



WEEK OF MARCH 23RD 2015 #12/52



Strawberry Days

May 2nd
May 10th
May 16th
May 24th



Set a reminder in your phone so you won't miss out on this year's Strawberry Days.

Tickets go on sale for CSA Members on April 11th at 12pm. Keep an eye on your email inbox for the direct link for tickets.

Positive Steps Forward

Last week I wrote a little thing asking for your help. If you haven't seen it, what I wrote is on the website and on our FB page. I realize now that I should clarify what I meant by an Appeal for Help. Obviously I want to increase our CSA membership, but what I really want help with is making a change on a grander scale.

I want to be a part of creating a future in which agricultural workers do not have a higher rate of certain types of cancer, and GMO foods are a faded fad, there are MOSTLY organic farms, and MOST of them are not factory food farms owned by huge companies who see organic as a good profit center, and that the food grown in this country is actual food, not just corn, soy and wheat. So when I talk about wanting to spread the word, yes, please let people know about your farm - your CSA and yes, Emily and I really do want to get out on the road and talk about what we do here at Eatwell. But if you and I want to be a part of changing the big picture, that goes way beyond Eatwell.

By sharing your experiences with fresh, local, nutritious food, even to those friends and family who live far away, you are encouraging them to join their local CSA or to shop at their local farmers market. These are positive steps forward, and together we can make today's sad excuse for food a thing of the past. - Lorraine

Spring Travels and Box Holds

Are you traveling out of town during spring break? Don't forget to place your box delivery on hold. Just log into your account, click "my account" and then click "place delivery on hold for week." You'll have the option to hold the box or donate it. Be sure to save your choice! Any boxes that are donated are added to the Eatwell Farm Care Share Program which donates CSA boxes to members currently undergoing intensive medical treatment. At Eatwell Farm, we know first hand how much of a difference organic, wholesome, real food makes during treatment, and we welcome any and all Care Share Donations.

Remember! The deadline for placing a delivery on hold is 4pm the Sunday before your next delivery. Don't delay!

Getting Excited About Event Season

Event season is just around the corner, with our first Strawberry Day only 5 weeks away! (Tickets go on sale in 2 weeks!) Lorraine and I walked the farm on Monday afternoon and found strawberries in their first growth, turning a deliciously bright red. We searched for a few berries that were ripe enough to eat but decided to come back later in the week as they were all a little white on the inside and needed a few more days.

Strawberry Days as well as the other events on the farm are the best time to come out and visit YOUR farm and see how your produce is grown. You'll have the opportunity to walk the farm, pick produce straight from the fields for tasting, chat with Nigel and Lorraine and the Eatwell crew, and commune with nature.

We also offer members the opportunity to work on these days as we need as much help as we can get. Members can work for cash or for CSA credit (CSA credit pays more). If you're interested in signing up to work one or more of the events, please fill out the Eatwell Farm Events Crew Interest Form found under the CSA Farm Box tab at www.eatwell.com. I'll begin filling the slots for the event crew next week, so please fill out the form ASAP if you'd like to join the team! We guarantee you'll have lots of fun and help out the farm tremendously at the same time.

Event Tickets

In an effort to grow the CSA and share the farm with the greater community, Eatwell Farm events will be open to the public this season. CSA members will have two weeks to purchase tickets for the events ahead of the public, so be sure to purchase your tickets as soon as they go on sale to ensure that you will not miss out! Keep an eye on your newsletter and emails for the direct link to tickets, as this will not be posted on our website until tickets are available to the greater public. As CSA members, you're welcome to use the direct link to purchase tickets for your friends, family and colleagues before the sales are opened up to the public. Please send any questions you have about events to me at organic@eatwell.com. - Emily



Don't forget to invite your friends to our events! You can send them an invitation via our Facebook events page (and spread the word about Eatwell at the same time!)

Refer a Friend, Get Some Sauce!

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 some of Nigel's Homemade Naked Sauce. The only way to get it is referring a friend!

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

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Recipes and Menu Suggestions

Artichoke Soup and Warm Chicken and Mushroom Salad, don't forget yummy, crunchy bread

Uses: Artichokes, Lemons, Green Garlic, Lettuce, Spinach, Savoy Cabbage, Arugula, Spring Onion, Orange

A lighter meal with an Asian flair, pair the Turnips with White Miso Butter with Mustard Green Dumplings

Uses: Turnips, Spring Onions, Mustard Greens, Spring Garlic

Grilled Swordfish Toasts with Lemon-Olive Tapenade

Uses: Kale

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

Warm Chicken and Sautéed Mushroom Salad

Sunset Magazine Reader Recipe April 2015 Marilyn Ritchie Serves 4

5 oz mixed Greens, use a combo of Lettuce, Arugula, Savoy Cabbage, and Spinach

(And I think I would probably use more than just 5 oz)

2 cups shredded Rotisserie Chicken

3 TB Olive Oil, divided

1/2 lb. Mushrooms, sliced

1 tsp Garlic, minced

3 Tb Balsamic Vinegar

1 TB Dijon Mustard

1/4 cup Red Onion, thinly sliced (the Spring Onions in the share are perfect)

4 oz Goat Cheese, crumbled

1/4 cup toasted Pine Nuts

Put greens and chicken in a large serving bowl; set aside. Heat 1 TB oil in a large frying pan over medium-high heat. Add mushrooms and garlic and cook until browned and fragrant about 5 minutes (longer if mushrooms give off a lot of water). Add remaining 2 TB oil, the vinegar, and mustard, stirring to combine. Cook until mixture start to boil. Pour over greens, tossing to coat. Top with onion, goat cheese, and pine nuts. A little bit of chopped orange chunks would be a lovely addition to this salad!

Grilled Swordfish Toasts with Lemon-Olive Tapenade

From *Sunset Magazine* April 2015 Makes 4

Sadly, good fish is not easily acquired up here in Dixon. I will have to wait till I get to the market next week, but I definitely want to try this one. Preserved Lemons are delicious and a great thing to add to your pantry. Since we have lemons in the box every week, I will post a recipe from Claudia Roden on how to make a quick version.

4 Swordfish steaks - about 6 oz each, dark portion removed

6 TB Olive Oil, divided

Salt and Pepper to taste

4 slices Rustic White Bread cut from a loaf

1/4 cup pitted Castelvetrano or other mild Green Olives

2 to 3 TB Harissa

2 TB chopped Preserved Lemon

1 large Garlic clove

2 cups Kale leaves, shredded

Preheat grill to medium-high (500 F). Brush swordfish steaks with a total of 1 TB oil and season with salt and pepper. Grill, turning once, until cooked through, 3 to 4 minutes per side. Meanwhile, brush bread with 1 TB oil and grill until lightly toasted, 1 to 2 minutes per side. Transfer fish and bread to a plate. To make tapenade: Blend olives, Harissa, preserved lemon, garlic, and remaining 1/4 cup oil in a blender until almost smooth, about 15 seconds. Spread each slice of bread with about 1 TB tapenade, then top with kale and swordfish.

Artichoke Soup

Eatwell Farmhouse Kitchen

Yesterday I was reading "An Everlasting Meal" by Tamar Adler which always inspires me to use every bit of a food ingredient, turning peels and trimmed stalks or stems into soups etc. Then I switched to "The New Book of Middle Eastern Food" by Claudia Roden where I found a recipe for Artichokes and Preserved Lemons with Honey Spices. Both of these women inspired me to make something different with our Artichokes. Here is what I came up with. It was so good I can't wait to eat the leftovers for lunch today.

All the Artichokes from this week's share

2-3 TB good Olive Oil

1 stalk Green Garlic, trim the very top and the bottom then chop

1 TB Honey

1 tsp grated fresh Ginger

1 tsp Turmeric

1 Lemon

1 cup Water

2 cups Vegetable Stock or Chicken Stock

1 tsp Eatwell Farm Smoked Chili

Freshly ground Black Pepper, to taste

Cream or Creme Fraiche, optional

This Week's Box List

Spinach

Lettuce

Arugula

Mustard Greens

Spring Garlic

Red Kale

Turnips

Savoy Cabbage

Spring Onions

Artichokes

Navel Oranges (Twin Girls)

Lemons (Twin Girls)

In a medium saucepan heat the olive oil over medium high heat, add the garlic, ginger and turmeric. Mix well and cook a quick minute or two. Add the honey, water, juice from the lemon and then toss in the juiced lemon. Continue cooking on low while preparing the artichokes. Trim the bottom stem and cut at least 1/3 of the top portion of the artichokes. Remove the really tough outer leaves. Quarter the artichokes and remove any of the fuzzy choke from the center if there is any. Add them to the pot and cook on a low simmer, covered for a good 20 minutes or so until really tender. Remove the lemons, then put everything else into a blender or food processor and puree until completely blended. To remove fibers from the artichoke leaves, strain through a fine mesh sieve back into the pot. Add the stock and salt and cook over medium heat, a low simmer, not a boil, for another 15 minutes. You can add cream or creme fraiche if you want, or keep it lighter and don't. I added about a cup of cream to the soup and just warmed it, but a dollop of creme fraiche in the soup bowl would also be delicious!

Turnips with White Miso Butter

Also from *Vegetable Literacy* by Deborah Madison

Ok, well now I have a taste for asian flavored foods, so I am throwing this one in too!

1 lb. Turnips

2 TB butter, at room temp

2 TB Mirin

3 TB White Miso

1 tsp Black Sesame Seeds, toasted in a dry skillet until fragrant

3 Green Onions, white parts plus an inch of the greens, slivered - I am going to use our Spring Onions

Sea Salt

Trim the turnips and peel neatly with a paring knife. Section them into quarters or sixths. Melt a tablespoon of the butter in a skillet over medium heat, add the mirin, then the turnips and cook, allowing them to color, for several minutes. While the turnips are cooking, stir together the miso and the remaining butter. When the turnips are tender add this mixture and allow it to bubble up, coat the turnips and just heat through. Transfer to a serving dish, finish with the sesame seeds and green onions and serve. Taste for salt, but it probably won't need any.