



WEEK OF APRIL 17TH 2017 #16/52



## Growing Community



### Lorraine's Favorite Soapbox

The kids, we have to get to the kids! That's what I keep telling people. If we want to change the food world, then we have to share great food with kids and teach them how to cook. I can't tell you how many times I have heard from adults that once a child has a connection with the farm, has the opportunity to participate in the cooking of the food, learns a little about it, suddenly they are vegetable fans! Below is an email sent to us from one of the teachers at Clarendon Elementary in SF. It is one of our drop sites, and the school has some pretty awesome Eatwell members on staff and as parents. Unfortunately, Nigel and I are just not available to go into the classrooms, but we still love supporting. If your child's class could use a CSA share to cook, play, learn let us know. We would be very happy to donate a box. Come on, let's change the world!

Hi Eatwell!

I am a subscriber to Eatwell and also a 3rd grad teacher at Clarendon Elementary. My class cooks every Friday and I try to encourage my students to try new things. You sent a box for our classroom this week. We cooked it up today and the students loved it. We made: brown rice, lentils. On top, we served sautéed spring onions, garlic, spinach and kale. We topped it with lemon juice and parsley. On the side, as a dessert, we ate the Mandarins and raisins. Thank you so much. Children loved the greens... Even those who said they "don't eat them". Suddenly they were eating seconds! Thanks again. I'm attaching a photo. You can see the beets are in the oven for a taste this afternoon.

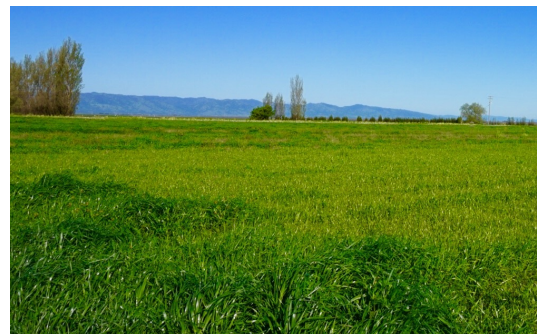
Jody Frandle, Clarendon Elementary



When you think of farming you typically think of one crop in the field. That was how I was taught to grow vegetables, and I would say every farmer grows the same way; but things are changing. In my humble opinion, if a farmer is any good, she is always observing. Over the years, I have seen people plant many different species of crop in the cover crop fields. As an example you wouldn't just grow vetch to increase nitrogen in the soil for your next crop, you would include a wide variety. Many of us observed the benefits of a community of plants in the field, simply put increased yields, better results. The cover crop we have this year has 8 different plants, and it is absolutely thriving!

I came across some research by farmers in ND where cover crops were planted individually and the last planting was all 10 varieties planted together. The total seed of the last row was the same as the individual row, so no extra seed was planted. It was a dry year. Most of the single seeded rows did not survive, but the multi-seeded row grew extremely well. This showed us that there is much more going on than simply sowing seeds for the crop to survive.

Over the last couple of years, we have planted a multitude of vegetables in the same bed, for example lettuce, fennel, kale. Although I don't have the time to measure, my observation has been they all thrive. For the coming fall all of our cabbages will be mixed. That is 12 different varieties of cabbage planted in the same bed. Community is something that helps us all thrive, and apparently it is the same for plants!



### 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!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150





## Salad with Green Goddess Dressing

Farmhouse Kitchen

Recently I made a delicious Eatwell version of a Green Goddess dressing and enjoyed it for days. I love baked potatoes, and am so happy with a big fat spud and a fresh simple salad. Soooo I didn't measure, because I was making it up as I went along, but here is a good approximation. ALSO, change it up to fit your taste buds, taste as you add things.

1/2 Avocado  
 1 Green Garlic, use as much of the greens as are tender  
 1/4 bunch of Parsley, I love parsley and probably used 1/2 bunch at least  
 1 Spring Onion, if you have one left from a previous share, you can also use any chives you have left from previous share  
 1/3 cup Yogurt  
 1 or 2 TB Mayo  
 Start with 1 TB Vinegar or Lemon Juice, I used Sherry Vinegar in mine, but I think I would have preferred lemon juice  
 Salt and Pepper to taste  
 Olive Oil if you want to add it

Put the avocado, garlic, parsley, yogurt and mayo, vinegar or lemon juice into the blender. Did you know you can use a regular mouth mason jar on your blender? I do this all the time for salad dressing, that way I am making it in the container it will be stored in. Blend until smooth. Taste, add salt and pepper, and decide if you want more mayo or some oil, or more acid, or maybe you want to put the other half of the avo in there. Wash your spinach or lettuce, chop up some radishes, add some dandelion greens, and maybe a few bits of apple or mandarins, and way you go. Toasted nuts or some sunflower seeds are always a great addition.

## One-Pot Mujadara With Leeks and Greens

Recipe by Melissa Clark NYT

1 cup Brown or Green Lentils  
 2 Leeks, white and light green parts only, roots trimmed  
 2 1/4 tsp Salt, more as needed  
 1/4 cup Extra Virgin Olive Oil  
 2 stocks Green Garlic, minced (original recipe calls for 2 cloves minced)  
 3/4 cup Long-Grain Rice  
 1 1/2 tsp ground Cumin  
 1/2 tsp ground Allspice  
 14 tsp Cayenne  
 1 Bay Leaf  
 1 Cinnamon Stick  
 4 cups trimmed and chopped Stir Fry Mix

Place lentils in a large bowl and add warm water to cover by 1". Let soak. Meanwhile, halve leeks lengthwise; run under warm water to release any grit. Thinly slice leeks crosswise. Heat oil in a Dutch oven or large pot over medium-high heat. Add leeks and cook, stirring occasionally, until golden brown and crispy, 5 to 10 minutes. Transfer half the leeks to a bowl to use for garnish and sprinkle with 1/4 tsp salt. Stir garlic into the pot with the remaining leeks and cook until fragrant. Stir in rice and sauce 2 minutes. Stir in cumin, allspice and cayenne; sauce 30 seconds. Drain lentils and stir into pot. Add 4 1/4 cups water, 2 tsp salt, bay leaf and cinnamon stick. Bring to a simmer. Cover and cook over low heat for 15 minutes. Rinse greens in a colander and spread damp leaves over lentil mixture. Cover and cook 5 minutes more, until rice and lentils are tender and greens are wilted. Remove from heat and let stand, covered, for 5 minutes. Serve sprinkled with reserved crispy leeks.

### This Week's Box List

*\*Items in Box for 2*  
 \*Sugar Snap Peas  
 Dandelion Greens  
 Spinach or \*Lettuce  
 \*Stir Fry Mix  
 Leeks  
 \*Radishes  
 Green Garlic  
 \*Parsley  
 Oregano  
 \*Mandarins  
 Apples (Hidden Star Orchards)

## Fried Egg on Toast with Salted Herb Butter and Radishes

www.bonappetit.com

I'm always looking for quick, but tasty ways to make a breakfast or lunch. This would be great for both. The recipe mentions, when you have some herbs threatening to go past their prime, preserve them by making herb butter, which just happens to be an excellent landing pad for a perfectly fried egg.

3/4 cup mixed tender herbs (parsley, dill, chives, ect.)  
 1/2 cup unsalted butter, room temperature, cut into pieces  
 1/2 teaspoon finely grated lemon zest  
 2 teaspoons fresh lemon juice, plus more for drizzling  
 1 teaspoon kosher salt  
 1/2 teaspoon freshly ground black pepper  
 1/2 cup thinly sliced trimmed mixed radishes  
 4 slices of bread, toasted  
 4 Olive Oil - basted fried eggs

Pulse 3/4 cup herbs in a food processor until finely chopped. Add butter, lemon zest, 2 tsp. lemon juice, 1 tsp salt, and 1/2 tsp. pepper. Pulse to bring together. Place radishes in medium bowl; drizzle with a little lemon juice and add a pinch of salt. Toss to combine. To serve, spread toast with herb butter and top each with a fried egg. Scatter dressed radishes over top along with a few sprigs of herbs.

## Cod with Herbed Pea Relish

Recipe found in Cooking Light

The original recipe uses frozen pea, but I was thinking fish with oregano, and serving peas on the side, when I found this combo. Sounds delicious.

1 cup chopped Peas  
 1 1/2 TB chopped fresh Oregano  
 2 TB chopped Shallots  
 2 TB Capers  
 2 TB Lime Juice  
 2 TB Olive Oil  
 1/4 tsp Salt  
 1/4 tsp Red Pepper Flakes  
 1/4 tsp Salt  
 4 Cod Fillets (approx 6 oz each)  
 1 TB Olive Oil

Combine chopped peas, oregano, shallots, capers, lime juice, 2 TB Olive Oil, 1/4 tsp salt and red pepper flakes. Sprinkle 1/4 tsp salt over cod fillets. Heat a nonstick skillet over medium-high. Add 1 TB olive oil and cod; cook 4 minutes per side.

