother, if they get in her way she noses them over. Over the past couple of months, we have lost quite a few of our house chickens, Connie suspects it might be the owls. Life comes and life goes, but in the meantime there is SO much to see, and I am enjoying every bit of it. All this brought me to wonder whether we have any members who are bird watchers. The farm in the Springtime is an amazing place to enjoy our avian friends. As you know, members are always welcome, so if you want to come up for some bird watching, just let us know you are coming!



Event Dates

Strawberry Days on the Farm

Sunday, April 30th; Sunday, May 7th; Sunday, May 14th; Sunday, May 28th

Lavender Harvest Weekend

Friday, June 9th - Sunday, June 11th

Summer Solstice Sleepover and Garlic Braiding Party

Saturday, June 24th - Sunday, June 25th

Tomato Sauce Canning Party and Sleepover (Tentative Dates)

Saturday, July 29th; Saturday, August 5th; Saturday, August 19th
Pumpkin Party
Sunday, October 15th

Planting Crisis

Rain, it's a good thing, and let's face it, California was in serious need of aqua-charging. The transformation that has occurred after this winter is truly unbelievable. But, (and yeah, there is always a but) this much



rain has also taken a toll. We've had many poplars come down, the chickens didn't get moved with the frequency we like, and the soil has been thoroughly soaked. This much water takes time to dry up, move out, and settle to wherever it can. When it is too wet we can't get out to cultivate, or shape beds and that means we aren't able to plant. The nursery that starts our seeds was filled to the brim with starts for all of their farmers and was running out of space. Our plants started arriving over a week ago, but the fields weren't ready. Farming for a CSA necessitates on-going planting to assure we have veg for the boxes months down the road. We are now reaching a critical, almost crisis point, not having a chance to plant for months now. Thank goodness we have had some very warm, sunny days to speed things along. The issue now is a lack of manpower to get plants in the ground. So Nigel thought why not ask the members for a little help. Here is a great opportunity to have a hands on farm experience. We would love to get a few good people up this week/weekend to work on the transplanter and help the crew get as many plants in the ground as possible. Working on the transplanter is pretty easy work, and if we had some members come up to help out with that, it would free up our crew to move ahead to prepare and also work on seeding. As this is a work day, it isn't a kid friendly time, unfortunately. The crew could use help this Thursday, Friday and Saturday, and if we get enough help maybe Sunday as well. I realize this is very last minute, but realistically we don't need that many people. If you are interested email Connie at organic@eatwell.com or text me

530-554-3971.

You don't have to commit to the entire day, whatever help we can get will be more than what we have. Thanks so much!



A Note From Paige

I have just finished reading over Amie's wonderful Newsletters from the past few months! Oh my, how I wish I was around to cook along side all of our wonderful members these past months and enjoy all of Amie's creative culinary forces. No worries, we won't be missing out on her lovely perspective & tastes in the coming months — as she & I will be sharing the newsletter recipe column for the foreseeable future. I have had the luxury of travel over the past months and am looking forward to welcoming some of what I have tasted into our palettes in the future. As we are in the heat of cabbage season in the box, I am going to give you some ideas on how to move through it. I really enjoy cabbage as a hearty salad that I add some protein to and am also able to enjoy as lunch through the week.

Cabbage Salad With Creamy Harissa Tahini Dressing

by Paige

Dressing:

1/3 cup tahini paste
1 T [Harissa Paste](#) (optional)
5 T extra-virgin olive oil, divided
3 T fresh lemon/citrus juice
2 cloves garlic, finely minced or microplaned
1/2 C Water
Kosher salt and freshly ground black pepper

Salad:

1 pound finely shredded red cabbage (about 1/2 head)
1 bunch red kale, cleaned & chopped
4-6 Tokyo Turnips, washed and sliced
1 small red onion, thinly sliced (can sub spring onion)
1/2 C roughly chopped mint
1/2 C roughly chopped parsley
1/2 C roughly chopped cilantro
2 T roasted sesame seeds

Proteins:

1 pound shredded chicken breast or Asian Roasted Tofu

Combine chicken with olive oil, 1 T lemon juice, & 1 clove minced garlic in a large bowl. Season with salt and pepper and massage with clean hands to work the dressing into the chicken. Add cabbage and red onion and toss to combine. Set aside.

In a small bowl, combine tahini, lemon juice, minced garlic. Whisking constantly, drizzle in olive oil. Slowly whisk in up to 1/2 cup water until a thick, pancake-batter-like consistency is reached. Season to taste with salt and pepper.

Add mint, parsley, and cilantro to bowl with shredded chicken and cabbage, with the dressing. Toss with clean hands to combine. Adjust to taste with more salt, pepper, or lemon juice as necessary. Transfer to serving platter or bowl and sprinkle with sesame seeds. Serve immediately. Salad is great the next couple of days!

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

Colecannon w/ Kale & Chard

adapted from NYT

3 pounds russet potatoes, scrubbed and peeled
Salt
1 pound (1 large bunch) kale, either curly or cavolo nero, ribs removed, leaves washed
1 C low-fat milk
3/4 Sour Cream or Full Fat Greek Yogurt
1 bunch Spring Onions chopped (about 6 scallions)
2 Green Garlic
freshly ground pepper
4 tablespoons unsalted butter or extra virgin olive oil

Cover the potatoes with water in a saucepan, add about 1 T kosher salt and bring to a boil. Reduce the heat to medium, cover partially and cook until tender all the way through when pierced with a knife, about 30 to 45 minutes. Drain off the water, return the potatoes to the pan, cover tightly and let steam over very low heat for another 2 to 3 minutes. Remove from the heat and mash with a potato masher or a fork, through a food mill or in a standing mixer fitted with the paddle, while still hot.

While the potatoes are cooking, roughly chop the kale/chard.

Slice the spring onions and mince the green garlic. With 1 T of EVOO or Butter heating in a large sautee pan, sizzle the onions & garlic to release the flavors into the oil. Add Kale/Chard and cook for 4 to 6 minutes, until the leaves are tender but still bright green. Allow to cool for a couple of minutes, then drain and squeeze out excess water. Chop fine (you can use a food processor).

Towards the end of the potato cooking time, combine the milk and yogurt/sour cream in a saucepan and bring to a simmer. Remove from the heat and let steep for a few minutes. Stir the chopped kale into the hot mashed potatoes and beat in the milk and butter or olive oil. The mixture should be fluffy (you can do this in an electric mixer fitted with the paddle). Add

salt to taste and freshly ground pepper. Serve hot, right away, or keep warm in a double boiler: set the bowl in a saucepan filled one third of the way with water. Make sure the water doesn't touch the bottom of the bowl. Bring the water to a simmer. Stir the potato and kale mixture from time to time. This is lovely served with a few grilled or sautéed sausages or a fresh piece of grilled meat.

Any leftovers can be fried up on Saturday Morning in some butter or olive oil as potato pancakes w/ a perfectly poached Eatwell Egg!

Irish Soda Bread

from my childhood, by my Mom, Donna

2 cups AP flour
1/3 C sugar
1/4 t baking soda
1/2 t kosher salt
1 t baking powder
1/4 C unsalted butter
3/4 C raisins, as an adult I have come to soften these in bourbon
1 egg, beaten
1 t vanilla
1 C buttermilk

Stir together in a large bowl the flour, sugar, soda, salt and baking powder. With a pastry blender cut in butter until the mixture looks like corn meal. Stir in raisins and make a well in the center of the ingredients. In another bowl, stir together the egg, vanilla and buttermilk. Pour into the well and stir just until the flour is thoroughly moistened. Place dough in a well-greased 9 or 10 inch iron frying pan and bake at 350 degrees for 50 to 60 minutes or until a deep golden color is reached. Serve immediately!

Servings: 8

Source: The Mercury News Food Section, 1973

