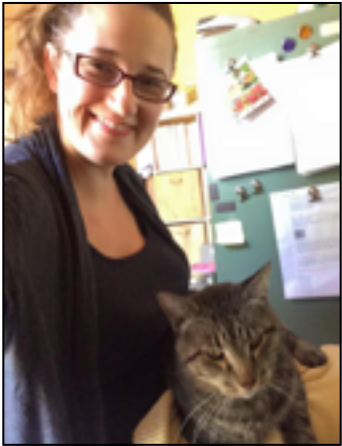




WEEK OF MARCH 12TH 2018 #11/52

Distance and Processing

Many months ago, I decided it would be really good for me to get away. I am off to Italy. I am taking advantage of the fact that Emily, our former CSA manager, and her family are now stationed out of Aviano. Emily brought passion, and the enthusiasm of a child discovering play land. She was so excited to learn about new foods, new ways of cooking, realizing that familiar foods taste so much better fresh from the farm, and expanding her family's world of flavor. Emily, a teacher by profession, wrote beautiful stories for the newsletter and descriptions for events. She and her husband Christopher painted loads of signs to make those events run more smoothly. When Nigel passed, one of the most comforting thoughts I had was the idea of going to Italy and getting one of those great Emily hugs. If you had the chance to meet Emily at one of the many events she managed here at the farm, I am sure you will remember her generous spirit and hopefully got one of those amazing hugs.



Emily is also a great lover of cats. Often we would go into the office to find Ted sitting on her lap, drooling away, while Emily worked on the computer. So it seemed quite fitting that I found this photo of the two of them doing exactly that. It is also appropriate because at the moment our sweet Ted is going through the sad process of leaving us. He was recently diagnosed with leukemia. It is immensely painful to watch him loose

weight and fur, yet still be so full of love and life. He purrs as soon as you get close to him. Not really an indoor cat, he demands to go outside to sit in the sun in my little garden area off our bedroom. It is doubly heartbreaking because he was more Nigel's cat.

Years ago, the sister and brother cats Nomi and Ted adopted us and moved into the bus, and followed us into our house. Nomi kind of adopted me, and Ted, well that big guy just loved Nigel. He is an enormous cat, and Nigel always said he was a lover not a fighter. Going through the process of taking him to the vet, running tests, hoping for good news, only to be so disappointed, and watching him slowly waste away, brings back far too many memories. It is hard losing a pet, but this is more than that. It feels like another piece is Nigel is being taken away from me. And of course, the timing is terrible, as I am leaving on my trip this Wednesday. Determining the best course for your pet is such a hard decision, they can't chime in. For now he is loving our chicken stock and eating lots of it with poached chicken. He doesn't appear to be getting weaker, or seem to be in pain, so until we see that happen, I am letting him live his days. So, as excited as I am to go on my trip, it will be bitter sweet to leave.

Join Our Events Crew!

Sign up to work a farm event. It's a great way to earn CSA credit and help the farm.

Sign up here: <http://bit.ly/farmevents>

Events on the Farm

Strawberry Days

Sunday April 29th, May 6th, May 13th, and May 27th
<https://strawberry18.bpt.me>

Annual Lavender Harvest

June 9th- 10th
<https://lavender18.bpt.me>

Pizza Oven, Phase One

June 1st-3rd.

Again, we will need to know if any of you are able to help us with this project. It will be a camp out on the farm if you have the time, or if you want to come up for just a day, or part of a day, that is possible as well. Please email me ASAP if you want to be a part of this, drinkwellsofters@gmail.com or email Noelle organic@eatwell.com.

Pizza Oven, Phase Two

Friday and Saturday June 15th/16th.

Nigel's memorial is Sunday the 17th. There will be a brown paper ticket for this. If you want to come up to the farm to enjoy the solstice time, you can do that too. You are welcome to stay for Nigel's memorial that following Sunday. If you have any questions, please contact Noelle 707-999-1150 or email her.

Farmers Guild-Raising

This past Saturday we all went to the Guild Raising. It was an all-day event with sessions on the new Food Safety Modernization Act, Exploring Healthy Soil, Whole Farm Revenue, Farm Policy, Climate Smart Ag, Marketing, Farm to Cafeteria and more. Noelle, Cameron, Liz, Lilly, Cory and I all went. Even though the sessions were short, for people like us, who have so much to learn, it was a very beneficial day.

We are all pretty excited, and some of us a little overwhelmed, by what we learned. Cameron and Cory are doing the FSMA training this week, which is required with the new laws. I am planning on doing the certification as well, some time after my trip. One of the best things about events like this one is the opportunity to connect with other farmers, and folks working hard in the local food movement. For me personally, a big highlight was listening to the keynote speakers, Rich Collins from California Endive and Sam Moggannem of Bi-Rite Market.

Both spoke to the two sides of my heart. When Rich Collins said we have to focus on the soil and that it should be the biggest issue for all farmers, that we must bring animals back to our farms, I just had to cheer him on. For the last few years Nigel and I have



PHOTO FROM FARMERSGUILD.ORG

always thought the most important job we have with our land is to grow healthy soil. Your support of Eatwell means you are a big part of that work. Eatwell is located on some of the most fertile land anywhere in the world. Every time you enjoy one of your farm eggs, keep in mind you are also contributing to keeping this land in that fertile state. Then, Sam wrapped up with his commitment to local food as our way of building community, supporting the local economy and ecology, and our health. Almost every word out of his mouth I have spoken many times. We must teach people to cook again, and just as important is to teach our children. Bringing people together around the table for meals, and cooking for themselves is our opportunity to change the world. Wise men, with very wise words, capped off a day I think we all thoroughly enjoyed. And I have to admit, it made me smile being there with a strong representation by Eatwell Farm. I think Nigel would be very proud.

RECIPES AND IDEAS FROM LORRAINE

Cumin Scented Spinach

Recipe from Fast and Fresh, by Lucy Waverman originally submitted by CSA member Catherine Browning

1 bag Spinach, washed and drained well
1 TB Butter
1 tsp ground Cumin
1 tsp Lemon or Lime Juice
Salt and Pepper, to taste

With a bit of water left on the spinach, cook over medium until wilted (about 5 minutes). Drain and rinse the spinach with cold water; squeeze out excess. Melt butter in the saucepan, then add cumin and spinach and saute for a few moments until fragrant. Season with citrus juice, salt, and pepper. Serve immediately.

Greens and Onion Omelette

Recipe from Deborah Madison's Vegetarian Cooking for Everyone, originally submitted by CSA member Claudine

Claudine had noted that with all the greens and 8 eggs, it was too much for her 10". The original recipe called for basil and thyme, but I have switched it to dill since that is in season.

3 TB Olive Oil
2 Spring Onions, thinly sliced
1 bunch Greens, leaves only, chopped
Salt and freshly ground Pepper
2 Stalk Green Garlic
1 cup Grated Gruyere
6 to 8 Eggs, lightly beaten
2 TB Grated Parmesan
2 TB fresh Parsley, chopped
2 - 3 TB chopped Dill

Heat 2 Tb oil in a 10" oven-proof skillet. Add onion & cooker low heat, stirring occasionally, until completely soft but not colored, about 15 minutes. Add greens. Continue cooking stirring occasionally until all the moisture's cooked off & greens are tender, 10-15 minutes. Season with salt and pepper. Meanwhile, mash the garlic in a mortar with a few pinches of salt (or chop them finely together), then stir it into the eggs along with the parsley and dill. Stir the greens-onion mixture into the eggs, then stir in the gruyere and half the Parmesan. Preheat the broiler. Heat the remaining oil in the skillet and, when it's hot, add the eggs. Give a stir and keep the heat at med-high for about a minute, then turn it to low. Cook until the eggs are set but still a little moist on top, 10 to 15 minutes. Add the remaining Parmesan and broil 4 to 6" from the heat until browned or bake at 450 F for 5 minutes. Serve in the pan or slide it onto a serving dish and cut into wedges.

Join us on Slack!
Go to <http://bit.ly/SlackEatwell>
to sign up. You'll be able to share recipes and chat with the Eatwell Community.

Tuscan Kale Soup

Since I am reminiscing about our time with Emily, here is her favorite recipe!

1/2 lb Italian Sausage
1 Onion, diced
2 cloves garlic, minced (try using the Green Garlic)
1 - 2 cups diced Potatoes
1 qt Eatwell Farm Chicken Stock
1 bunch Kale, you can add more greens like stir fry mix, spinach or chard if you want more veg
1/8 to 1/4 tsp Red Pepper Flakes, add more if you enjoy spice, or none if you don't!

1/2 cup Heavy Cream
1/2 tsp Salt

In an appropriately sized soup pot, cook the sausage, then add the onion and garlic. Cook until the onions somewhat soft, add the stock, salt, the pepper flakes and the potatoes. Cook for about 5 minutes, then add the greens. Simmer until the greens and potatoes are all tender, then add the cream. Enjoy!

Fresh Dill Sauce

Recipe by James Beard from House & Garden July 1956

Wow, 1956! This has to be one of the oldest recipes I have posted yet. Fresh dill is wonderful in soups, salads, as a bed for fish, or stuffed in chicken, as suggested on Slack by one of our CSA members, Todd. All

that is great, but here is a recipe you can use to serve with your fish, or roasted potatoes, and you can use the green tops off this week's onions. You might play with adding a bit of lemon juice or a light vinegar to thin it a bit to make a yummy salad dressing.

2/3 cup Mayonnaise
2/3 cups sour Cream
2 TB Green Onion, finely chopped
2 TB Parsley, finely chopped
1 TB Dill, finely chopped (I would probably double the amount of dill)
Salt and Pepper, to taste
Mix mayonnaise with sour cream. Add green onion, parsley, dill, salt and pepper.

Tips On Storing Your Produce:

- **Leeks**- Leave in an open container in the crisper wrapped in a damp cloth or in a shallow cup of water on the counter (just so the very bottom of the stem has water). Will last at least a week.
- **Spring Onions**- Keep them in the crisper drawer, sealed well in a plastic bag, and it'll stay fresh for about two weeks.
- **Spinach**- Store in the bag, unwashed, in the crisper. Take out what you plan on using and wash as you go. Will last up to 5 days.
- **Arugula**- Wash and dry well. Wrap with a damp paper towel and store in a container or crisper in the fridge. Lasts up to 5 days.
- **Navel Oranges**- These juicy, freshly picked oranges can be left out on the counter for a few days, but last up to two weeks if refrigerated.

To view more storage tips,
go to eatwell.com >> "CSA Farm Box"
>> "This Week's Box" tab.