



WEEK OF MAY 1ST 2017 #18/52



Strawberry Day #1

This past Sunday was the first of four Strawberry Days. There were a bazillion berries, with many flowers and green berries coming up. This coming Sunday will be the 2nd Strawberry Day, and I do believe we will have loads of fruit for everyone to pick. Life is pretty funny, one of the reasons we decided to go back to member only events was the lack of strawberries the past two years. It was always so disappointing not having enough to sell, so naturally this year it stands to reason there would be an overabundance. We still have plenty of tickets left, invite your friends and family. Come up and picnic, relax on the farm, enjoy all the blooming flowers in the pasture and pick strawberries like there is no tomorrow. If this Sunday doesn't work for you, no worries we have two more after this one - May 14th and May 28th. I know we scheduled all of these dates on Sundays, that really was to make our lives a whole lot easier, BUT if you can not make it up to the farm on a Sunday please get in touch and schedule a private Strawberry Day for yourself. As long as we know in advance there is never a problem with members coming to the farm on non-event days.

Fava Challenge And The Winner?



Aphids or Lady Bugs? A couple of weeks ago I took some photos of the favas. They were covered in aphids. But there were loads of lady bugs who happen to love munching on aphids. The race every year is who is going to win out in population control or explosion. The lady bugs were here early this year, but with the amount of aphids I saw I wasn't feeling very optimistic. Walking around yesterday I was pleased to see very few aphids and the favas are growing and producing like mad. This is a crop which in the past

we have had to mow under because of aphid infestation. But favas are fantastic for the soil, so they aren't a complete loss, even if you can't harvest your crop you are still feeding your Mother Earth!

Oh Monday, Monday

Wake up, cause here we go - count the market money. Get the deposit ready. Feed Nigel, (except not today because he has a PET Scan later) feed Stella, feed me. Rush off to the bank, fill gas cans for the crew. Rush back to the house, get Nigel in the car and head to SF for said PET Scan. Sit in waiting room and wait.



So what's a girl to do while sitting and waiting? Read the NYT Cooking email of course. The article has a recipe for breakfast Shrimp and Grits, definitely one of my favorite meals, but I usually make it for dinner. They also had a recipe from Alton Brown for a Breakfast Carbonara, hmmm, never thought about making Carbonara for breakfast, but what a great idea! I love pasta for breakfast, actually more for brunch. I made Nigel a Smoked Salmon, Goose Egg and Fava Bean Carbonara for dinner last night, he loved it. This too would make a great breakfast/brunch. We have goose eggs galore and I am trying to figure out how we can make them available to you guys. I think I have come up with a plan, so I am hoping Connie can get them on the list of add-on items for you all by the end of the week. The goose egg is really big, and the yolk is seriously rich, and it made a really great carbonara. So let's hope it will work. If it does I will include my recipe in the Friday email.

Sunday Supper At Marla Bakery and Restaurant

Just a quick heads up. We have a dinner planned at Marla out in the Richmond on Sunday May 21st. They will be making a meal out of all the wonderful produce you find in your CSA Share. This will be a rather intimate dinner as there are only 29 seats. I scheduled this hoping the timing works out well for Nigel to join us. But even if he can't make it, I will definitely be there. I don't have all the details yet, but I will by Friday and will post a link to Marla's page in the Friday afternoon email. If you haven't eaten at Marla I highly recommend it. They make just about everything from scratch, including the farmers cheese they schmear on their delicious bagels. Joe and Amy obviously are pretty crazy, in the most wonderful way of course! When I had breakfast there a few weeks ago, I ordered the baked eggs and was completely blown away. A simple dish, but oh so delicious! In any case I will be writing more when I have the details.



Curry Inspired Soup with Stir Fry Mix and Sausage

Farmhouse Kitchen

Nigel has been craving curry. I needed to throw together a very fast meal with what I had on hand and this is what I came up with. You could also include some fava beans if you like, or add some potato chunks. The kale can be swapped out for the stir fry mix or added with, to make a bigger, more veg-centric soup.

2 Sausages, casings removed - most flavors will work, but preferably not too fatty
1 stalk Green Garlic, minced
1 to 2 TB Coconut Oil, depending on how fatty the sausage
1 can Coconut Milk
15 oz Eatwell Chicken Stock
1 bag Stir Fry Mix, rough chopped
2 tsp ground Cumin
2 tsp ground Mustard Seed
1/2 tsp ground Cinnamon
Chili Flakes to taste
1 TB Curry Paste, more or less according to your preference
Salt, to taste

In a heavy bottomed pot heat to medium-high and cook the sausage. Break it apart while cooking so you don't have any large chunks. If there is little fat, add the coconut oil during this process. Remove the cooked sausage from the pot. If there is a lot of fat, separate the fat from the meat and discard. Next add the coconut oil, and the spices, stir and cook until fragrant. Then add the garlic, cook another minute or two. Next add the stir fry mix. Stir well to coat and cook until wilted. Add the stock, coconut milk and put the sausage in as well. Stir, put the lid on and cook until flavors are well merged. Taste and adjust seasoning if you like.

I made this in my InstantPot, so 30 minutes is all you need for a soup that tastes like it has been on the stove most of the day.

Rosemary Chicken - Kotopoulo Me Dendrolivano

Recipe found on saveur.com article by Todd Coleman
Recipe by Chef Aglaia Patronaki Serves 2-4

4 whole skin-on Chicken Legs
Kosher Salt and freshly ground Black Pepper, to taste
1/2 cup Flour for dredging
1/4 cup Extra Virgin Olive Oil
1 cup White Wine
3 sprigs fresh Rosemary
2 fresh Bay Leaves
Juice of 1 Lemon

Heat oven to 425 F. Season chicken generously with salt and pepper. Put flour on a plate and dredge chicken in flour to coat, shaking off excess. Heat oil in a 12" skillet over medium-high heat. Add chicken and cook, turning once, until browned, about 10 minutes. Add wine, rosemary, and bay leaves. Return pan to heat and cook until wine reduces by half, about 2 minutes. Add 1 1/2 cups water and bring to a boil. Cover skillet, transfer to oven, and cook until chicken is tender, about 45 minutes. Uncover and let chicken skin crisp, 5 minutes. Remove chicken from the oven; stir in lemon juice. Serve chicken with the pan sauce and Orzo Arugula Salad - recipe to follow.

Orzo Arugula Salad

Recipe by Giada De Laurentis

I love it when recipes combine two dishes in one, here you have your starch and your veg! This looks like it would be a great side to the Rosemary Chicken recipe.

1 lb Orzo Pasta
3 TB Extra Virgin Olive Oil, plus 1/4 cup
2 cups fresh Arugula (about 3 oz)
3/4 cup crumble Ricotta Salata Cheese, or Feta
1/2 cup dried Cherries
12 fresh Basil leaves, torn
1/4 cup toasted Pine Nuts
3 TB Lemon Juice
1 1/2 tsp Salt
1 tsp freshly ground Black Pepper

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite. Stirring occasionally, about 8 to 10 minutes. Drain pasta and put the pasta on a large cookie sheet. Drizzle the pasta with 3 TB olive oil, toss, spread out and set aside to cool. Once the orzo is cool, transfer to a large serving bowl. Add the remaining ingredients and toss gently to combine. Serve.

This Week's Box List

**Items in Box for 2*
*Fava Beans
*Arugula
*Lettuce
Red Kale
Stir Fry Mix
*Radishes
Green Garlic
*Rosemary
*Valencia Oranges
Strawberries

Tuna Salad

By Liz

I love a big tuna salad. Last week while we were staying with Jan and Liz for days of Dr appointments, Liz made a delicious tuna salad as kind of a focal point for a bits and bobs dinner. We even had some pasta salad with it on the side, so if you make the orzo/arugula salad you could serve that on the side. I prefer tuna packed in oil, but that's me. Wash the

lettuce and dry well. You can keep the leaves

whole and use as wraps or chop. Wash and slice or chunk radishes. Fava beans would be really nice in this dish as well if you want to add them.

Liz makes her Tuna Salad like this:

3 or 4 cans of Tuna, water drained
Juice from 1 to 2 Lemons, to taste
A couple of Scallions, chopped
2 TB of Capers, more if you love them!
Salt, to taste
Mayonnaise or Olive Oil to moisten, start out with a good spoonful, add more according to your preference
Serve with Eatwell Eggs, hardboiled, and sliced Pickles and or Pickled Vegetable on the side
Liz likes to add Roasted Red Peppers and Olives too!

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

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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