



WEEK OF APRIL 10TH 2017 #15/52



Strawberry Crop Update

On Monday afternoon, Jose and I walked the new and last year's strawberry beds. The new planting, last August, has the biggest berries whereas, the previous years planting are smaller but more flavorful. We were concerned that after the weekends rain the ripe fruit would be damaged. The new crop has firmer fruit and very little damage. The older crop we will have to be picked and removed from the field. Leaving that crop will harbor disease from the rain splashed crop.

When will we have the first berries to pick? Hopefully for next week's boxes. We planted four varieties to an insurance policy. Each seems to have it's pros and cons. 'Petaluma' likes it cool, resists the rain damage, but probably will not be happy when it turns hot in the summer. Likewise 'Albion' likes the heat and fruits a little later in the spring.

The crop is nice and weed free thanks to a little hand weeding and the woven plastic mulch, of which, some is almost tens years of reuse. It is expensive to buy and only makes economic sense on a few crops such as Eggplant, Basil and Strawberries.



Visiting Old Friends

Several months ago, we moved Helen May and Bandito just down the road to our friends George and Annie's farm. Being responsible for those two was more than I could handle with everything going on with Nigel.



Reluctantly, and with a decent amount of sadness, I asked George and Anne if they would like to take our cow and bull calf and fortunately, they were really excited about that. Yesterday, I was over at their place and got to visit Helen May and Bandito. It was wonderful to see how peaceful and happy they are out in the walnut orchard, lots of luscious grass to graze all day. Bandito has gotten huge and is now bigger than his mom. And Helen is very close to giving birth again, her 4th! I miss having cows on the farm, but the sad reality is, with Nigel in and out of the hospital, there is no way I can care for them. They have a much larger grassy space than we can provide and in the summer they will love being under the trees.



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

A Note From Your Bookkeeper

Hi Lorraine here, your Farm Bookkeeper! I went to the post office the other day to pick up a package, the seeds Nigel had ordered earlier in the week. It was a \$2,900.00 order. I was prepared for a large box, made sure my front seat was cleared. Ready to lug out this big box. Stood in line, patiently waiting my turn, got to the counter, asked for our package and was stunned when the mail person came out with this little bitty box. My first question was, where is the rest of it? She looked at me, we looked at the label, it read 1 box of 1. Holy smokes, this little box contained nearly \$3,000 worth of seeds!

I always laugh when people pronounce they could grow things for far less money in their garden! How could tomatoes cost \$4.00 a lb? It's only a few seeds and little water, right? That Romanesco we all love so much, one packet of seeds is \$842.00. Amazing how it all adds up. I always love to sit with Nigel and go through the seed catalogs; "Why don't we grow this?" "Oooh let's get some of these!" But then the bill comes in suddenly you realize those little itty bitty seeds are worth their weight in gold, literally!

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



A Note From Lorraine

So my suggestion for a few meals this week would be Salmon, roasted, poached or even smoked with Fresh Dill Sauce and sautéed greens. You can add a starch if you like, but some good bread would be fantastic and it saves you making one more dish.

The Roasted Beets, Leeks and Carrots would be a great side for steak, particularly one you slice and serve. Again, I don't know if I would add a starchy carb, but you could toss some potatoes in with the roasted vegetable and there you have it! That being said, I am an enormous fan of mashed potatoes, and I actually look for meals that give me any excuse to make them. My new favorite way of making mashers is by adding a stalk or two of spring garlic (chopped) to the potatoes as they are boiling. The spring garlic practically melts into the potatoes and you really only notice the addition of a subtle garlic flavor. If you want to make this meal bigger, add a green salad and use some of the Dill Sauce as a dressing, maybe top with crumbled Feta and toasted walnuts. For the salad, you could use either the spinach or the lettuce depending on what you get in your share.

Fresh Dill Sauce

Recipe by Ina Garten

This recipe uses a good amount of dill and parsley. I would suggest adding some of the garlic chives as well. Serve this as a companion sauce for salmon, roasted, poached or even smoked! You could also use this sauce as a thick and creamy salad dressing.

1/2 cup Mayonaise
 1/2 cup Sour Cream
 1/2 cup Plain Yogurt
 2 TB Cream Cheese
 1/2 cup chopped Scallions, white and green part
 1/2 cup minced fresh Dill
 1/4 cup minced Parsley
 1 tsp grated Lemon Zest
 2 TB freshly squeezed Lemon Juice
 Salt and Pepper, to taste
 1 cup seeded, grated Cucumber

Place everything BUT the cucumber into a food processor fitted with the steel blade. Puree for a few seconds, until well mixed. Add the cucumber and puree for another few seconds, until combined. Pour into a container and refrigerate for a few hours to allow the flavors to develop.

How to Make Sautéed Greens Without a Recipe

Recipe from food52.com

1. Wash greens thoroughly. Prep will vary depending on the type of greens you select — for younger greens, simply trim the ends off, but kale or chard may need de-ribbing.
2. Add a healthy amount of oil to a sauté pan over medium heat, about 2 tablespoons for larger bunches of greens. Warm the pan and, once the oil is hot, toss in chopped or sliced alliums (Leeks or Green Garlic), and allow them to cook just before the point of browning.
3. Start adding the greens in batches — the pan should be borderline full but not overflowing. Once the greens start cooking down, continue to add more. A good trick for speeding the cooking process and softening the greens, without adding additional oil, is to spoon a few tablespoons of water or broth into the pan, allowing for a nice partial steam.
4. Now it's time to embellish. Add acid, like the juice from half a lemon or a spoonful of vinegar (sherry, red wine, apple cider). Throw in a handful of toasted nuts, or a small handful of fruit.
5. Serve as a side, throw in some protein at the last minute, or toss in pasta for a meal.



Mandarin Creamsicle Pudding

Farmhouse Kitchen

When I was a kid I loved creamsicles. But I also loved a very simple dessert my dad would make for us when my mom was at her citizenship class, vanilla ice cream with a splash of OJ. Thinking back on those flavors, I came up with the idea of a vanilla pudding using our mandarins as a topping. Made it last night, and I loved it!

2 1/2 cups Milk
 1/4 cup Cornstarch, FYI organic cornstarch is available
 1/4 cup Sugar
 4 Eatwell Egg Yolks
 1/4 to 1/2 tsp Salt
 2 TB Butter
 2 tsp Vanilla extract
 Mandarin Topping
 3-4 Mandarins, zest before you peel because you will add it to the pudding
 Butter

Orange Juice or Honey or both

In a heavy bottomed sauce pan add the cornstarch, sugar, salt and gently mix. Add the cold milk, stir well, turn on the heat and begin to cook. I have a tendency to walk away from the stove so I keep the heat rather low and come back to the pot

often to stir well. You can cook it on medium

high, but stay with it and stir often. The most important thing is once it begins to bubble, you need to be there stirring and ready to turn the heat down to low. Cook a couple of minutes longer until it is nice and thick. Remember stir, stir, stir! Turn the heat off and add the zest, butter and vanilla. Mix in well, then pour into serving bowls.

I use small mason jars. For the mandarin topping, cut the mandarins in half so you have complete circles and you can easily get the seeds out. Heat a skillet that is big enough for the mandarins, melt a couple of TB of butter and add the mandarins. I added orange juice for this cooking process, just enough to keep the pan from drying out. Cook a couple of minutes over medium

low, then gently flip the mandarins over. If you

need to add more butter and or OJ go for it. You want to end up with a lovely syrup to drizzle over everything. Once the mandarins are very soft and you have the right consistency of syrup, taste and decide if you want to add a bit of honey or sugar or leave it as is. When you have it the way you like, top pudding with mandarin halves and syrup. Chill before serving!

This Week's Box List

**Items in Box for 2*
 Green Kale or Chard
 *Spinach or Lettuce
 *Leeks
 Beets
 *Carrots (Terra Firma Farm)
 *Green Garlic
 Parsley
 *Dill
 Garlic Chives
 Mandarins
 *Apples (Hidden Star Orchards)
 *Bonus Item: Sugar Snap Peas

Roasted Beets, Leeks and Carrots

Recipe from Full Plate Farm's CSA Blog

Amazing what you find when you google a few ingredients together. I originally was thinking something with beets and leeks. Then stumbled on this simple recipe that also included carrots, how perfect can you get! Thank you Full Plate Farm.

2-3 Leeks, leafy ends removed, cut on the bias into 1-2" pieces
 1 bunch Beets, peeled, cut into quarter
 6 Carrots, halved or quartered lengthwise
 2 TB Olive Oil
 Juice of 1/2 Lemon
 Fresh Thyme Sprig OR if you have it use Eatwell Thyme Salt in place of fresh thyme and salt!
 Salt and Pepper to taste

Toss the vegetables lightly in olive oil and roast at 350 F for about 1 to 1 1/2 hours, turning them every 30 minutes or so, until the beets and carrots are tender. Remove from the oven and season with lemon juice, thyme, salt and pepper.

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