



WEEK OF MARCH 19TH 2018 #12/52



Eatwell Night at Onsen Bath and Restaurant

A few weeks back Paige and I enjoyed the baths and an amazing dinner at Onsen, the Japanese Bath House and Restaurant in the Tenderloin. Chef George Meza regularly shops our stand at Ferry Plaza Farmers Market, and is dedicated to preparing dishes featuring local fare. I thought it would be great fun to have an Eatwell Night for our members, bath and dinner, and Onsen is definitely up for it. So I am putting this it out to you, if enough of you are interested we can book out the restaurant and two sessions in the baths, **May 17th**. The dinner would be heavily Eatwell-centric and I guarantee it will be delicious. We have the option of one seating for 22 people, or two seatings, each with 10 people. PLEASE let us know if you have any interest in such an event ASAP, so that we can move forward with booking. Email Noelle at organic@eatwell.com to let us know.



Aphids and Ladybugs

It is the time of year you start looking for the ladybugs. Looking at the fava plants we can see the aphids have arrived, now we need a good health colony of ladybugs to keep the aphids under control. The weather the last couple of months has been so up and down, I have no idea what will happen. Last year, even with all the rain, I saw a good amount of ladybugs fairly early. Out in the fields this year, I haven't seen any yet. Nigel felt that if you start spraying (even the organically approved products) you run the risk of eliminating the good bugs along with the bad ones. He chose to rely on the natural predators, in this case ladybugs, hoping we could achieve a natural balance on the farm. That doesn't always work, so it is a gamble. But in a world where we are daily throwing off ecosystems, perhaps the risk is worth it. In the meantime, the rows of favas and peas are looking quite nice. Now that everything has been well watered by Mother Nature, we can add in warm sunshine and get a crop soon.



Events on the Farm

Strawberry Days

We are approaching Event Season, the first round being the U-Pick Strawberry Days. We have tentatively scheduled the dates for: **Sunday April 29th, May 6th, May 13th, and May 27th** Once again this year, we have decided to stick with Sundays, as it makes it much easier for us on the farm. IF SUNDAY IS NOT A GOOD DAY FOR YOU - please let us know, and we can work on scheduling something for you. The biggest issue we have right now is the weather. The last several weeks we have had some very cold weather, and things are growing quite slowly. Hopefully we are in a warming trend, with heavy rains behind us, so strawberries can start growing.

<https://strawberry18.bpt.me>

Annual Lavender Harvest

The Lavender Harvest is scheduled for the weekend of **June 8th-10th**. If you are planning on participating please sign up soon. This is an extremely popular event on the farm and I hear from members all the time how disappointed they are to not sign up in time.

<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.

Chatting with CSA Members

On Sunday, while getting groceries in town, I ran into our CSA Members, Karen Lee and Clay. I was surprised they recognized me. I've met Clay a couple times before, briefly on both occasions. Karen Lee and I have only spoken over the phone and through email. But it was such a great encounter! We were standing in the store chit-chatting about food, eating locally, seasonally, and how our health has improved since being a part of the farms around us. Their excitement and passion for the local food system put a smile on my face, and it really made my day. Like many of you, the pair are advocates for healthy eating and supporting the farm. They shared a Ted Talk with me from Dr. Terry Wahls. She talks about how a majority of Americans are deficient in essential nutrients and vitamins, which we could *easily* get from eating seasonal, organic produce and sustainably sourced proteins. People are basically starving their cells because they would rather reach for the fast food burger over a plate of greens over and over again. Years ago, I was guilty of this but thanks to some needed education and the farm, my health had improved tremendously.

If you're interested in the Ted Talk that Karen Lee and Clay shared, it's called "Minding Your Mitochondria." A simple Google search will take you to the talk. If you have a favorite health-related talk, podcast, book, etc. that you want to share with the community, share it in the Slack channel. www.bit.ly/SlackEatwell

— Noelle

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>

RECIPES AND IDEAS FROM LORRAINE

Pork and Garlic Chive Dumplings

Adapted from Andrea Reusing at *Epicurious*

1/2 pound fatty ground pork
1/2 tablespoon Shaoxing wine
1/4 teaspoon Asian sesame oil
1/2 teaspoon Vietnamese chile-garlic sauce (preferably Huy Fong brand)
1 1/2 teaspoons finely grated peeled ginger
1/2 teaspoon rice vinegar (not seasoned)
2 teaspoons soy sauce
1/2 teaspoon kosher salt
Pinch of white pepper
3-4 tablespoons of Stir Fry Mix, thinly chopped
3 tablespoons finely chopped garlic chives
24 to 30 round dumpling wrappers (preferably with egg)

Combine all ingredients (except stir fry mix, garlic chives, and wrappers) in a large bowl, then stir in stir fry mix and garlic chives. Set bowl in a larger bowl of ice to keep chilled while forming dumplings.

Place a slightly rounded teaspoon of filling in center of a wrapper and moisten area around filling with water. Fold in half to form a crescent and press to seal. Moisten one corner and bring corners together, pressing them, to form a tortellini-shaped dumpling. Repeat with remaining filling and wrappers.

Cook dumplings in a large pot of gently simmering water until pork is just cooked, about 3 minutes. Transfer with a slotted spoon to a platter. Serve.

Instant Pot Borscht/ Russian Beet Soup

Adapted from CSA Member, Tanya. Posted on #recipes channel on Slack

Bunch of thinly sliced leeks, only the white part
2 carrots, chopped
A few garlic cloves, finely chopped
1 bunch of Kale, chopped
1-2 small potatoes, cut into small cubes
1 bell pepper, chopped
2 beets, cleaned and grated
1 28 oz. can of peeled tomatoes
1 bay leaf
1 cup of chopped dill, separate 1/2 cup for the soup and 1/2 cup for garnish
1 small crushed chili pepper
1 tsp of Paprika
salt to taste (Tanya used Eatwell's Heirloom Tomato Salt)
1 T of Vinegar
Any broth or water (Tanya used homemade vegetable broth), enough to cover the vegetables in pot

In the Instant Pot, saute leeks, garlic, and carrots in olive oil with paprika for 1-2 minutes. Add the rest of the ingredients, and cover with broth (almost to the line in the IP). Stir and add salt to taste. Cover and pressure cook for 5 minutes on the "Soup" setting. Release pressure naturally and serve warm with sour cream and dill.

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.

The Anything Green Pesto

From CSA Member Bob Siegel

A combination of greens from the CSA Box, such as lettuce, arugula, kale and spinach
Green Garlic
Spring Onions
Parmesan Cheese to taste
Pine Nuts (optional)
Olive Oil

Slice the vegetables (you can use the stem too), wash and spin in a salad spinner. Add all to food processor, along with your pine nuts and parmesan cheese. Mix in Olive Oil, enough to give your vegetables a sauce consistency. Turn on your food processor and let it run until it's well blended. You can serve the pesto with pasta, as a spread on a sandwich, dip with bruschetta or crackers, or in your breakfast omelet. Will last few days in a jar in the fridge or freeze for longer storage.

This Week's Box List

*Items in Box for 2

*Leeks

*Spring Onions

Green Garlic

Dill

*Garlic Chives

Kale

*Spinach

*Stir Fry Mix

Lettuce

*Arugula

*Carrots (From Terra Firma Farm)

*Oranges (From Twin Girls Farm)

Casserole-Baked Halibut with Leeks and Carrots

From Melissa Perello at *Food & Wine*

5 tablespoons extra-virgin olive oil
3/4 pound carrots cut into 4-by-1/2-inch sticks
3 Leeks, white and light green parts only, sliced crosswise
Salt and freshly ground white pepper
7 thyme sprigs
2 bay leaves, preferably fresh
Four 6-ounce skinless halibut fillets, about 1 inch thick

Preheat the oven to 375°. In a large, deep, ovenproof skillet, heat 3 tablespoons of the olive oil. Add the carrots and cook over moderately high heat, stirring, until lightly golden, about 3 minutes. Add 1/2 cup of water, cover and cook over moderate heat until the carrots are crisp-tender, about 5 minutes. Add the leeks and another 1/2 cup of water, then cover and cook, stirring occasionally, until the leeks begin to soften, about 5 minutes. Season the carrots and leeks with salt and white pepper and add the thyme and bay leaves to the skillet. Season the fish with salt and white pepper and arrange on top of the vegetables. Drizzle the fish with the remaining 2 tablespoons of oil. Cover the fish with parchment paper and close the skillet with a heavy lid.

Transfer the skillet to the oven and bake the fish for 15 minutes, or until just cooked through. Discard the herbs. Transfer the fish to plates, spoon the vegetables and juices alongside and serve right away.

Tips On Storing Your Produce:

- **Spring Onions**- Keep them in the crisper drawer, sealed well in a plastic bag, and it'll stay fresh for about two weeks.
- **Garlic Chives**- Store in the refrigerator, wrapped in plastic. Should last 3-5 days.
- **Stir Fry Mix**- These baby mixed greens can be stored by lining a storage container with paper towels, place the mixed greens on top, and cover with another layer of paper towels and lock the lid. Make sure there is plenty of space and the greens are not jam-packed in there. Will last up to one week.

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