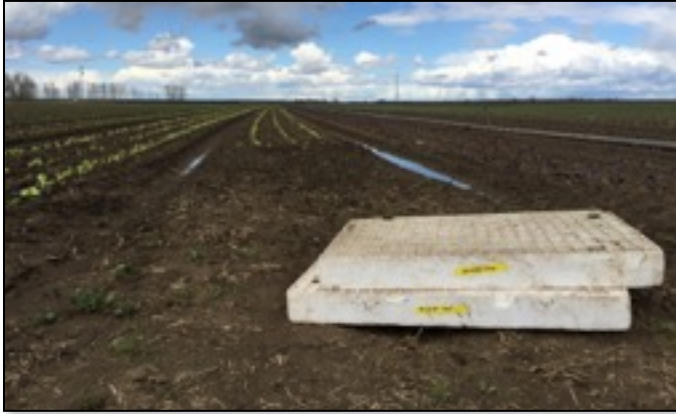




WEEK OF MARCH 26TH 2018 #13/52



### Spring Cabbage

Lots of cabbage plants are now in the ground. In the photo you can see how wet it is, but the plants prefer rain to irrigation sprinklers. Now we need some good sunshine to help them grow. Winter was such a busy time for us I never had a chance to make sauerkraut. I am looking forward to a fresh batch of cabbage to kraut up. I love coleslaw and always wish we could have cabbage in the middle of summer for barbeque season. I just read on a blog from Cedar Circle Farm in Vermont that properly stored cabbage can last up to 2 months in the fridge. You want to keep damage to a minimum, as any bruising degrades the cabbage quickly. In a root cellar it lasts even longer, but I am guessing none of us has a root cellar.

### 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 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](mailto:organic@eatwell.com) to let us know.

### Events on the Farm

#### Strawberry Days

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

#### Annual Lavender Harvest

June 8th-10th  
<https://lavender18.bpt.me>

#### Pizza Oven, Phase One

June 1st-3rd.

Please email me ASAP if you want to help us build a pizza oven in the members' garden.

[Drinkwellsofters@gmail.com](mailto:Drinkwellsofters@gmail.com) or email Noelle [organic@eatwell.com](mailto:organic@eatwell.com).

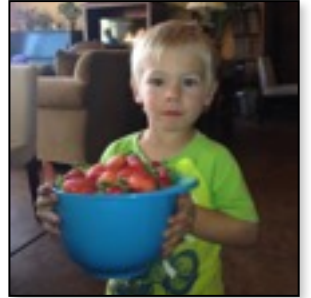
#### Pizza Oven, Phase Two

Friday and Saturday June 15th/16th.

Please email [Drinkwellsofters@gmail.com](mailto:Drinkwellsofters@gmail.com) or [organic@eatwell.com](mailto:organic@eatwell.com).

### Strawberry Blooms

A few years back, Alberic and Ophile visited from Switzerland. It was October but we still had strawberries in the field. This was a really big deal for them. One of the strongest memories their son Mael has, was going out picking massive bowls of berries. He was only 4 at the time but that memory lives on. How many of your kids will grow up with memories of picking massive bowls of strawberries? I am certain there are several hundred kids who have left the farm with bright red berry faces. So, at this time of the year we are always excited to see blooms on the berry plants. It has been a late winter, lots of cold, wet days. With April just around the corner I really hope we get some nice warm weather. If the weather hits right we might just have those delicious berry flushes in May which is exactly what we want for Strawberry Days. Keep your fingers crossed, and get your tickets!



### Connections, Travel, And Of Course - Food

I have been traveling with Nigel's daughter, Ellie. We just left Switzerland to visit Emily, our former CSA manager, who now lives in Northern Italy. In Switzerland, we stayed with 3 of the many interns I hosted years ago. It has been 18 years since that time, but the connections live on.

That was long before my life as a farmer's wife, but I had always worked in the natural foods industry, so organic was a big part of my life. For all the interns, it was a pretty new experience to be so immersed in an organic lifestyle. Buying in bulk, shopping at farmers markets, buying organic was a bit new. For much of Europe, local has always been more of a thing, but then of course, local to them is really local. I think my Swiss Kids were surprised to find they had a host mother who didn't eat fast food, but cooked all the time. This was not how America is portrayed to them. It is sad that many people see Americans through the wrapper of a Big Mac.

For me it was great to learn that in Biel, Switzerland they have a bulk shop, where my Swiss family likes to shop. On display in their kitchen are jars filled with oats, pasta, flour, homemade granola. They make weekly trips to the farmers market for raw milk, and locally produced meats, fruits and veg. The milk is turned into yogurt, fresh bread is baked at home, and I realize just how much all of this makes me feel "at home". Food is such a great connector; I can see my original thread in all of the interns we visited.



### Peas Are Blooming, Too

And that means peas will be here soon. During this time of the year there is so much waiting. Fortunately we have greens to get us through while we wait for spring treats to be ready for harvest.

# RECIPES AND IDEAS FROM LORRAINE

## Creamed Greens and Spring Onions

Adapted from Smitten Kitchen

1-pound of Greens (like Kale, Spinach and Turnip Greens)  
3 spring onions, ends trimmed, white and some green parts sliced into thin coins  
3 tablespoons butter  
3 tablespoons all-purpose flour  
1 1/4 cups milk  
Salt and pepper

Cook the greens covered, with just the water clinging to leaves, stirring occasionally, until wilted, about 6 minutes.

Press or squeeze out the excess liquid any number of ways, either by wringing it out in cheesecloth, putting it in a mesh strainer and pressing the moisture out with a spatula or large spoon or letting it cool long enough to grab small handfuls and squeezing them to remove as much water as possible.

Wipe out the large pot so you can use it again. Heat milk or cream in a small saucepan over moderate heat, stirring, until warm. Keep warm. Meanwhile, cook onion and garlic, if using, in butter in your wiped-out large pot over moderately low heat, stirring occasionally, until softened, about six minutes. Whisk in flour and cook roux, whisking, about three minutes. Add warm milk or cream in a slow stream, whisking constantly to prevent lumps, and simmer, whisking, until thickened, three to four minutes. Stir in greens, then salt and pepper to taste and cook, stirring, until heated through.

To make Creamed Greens and Spring Onion Pasta: Use 1 3/4 cups of milk instead of 1 1/4 cups. Stir 1/4 cup finely grated parmesan into the sauce while cooking, and keep extra on hand for serving. This should be enough to toss with about half a pound of pasta (more or less depending on how saucy you like yours).

## Grilled Turnips with Dill Olive Oil

From Erin Anderson at Naturally Ella

1 bunch of turnips, cubed  
1 tablespoon (15 ml) olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon black pepper  
For Dill Oil:  
2 teaspoons minced fresh dill  
1 tablespoon (15 ml) olive oil  
1 tablespoon (15 ml) lemon juice  
1/4 teaspoon salt

If using wood skewers, soak in water for at least an hour before using. To make the turnips: Bring a pot of water to a boil over high heat, add the turnips, and cook for 2 minutes. Drain, add to a bowl, and toss with the olive oil, salt, and pepper.

Preheat the grill to medium-low. Thread the turnips onto skewers and grill until lightly charred, 2 to 3 minutes on each side.

To make the dill oil: Combine all the ingredients in a bowl and whisk together. Drizzle the dill oil over the grilled turnips and serve while still hot.

### Tips On Storing Your Produce:

- **Bok Choy**- Store in a plastic bag in fridge up to one week. Don't forget to use the ribs!
- **Dill**- Keeps well in your fridge. Should last up to 7 days. For best results put stems in a jar with clean water as a vase and cover with a plastic bag to keep protected culture.
- **Kale**- Refrigerate in a plastic bag, do not wash until ready to use. May keep for up to a week.
- **Carrots**- Cut the tops off to keep them fresh longer. Place them in closed container with plenty of moisture, either wrapped in a damp towel or dunk them in cold water every couple of days if they're stored that long.

To view more storage tips, go to [eatwell.com](http://eatwell.com) >> "CSA Farm Box" >> "This Week's Box" tab.

## Tamarind-Glazed Pork Medallions with Carrots and Bok Choy

Adapted from Homechef

1/2 cup of Coconut Milk  
1/2 lb. of Carrots  
1/2 bunch of Cilantro  
2 Heads of Bok Choy  
1 Pork Tenderloin  
2 tsp. Chopped Ginger  
2 TB Tamarind Concentrate  
2 TB Sweet Chili Sauce  
1/2 oz. Hazelnut Pieces

Peel, trim, and cut carrot into 1/4" slices on an angle. Stem cilantro, mince stems, and coarsely chop leaves. Remove any discolored outer leaves from bok choy and trim ends. Cut stems into 1/4" slices and coarsely chop leaves. Pat pork tenderloin dry. On a separate cutting board, slice tenderloin into eight medallions 1/2-3/4" thick. Season both sides of medallions with 1/2 tsp. salt and 1/4 tsp. pepper. Heat 1 tsp. olive oil in a medium non-stick pan over medium-high heat. Add medallions to hot pan and cook until well-browned on both sides, 3-4 minutes per side. Transfer medallions to a plate. Pork will finish cooking in a later step. Reserve pan; no need to wipe clean.

Heat 1 tsp. olive oil in a large non-stick pan over medium-high heat. Add carrot to hot pan and cook undisturbed until lightly charred, 2-3 minutes. Reduce heat to medium and add 1/2 cup coconut milk, 2 Tbsp. water, ginger, and cilantro stems. Bring to a simmer, add bok choy stems, and cover. Cook until carrots are tender and coconut milk is slightly thickened, 4-6 minutes. While vegetables cook, glaze pork. Return pan used to sear pork to medium-high heat. Add tamarind, sweet chili sauce, and 1 Tbsp. water to hot pan and stir. Bring to a simmer and return pork medallions and any accumulated juices to pan. Cook, flipping medallions occasionally, until pork is glazed and reaches a minimum internal temperature of 145 degrees, 1-2 minutes. Remove from burner. When carrots are tender, add bok choy leaves to pan with other vegetables. Stir and cook until leaves are just wilted, 1-2 minutes. Season with 1/4 tsp. salt and a pinch of pepper.

## Arugula, Salmon, and Leek Tart

From Sydney Oland at SeriousEats.com

1 pre-made pie dough  
1 tablespoon butter  
1 cups of Leeks, white and light green parts only, thinly sliced  
5 ounces arugula, divided  
3/4 pound salmon, skinned and cut into 1 inch pieces  
Kosher salt and freshly ground black pepper  
1/2 cup cream  
3 eggs, beaten  
1 tablespoon olive oil  
2 teaspoons lemon juice from 1 lemon

Adjust oven rack to middle position and preheat to 425[°]. Roll out pie crust and place in a 12 inch tart pan. Trim edges. Prick pie crust all over with a fork. Transfer to freezer for at least 15 minutes. When ready to bake, place on a rimmed baking sheet and bake until golden, about 15 minutes. Remove from oven.

Heat butter in a large skillet over medium high heat until melted. Add leek and cook, stirring often until leek is soft, about 4 minutes. Roughly chop half of arugula and add to the skillet. Cook, stirring, until wilted, about 2 minutes. Remove from heat and transfer contents to a large bowl. Season to taste with salt and pepper and allow to cool. Whisk together cream, eggs, and 1/2 teaspoon salt. Scatter leek mixture over bottom of tart, followed by salmon pieces. Pour cream mixture over and place the tart back on the baking sheet in the oven. Cook until cream mixture is set and salmon is cooked, about 20 minutes. Toss the remaining arugula with olive oil and vinegar and season to taste with salt and pepper. Allow the tart to cool for 15 minutes then serve tart topped with dressed arugula.