



WEEK OF APRIL 25TH 2016 #16/52

It's a Boy!

We welcomed a new member to Eatwell Farm this week. Little Prince was born sometime on Sunday night. Lorraine arrived to the barn on Monday morning for her regular feeding and cleaning chores to a wonderful surprise! She found this strong, healthy, young calf next to his proud mother. Those of you visiting the farm this weekend for Strawberry Days will get to see Prince.



Defining a Life

How does one define their life? Is it our job, our passions, our family or our friends? Do those aspects of our lives graciously collide? When I was a young girl I dreamed my parents would sell our house in the city and buy a farm. We would have chickens, cows, horses, strawberries, peaches and a swimming hole. That little girl grew into the young woman who swore she would never leave her home, her beautiful San Francisco. Hah! so many years later here I am, living the little girl's dream. The dramatic shift in my life becomes brilliantly obvious on mornings like today; went out to feed our animals to find Maybelle's first calf was born sometime during the night. I can not share on paper the excitement and joy, or the tailspin it sends my day. Nevertheless, I sit here this morning realizing that I have to focus on recipes and really can't get past the shock of finding this precious new baby or the fact that all of this is my life. I can't help but wonder what is the purpose of this crazy life I live, and you know I think I have figured it out.

I love learning about the seasons and the cycles of food, learning about farming, learning about the soil, helping a cow give birth to a calf or discovering that one is here, learning about chickens, eggs and meat birds. I absolutely love bringing people to the farm; whether it is for one of our CSA events, or hosting a group of Food Innovators from Switzerland, or best of all when the kids come up for Bay Leaf Summer Cooking Camp. Then I realize my world is so different from most people and I remember the average person has no idea where their food comes from, or the impact their spending choices make, how their choices affect their health, or the strength of their local economy. I know that almost no one is taught to cook. I know that far too many people in our communities do not have access to good, local food, and that quite often the cost is too much for them. So at the end of all of this thinking, loving and learning, I realize that defining my life is a little complicated, but one thing is for sure, I want to play an important part in making an impactful change.

The clear and obvious avenue towards change is by growing our Eatwell Community. CSAs are such a wonderful way to connect people to the food they eat, but how do I reach out to communities who are in need? We already have the Care Share



program, a 4 share subscription for people suffering with a serious illness (if you know of someone in need, please contact me or Connie about the program), but the next step is to find ways to reach out to families who typically can not afford a CSA subscription. To do that I am hoping to sign the farm up for the SNAP program and offer a certain number of shares at a discounted rate, which can be paid for with SNAP. Our resources are limited, but once I get rolling I will reach out to see if anyone would like to sponsor a family by paying for 50% of the cost of a share. I will keep you all posted.

I would like to ask you for your feedback and suggestions. What can we do to improve the CSA? Are there things you would like us to offer? What do you think we can do to grow our CSA? Contrary to what many people think, the numbers for CSAs (not just Eatwell) is going down. How do you think we should reach out to the next generation? I always love hearing from you so please feel free to text or call me 530-554-3971 or email at [lorraine@eatwell.com](mailto:lorraine@eatwell.com) with any suggestions and ideas. Hope to see many of you over the next few weeks at one of the Strawberry Days! - Lorraine

Strawberry Days

We still have tickets left for our Strawberry Days Events. We have three varieties of strawberries this year, which help us spread the flushes of fruit. Having consistent fruit is not the easiest task. When you come to one of our Strawberry Days, you will be able to see that each week the flavor and sweetness changes. The varieties respond to the weather differently. So we offer you a flight of berries to taste. **Strawberry Days on the Farm are on Sunday, May 1st; Sunday, May 8th; Saturday, May 21st; Saturday, May 28th.**

Advertisement for Strawberry Days at Eatwell Farm with dates: Sunday May 1st, May 8th, Saturday May 21st, May 28th, 11am to 4pm. Includes images of people in a field and strawberries.

We have a wonderful strawberry crop so please go to our website, [www.eatwell.com/events](http://www.eatwell.com/events) and sign up as soon as possible. There will be tours of the farm by myself and Jose. Make a great day of it and bring a picnic or order a farm lunch. Lorraine will have Chicken Hand Pies with Pickled Cauliflower this weekend. If you have any questions please call, text or email: (707)999-1150 or [organic@eatwell.com](mailto:organic@eatwell.com).



WE WELCOME YOUR COMMENTS AND QUESTIONS! [ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

## Recipes and Menu Suggestions

Chard and Kale Salad with Oregano Vinaigrette; serve as main dish with some good bread on the side

Uses: Garlic, Chard, Kale, Juice from Blood Oranges, Onion

Peppered Capellini with Favas, Peas and Pecorino; serve with lettuce salad

Uses: Favas, Peas, Lettuce, Garlic

Indian Spinach serve over Basmati Rice and protein of choice

Uses: Spinach

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

## Peppered Capellini with Fava Beans, Peas and Pecorino

Recipe found on Vanilla and Bean  
Serves 4

1 cup Peas\*  
1 1/2 lb Fava Bean Pods, about 3/4 cup peeled  
1/2 lb Capellini  
1 TB Olive Oil  
2 TB Butter, unsalted, divided  
3/4 TB Black Pepper, coarsely ground  
1 1/2 tsp Garlic, minced - use the garlic from the box, but I would use more  
1/3 cup Pecorino, shredded, plus a bit extra for serving  
1/2 cup Parmesan, grated  
1 cup Pasta Water, reserved  
Zest from 1 Lemon  
1/4 tsp Salt  
4-5 Parsley Leaves, chopped for garnish  
Fresh Ground Pepper for serving

\*Our peas are getting big, some are opening and some are still fully closed. You can use the whole pod if they haven't burst open, top and tail and cut to bite size. If the pod has opened, just pop the peas on out.

## Chard & Kale Salad with Oregano Vinaigrette

Recipe found on the California Bountiful Website  
Serves 4 as a side, or 2 as a main dish

Oregano Vinaigrette:

fresh oregano  
2 cups Red Wine Vinegar  
3 cups Grapeseed Oil  
1 TB Dijon Mustard  
1 TB chopped Garlic  
1 TB chopped Shallots  
1 1/2 tsp Salt  
1 1/2 tsp Black Pepper  
1/2 tsp Red Chili Flakes

Chard and Kale Salad:

2 oz (1/4 cup) Bacon, cooked and chopped  
2 oz (1/4 cup) Oregano Vinaigrette  
2 cups thinly sliced Kale and Chard leaves  
2 oz (1/4 cup) Citrus marinated Red Onion Slices - sliced onion marinated in fresh citrus juice  
1 cup cooked Quinoa  
1/3 cup diced dried Apricots  
8 Cherry Tomatoes, halved  
2 oz (1/4 cup) shaved Parmesan cheese  
1 hard-boiled Egg, sliced

For the vinaigrette: Whisk together all ingredients and set aside.

To serve: Put cooked and chopped bacon and 1/4 cup vinaigrette in a small, oven safe dish. Place in a heated oven for 3 minutes. In a large bowl, toss hot vinaigrette with all salad ingredients except hard boiled egg. Mound salad in the center of each plate and place slices of egg around the perimeter.

Chef's note: You will have quite a bit of vinaigrette left over. You can simply store it in the refrigerator until you're ready to use on another salad.

## Indian Spinach Dish

Recipe found on Sunset Magazine's website  
Serves 4

1/2 tsp Cayenne  
1/2 tsp Garam Masala  
1/8 tsp ground Cardamom  
2 lbs Spinach leaves, chopped  
1 cup plain Greek Yogurt  
1 tsp Kosher Salt

In a 5 to 8 qt pot, cook onion in oil over medium heat until softened, about 10 minutes. Add garlic and cook 2 minutes. Add ginger and spices and cook until fragrant, about 1 minute. Working in batches, stir in spinach and cook until wilted, about 5 minutes. Remove from heat and stir in yogurt and salt. Serve with steamed basmati rice and warm naan.

### This Week's Box List

Peas  
Fava Beans  
Head of Lettuce  
Kale  
Chard  
Spinach  
Green Garlic  
Spring Onions  
Strawberries  
Blood Oranges (Twin Girls Farm)  
Apples (Hidden Star Orchards)

In a medium sauce pan, fill about 1/3 full with water. Put on stove to boil. Have ready a large bowl and mesh strainer. Shuck all the fava beans out of the pods and place the beans in a bowl. Set aside. Measure out your peas. Set aside. Make an ice bath in the large bowl. Be sure the mesh strainer can fit in the large bowl and the ice water flows into the strainer. Place the peas in the boiling water. Blanch for 30 seconds. Remove with a hand held strainer and place in the mesh strainer that is in the water bath. Let set for 1 minute, then remove the peas from the bath, using the strainer and place into a bowl. Set aside. Do the same thing with the fava beans, but let the fava beans blanch for 3 minutes (use the same water). Remove the favas with a hand held strainer and place in the mesh strainer that is in the water bath. Let set for 1 minute, then remove the fava beans from the

bath using the strainer and place into a bowl. Set aside. Once cooled, peel the seed coat away from the fava beans. Discard the peels.

In a medium sauce pan, fill water 2/3 full. Bring to a boil. Cook the capellini for about 4 minutes or until al dente'. Reserve 1 cup of pasta water. Drain pasta drizzle 1 TB of olive oil on pasta to keep it from sticking. Meanwhile, melt 1 TB butter in a large sauce pan over medium heat. Once melted, add the pepper and garlic. Saute for about 1 minute, or until fragrant. Add 1/4 cup of the reserved pasta water. It will fizzle and bubble here so be careful. Stir to combine the pasta water, butter, pepper and garlic. Add the remaining 1 TB of butter and incorporate. Add the pasta, stir to coat with the sauce. Add both cheeses and stir until melted. Season with salt and add the lemon zest. Toss again. Add the peas and peeled fava beans, tossing and turning the ingredients gently to evenly distribute. Add another 1/4 cup to 3/4 cup of pasta water if the past seems dry. Toss well. Transfer to a large serving bowl and garnish with chopped parsley, pecorino and fresh ground black pepper.

## Please Continue to Return Your Used Produce Boxes

The waxed cardboard boxes we use should make three journeys to your home and back to the farm before we use them for mulch around trees.

Maysam and Cory are recording how many boxes we drop off at each location and how many return each week. We are running a contest for each site, so please continue to return your used produce boxes!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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