



WEEK OF APRIL 16TH 2018 #16/52

CSA Member Dinner

Joann and her family have been members of the farm since 2002. As part of her birthday celebration, she wanted to host her book club group for a dinner on the farm. Liz and I prepared a meal that featured almost everything from last week's box. As an appetizer we had Turnip and Leek Fritters with Garlic Chive Aioli, slices of radishes and some fresh peas on the side. We made 2 different types of Polenta Lasagne, one with a mushroom ragu and one with kale, both were delicious. A light salad accompanied the main, and for dessert we had Orange Soufflé. We used the stir fry mix with the kale, leeks and spring garlic in both lasagne, eggs and the oranges in the soufflé. We only had the mustard greens leftover, which in hindsight I could have used in the salad. We stole extra leeks, spring garlic and turnips from a second box, but other than that, almost everything came out of the one family sized CSA box. We could have easily done with half the amount of lasagne. Realistically, it was a very affordable meal that fed 13 people, plus leftovers. The added bonus was we were able to make the entire meal gluten free and vegetarian. These simple dinners are such a great way to connect with friends and the farm. The bonus for me, is I get to do something I love, spend the day cooking, and sharing the farm with visitors. If you would like to do a small dinner, or lunch here at Eatwell, or maybe I could come to you and cook in your kitchen, let us know. Experiencing the farm around the table is one of the best ways to share the CSA.



Strawberries

I picked and enjoyed my first strawberry of the year the other day! It is always so exciting to see the dots of red popping up in the field of green. Typically, that first strawberry has very little flavor, but I was quite impressed with the one I found. It was red all the way through, had excellent strawberry flavor and was fairly sweet. I am hoping this is a sign that we will have a very good strawberry season. Let's hope our summer won't be as miserably hot as last year's so that we can enjoy strawberries through more of the summer.

Events on the Farm

Strawberry Days

April 29th
May 6th
May 13th
May 27th

<https://strawberry18.bpt.me>

Annual Lavender Harvest

June 8th-10th

<https://lavender18.bpt.me>

Pizza Oven Days

June 1st-3rd.
June 15th-16th.

Please email organic@eatwell.com if you want to help us build a pizza oven in the members' garden- No experience necessary.



Onions By William Matthews

Our former CSA manager, Emily, sent me this poem. It really touched me so I thought I would share it with you.

"How easily happiness begins by dicing onions. A lump of sweet butter slithers and swirls across the floor of the sauté pan, especially if its errant path crosses a tiny slick of olive oil. Then a tumble of onions.

This could mean soup or risotto or chutney (from the Sanskrit chatni, to lick). Slowly the onions go limp and then nacreous and then what cookbooks call clear, though if they were eyes you could see

clearly the cataracts in them. It's true it can make you weep to peel them, to unfurl and to tease from the taut ball first the brittle, caramel-colored and decrepit papery outside layer, the least

recent the reticent onion wrapped around its growing body, for there's nothing to an onion but skin, and it's true you can go on weeping as you go on in, through the moist middle skins, the sweetest

and thickest, and you can go on in to the core, to the bud-like, acrid, fibrous skins densely clustered there, stalky and incomplete, and these are the most pungent, like the nuggets of nightmare

and rage and murmury animal comfort that infant humans secrete. This is the best domestic perfume. You sit down to eat with a rumor of onions still on your twice-washed hands and lift to your mouth a hint

of a story about loam and usual endurance. It's there when you clean up and rinse the wine glasses and make

a joke, and you leave the minutest whiff of it on the light switch, later, when you climb the stairs."

The lowly onion, yet one of the most powerful plants we use in the kitchen. How many times have you walked into a home to the scent of sautéing onions. We all know this experience, you can't help but breathe in and realize your appetite has instantly been triggered. Ooooh, what are you cooking? Right now, only some onions in a bit of butter. That's all it takes before your mouth and stomach are preparing for dinner.

Have you ever thought about how your body responds to food when you cook your meals from scratch, rather than opening a container, popping a pouch into boiling water or sliding something into the microwave? I often write about the benefits of cooking, finding the joy in the process, delicious food, maybe good family time, but there is an added benefit, and that is simply the opportunity for your body to prepare to receive and digest food. Many years ago I read an explanation of this exact process, when we smell delicious food cooking, that scent sends triggers to our brain; our mouth waters, we feel hungry. Those responses are directed by the brain, telling our body to begin producing the enzymes we need to digest the food that is promised to come. And according to the book, we miss out on much of that when we eat packaged things coming out of the microwave. There are many benefits to cooking, improved digestion is another you can add to the list.

RECIPES AND IDEAS FROM LORRAINE

Kale Lasagna

Recipe from Food & Wine November 2014

Olive Oil, for coating baking dish
9 to 12 Lasagna Noodles
1 cup Ricotta Cheese
1 Egg
1/4 cup grated Parmigiano-Reggiano
Zest of 1 fresh Lemon
1/2 tsp Kosher or Sea Salt
Fresh cracked Black Pepper, to taste
24 oz Tomato Sauce, now don't you wish you came to a sauce party!
1 bunch Kale, de-stemmed and chopped
16 oz Grated Mozzarella Cheese

Preheat oven to 375 F. Lightly coat a 2 quart baking dish with olive oil and set aside. Cook lasagna noodles according to package instructions. Rinse under cold water until cool. Lay the cooked pasta flat and set aside. In a medium bowl, combine the ricotta cheese, egg, Parmigiano-Reggiano, lemon zest, salt and pepper. Set aside. Spread a light layer of tomato sauce on the bottom of the baking dish. Lay 3 to 4 lasagna noodles lengthwise over the sauce. Layer one-third of the remaining tomato sauce over the lasagna noodles and then layer half of the ricotta mixture. Layer half of the kale over the ricotta and then spread one-third of the mozzarella cheese. Repeat this pattern: noodles, sauce, ricotta cheese kale and mozzarella cheese. Add a final layer of lasagna noodles and then add the remaining tomato sauce and remaining mozzarella cheese. Bake lasagna for about 45 minutes until the top cheese is melted and golden. Remove from oven; let sit for about 10 to 15 minutes before serving.

Heritage Pantry Employee Lunch

Our friend and CSA member Lindsey opened a new store in Dixon last week, The Heritage Pantry. This is a really big deal for Dixon, a town with only a Safeway and Walmart as food shopping options. The store is filled with locally produced goods, including lots of goodies from Eatwell. They posted a photo of their employee lunch on Instagram (@the_heritagepantry) and it is gorgeous, so I thought I would share it with you all this week. And if you are in town, please go visit the ladies and show your support!

This simple roasted dish is comprised of carrots, cut in half lengthwise, thinly sliced fennel, chopped greens, sliced green garlic, including the green tops, slices of orange, all tossed with olive oil and a sprinkling of Eatwell Thyme Salt. You could easily throw in chopped turnips. Roast, in a hot oven, until tender!



Join us on Slack and share a recipe:
bit.ly/SlackEatwell

The link is case-sensitive

Greens with Coconut Milk

From Bon Appetit

You can use Collard Greens, Kale or Spinach. Remove the leaves from their stems, wash, and slice or tear into one or two-inch thick pieces. Get a skillet with aromatics (such as Green Garlic and ginger) going for a few minutes until they start browning. Add the greens in about a handful at a time if you're making a lot of it, allowing them to wilt before adding more. You can do it all at once if you're cooking for one or two—the point is just that you don't want to crowd the pan. Cook until they're tender but still a little crisp. Then add 1/4 cup full fat, unsweetened coconut milk to coat the greens in the pan, another 1/4 cup before serving, and top with whatever garnish you want.

Sauteed Radishes and Sugar Snap Peas With Dill

Recipe from Bon Appetit

1 TB butter
1 Tb Olive Oil
1/2 cup thinly sliced Shallots - I am going to use a leek in place of the shallots.
12 oz Sugar Snap Peas, trimmed, strings removed
2 cups thinly sliced Radishes
1/4 cup Orange Juice
1 tsp Dill Seeds
1 TB chopped fresh Dill

Melt butter with oil in large skillet over medium heat. Add shallots and sauce until golden, about 5 minutes. Add sugar snap peas and radishes; sauce until crisp-tender, about 5 minutes. Add orange juice and dill seeds; stir 1 minute. Season with salt and pepper. Stir in chopped dill. Transfer to bowl; serve.

This Week's Box List

**Items in Box for 2*

Stir Fry Mix

Red Russian Kale

* Spinach or Lettuce

* Radishes or Turnips

* Collard Greens

* Sugar Snap Peas

Leeks

* Green Garlic

Garlic Chives

* Carrots (From Terra Firma Farm)

* Raisins (From Capay Canyon Ranch)

* Oranges (From Twin Girls Farm)

Turnip Fritters

Recipe by Kevin Lee Jacobs

The original recipe calls for parsley, but I switched it to leeks. I found the turnips gave off quite a bit of liquid, so next time I will let them sit in a strainer for a couple of minutes and give them a good squeeze before adding the rest of the ingredients.

2 lbs Turnips, peeled and shredded

1 Egg, beaten

3/4 cup All-Purpose Flour - I used Potato Starch instead to keep it gluten free

1 good sized Leek, cut into thin half moon slices

1/2 tsp Kosher Salt and several grind of Black Pepper

Vegetable Oil - enough to reach half-way up the sides of the patties as they fry

Put the turnips, egg, flour and leeks into a large bowl, admix with hands. Heat a generous amount of oil in a large skillet over a medium flame. For the turnip mixture into patties, and fry until bronzed and fragrant, about 4 to 5 minutes per side.

Tips On Storing Your Produce:

- **Sugar Snap Peas**- Refrigerate in a plastic bag for up to 3 days. Do not wash peas before you refrigerate them. The longer you keep sugar snap peas, the less crisp and sweet they will be.
- **Mustard Greens**- Remove any bands, twist ties, etc. Most greens must be kept in an air-tight container with a damp cloth to keep them from drying out. Kale, collard greens, and chard do well in a cup of water on the counter or fridge.
- **Leeks**- Leave in an open container in the crisper wrapped in a damp cloth or in a shallow cup of water on the counter (just so the very bottom of the stem has water). Will last at least a week.

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