



WEEK OF MARCH 27TH 2017 #13/52



## Things to Come

What a gorgeous morning we had here today!

Nigel was still sleeping so I snuck out for a walk around the farm. Looking for newsletter inspiration and some good photos, I found plenty of both! The orchard is relatively close to the house, so I tend to hit it first. My love of trees and forests compels me to wander in amongst the trees, where I find myself lost in the citrus and astonished by the beauty of the cherry blossoms.



On my way to the orchard I stopped to check out the Lemon Verbena which months ago was trimmed back to the ground. From afar it looks like rows of dead bushes, but when I got in close I found the first small leaves popping out. Lemon Verbena has such a powerful citrus scent even those tiny leaves tell you "Yes I am a mighty leaf!". These amazing plants assure me that in no time at all what looks like dead bushes now, will become lush, green and fragrant, ready to flavor our salads, teas and Thai-like dishes.



I wanted to check out how the new plantings are faring. Hard to believe it was the week before last that we had extra help in the field working on the transplanter to get plants in the ground. Since most of last week it rained, we didn't have to irrigate much. It also means the farm is muddy and wet again so we'll have to wait a bit longer to get out there to plant more. Nigel is quite happy with how the chards are looking!

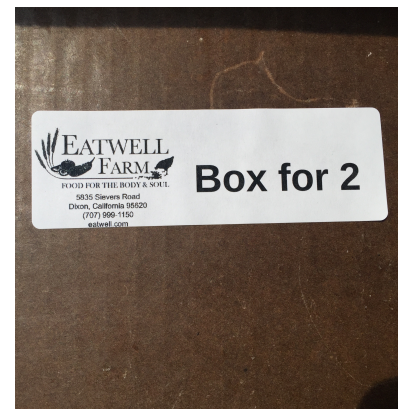
## Things to Come continued

Favas and peas are getting close. I found lots of beautiful flowers out in the fava field and the small field of peas right next to it. I recently had a dish with fava leaves and I thought they were quite delicious. Coincidentally, I was looking through a new cookbook I was gifted and found a recipe for a salad made with Fava Greens. I wonder how many of you have enjoyed fava greens? Perhaps we should add them to the box lineup?



## Box for 2

Just a reminder, we now have 2 Sizes of CSA Boxes going out in our deliveries. If you would like to change your subscription from one size to another, please contact us. Our standard size, the 'Family Box', is much larger and has 10-12 different items. The new 'Box for 2' is a little taller, but narrow and short and contains just 6 items. Please check the Sign In Sheet to see which size box you are scheduled to receive. It is listed next to your name. We will begin labelling the 'Box for 2' starting this week, but if you are confused about your order or which box you should be picking up don't hesitate to call the office at (707)999-1150 or email [Connie organic@eatwell.com](mailto:organic@eatwell.com).



## Event Dates

Links to purchase tickets are located in your Friday email.

### 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

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
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## A Note From Lorraine

Hi All! It has been such a long time since I wrote for this side of the newsletter. For some reason Nigel has found his appetite and it has come back in full force, so I find myself cooking actual meals again. For months now he has eaten only a few things. Also, I found getting the recipes AND the articles done every week is really challenging, so I asked for help. I can't thank Paige and Amie enough for helping me through these rather challenging months. Since Nigel has got me cooking again I thought I would jump in this week and share some of the things I have been making for him.

## Nigel's First Big Meal - Steak, Mashed Potatoes and a Big Salad

I made him a big salad using some of the dandelion greens (very good for purifying the blood and liver), roasted beets, finely chopped Parsley and chives, and I threw in some chopped up mandarins.

Roasting Beets - I like to roast beets simply. I cut the greens off, but leave the crown on so no actual beet is exposed. I trim the tail if it is too long. Basically I make sure the skin on the beet stays in tact. Give it just a quick rinse then wipe dry. Put the beet(s) on a sheet of aluminum foil large enough to seal up, drizzle on some olive oil and a sprinkling of salt. Roast in the oven at 425 F until fork tender, timing completely depends on size of the beets. When done, remove from the oven, keep wrapped and allow to cool enough to handle. I cut the top and tail off, then the peel should slip off easily. Chop and cool for your salad.

Wash the spinach well, and spin to dry. Wash the dandelion and chop. I like to add finely chopped parsley and chives to my salads which sometimes I add to the dressing, sometimes I just toss in. I peeled a couple of mandarins, then chopped the individual segments into thirds so I could easily pop out the seeds.

For the dressing I used some fresh OJ from one orange I had leftover from the previous week, plus I added the zest from the orange. Used about 1 tsp of grainy mustard, salt and pepper to taste. Mixed it all well then drizzled in some olive oil and added a 1 to 2 TB of yogurt. I was going for more of a slightly creamy, less oily dressing. Put all the salad fixings in a large bowl, poured on some of the dressing, tossed well and tasted. Added some more dressing to my liking and saved the rest for later. A few raisins, nuts, feta, or blue cheese would be nice additions to this salad.

## Mashed Potatoes with a Spring Garlic Twist

This was super simple and added a really lovely subtle garlic flavor to the potatoes. I was cooking enough potatoes for probably 4 people (I love mashed potatoes and the leftovers we turn into potato cakes for breakfast). While the potatoes are gently boiling add one stalk of Spring Garlic, tough outer skin removed. I only used the bottom portion, and saved the greens for something else. The garlic dissolved somewhere into the potatoes because I never found the stalk!

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All other recipes can be found at:  
[www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

## Rice and Veg

I find I am really pretty exhausted these days. Running to UCSF several times a week can be pretty draining on top of everything else. So I love to make dishes that are easy and incorporate a couple of aspects of a meal into one dish. And if I can "repurpose" that dish into a another meal all the better!

- 3 TB Butter or Oil
- 2 cups Brown Basmati Rice
- 4 cups Vegetable or Eatwell Farm Chicken Stock
- Salt
- 2-3 Carrots, washed and diced
- 1-2 Spring Onions, save the tops for another dish
- 1 Stalk Spring Garlic
- Greens, you can use any of the greens from the box, chopped.

I like to saute the onion, garlic and carrots in the butter first. Then add the rice and cook just until it smells a little nutty. Add the stock, and the greens, mix well, then cook your rice how you like.

## Re-Purposing Dishes

So this week I used our leftover garlicky mashed potatoes for a delicious breakfast. To the potatoes, I added 1 egg, a little bit of all purpose flour, some bread crumbs, and some chopped parsley and chives, salt and pepper to taste. Mixed well, made patties and fried in some fat. It was breakfast and I had made bacon, ergo I used bacon fat. Make sure the fat is good and hot, fry until crispy and golden, gently flip and fry until the other side is golden and crispy too. We enjoyed these with said bacon and fried eggs, one of Nigel's favorite breakfasts!

## Leftover Rice and Veg

Again, we turned this into a breakfast. Re-heat the rice in a skillet with a little oil or butter. You can add some more greens if you like, better yet, this is the perfect time to add the green tops from your Spring Onion. If you would like to make a fried rice, make a very thin omelette and add it to the rice once it is fully heated. You can pre chop the omelette or chop it up in the fry pan. This week I decided to go with a poached egg on top of our rice bowl. We both added a dollop of sour cream, Nigel added green Tabasco to his, I added a little soy sauce to mine. All in all, it made for a perfect breakfast, but of course you could enjoy this meal any time of the day!

## Poached Tangerine Slices

Gourmet 2008

Recommended by member Patricia K.

I used this last week when our "extra fruit" order turned out to be a rather large bag of mandarins. Fortunately, I had stumbled on "Poached Tangerine Slices" shortly before the mandarin onslaught arrived! They were great served over yogurt.

- 6-7 (maybe more if they're very small) tangerines or mandarins
- 1½ c. sugar
- 3 c. water
- ¼ c. dry white wine
- ¼ c. fresh lemon juice

Preheat oven to 325 degrees with rack in the middle. Slice tangerines, including peel, crosswise about ¼" thick (I removed the ends before slicing). Remove and discard seeds, then arrange tangerines in a 13 X 9-in. baking dish, overlapping if necessary. Bring sugar and water to a boil in a small saucepan, stirring occasionally, then simmer 2 minutes. Stir in wine and lemon juice and return to a simmer. Pour over fruit.

Lay a sheet of parchment paper directly over fruit to keep submerged, then poach in oven until tender but not falling apart, 1 to 1½ hours. Discard parchment and cool fruit to warm or room temperature.