



FOOD FOR THE BODY & SOUL

WEEK OF MAY 2ND 2016 #17/52



Olive Trees in Flower

Our good friend and mentor, Jim, gave us French olive trees some years ago. This spring, they are covered in olive blossoms. They ripen in October, at which time they are pressed for oil. Jim imported the cuttings of five varieties from France. He has an import license from the USDA and is willing to jump through all the hoops to bring these great varieties into California. We are hoping to enjoy the fruits of his labor this fall.



Heirloom Wheat Selfie

I am very happy to have such a great weed free crop of wheat. It is weed free because of well timed and careful cultivation by Roberto and Ramon last fall. The wheat is five feet tall, or one of the varieties is. There are two, Frassinetto is a pasta wheat from Italy. It is the tall one. Below it grows Sonora, a Spanish variety, brought over by the conquistadores. I originally grew four heirlooms but settled on Sonora as the best fit for the farm. Unfortunately, when we harvested it, some Frassinetto was left in the combine. This mixed and since then, we have had both. I could hand harvest just the Sonora for seed. But I need 100 lbs and harvest is right in the middle of the busiest month of June on the farm. The flour tastes great so it is not high on my priority.

Potatoes in Bloom

Our earliest variety of potato, Desiree, is blooming and ready to dig. I have to say, that going out to the field at the end of April, digging in the soil for the very first potatoes, then bringing them back to Lorraine's kitchen, steaming them lightly, and serving them with lots of butter is just about the best meal of the year. For at least a week I eat nothing but this.



The potatoes were planted in February and the yield at this time of the year is about one pound per plant. There is a white potato that is yielding a pound now, which I have to check the planting map to see which variety it is.

Tears Over Potatoes

About ten years ago I got a phone call from a member who was in tears. A little alarmed, I listened as she told me she steamed the potatoes she had just picked up in her harvest share. After the first bite, she was in her grandfathers garden. She was surrounded by his presence and all the wonderful fond memories of him and had not stopped crying until she explained all this to me. I have always said, being a part of Eatwell Farm is like walking around you grandfather's garden with a box, as he picks and loads it with with fresh earth covered delicious ripe veggies. So this lady sharing her experience was a dream come true for me.



Flight of Strawberries

We have four varieties this year; Chandler, Albion, Seascape and San Andreas. When you get into the strawberry field, we encourage you to taste all four. They are labeled at the end of the first of the three rows of each variety. Why four? Well, because it is fun to have variety and as you will taste, they are different. They also vary from week to week depending on the weather. This is also



insurance for us in case one variety does not do well. We once had a group of USDA crop insurance adjusters use our farm as an example for a class in Davis. They concluded, that they could not write a crop insurance policy for a farm as diverse as ours. They concluded that the diversity meant that we were self insured?

A Grand Day Out

We learnt a long time ago, that the best way to entice you all out to visit the farm was a field full of strawberries. It is important to visit the farm and make the connection to where your food is grown. There are a few very long term members



who have never visited. They know who they are and so do I. So we have upped the anti, providing great farm food lunches, ice cream and the opportunity to stock up on other farm products. Please take the chance to enjoy the farm this May and taste sun warmed ripe strawberries unlike any you have tasted before.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Chicken Hand Pies serve with a Salad

Uses: Chard, Parsley, Turnips, Potatoes, Garlic, Lettuce

Fava Bean Purée served on Toasted Sourdough Bread Makes a nice snack or appetizer or a light lunch with some salad or fruit on the side

Uses: Favas, Garlic, Parsley and Mint

Creamy Greens and Fennel Soup, serve with good bread

Uses: Collard Green, Stir Fry Mix, Fennel

Thai Curry with any leftover Veg

Uses: Whatever you have left

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

A Note From Lorraine

This past Sunday was Strawberry Day #1 for 2016, a wonderful tradition Nigel started on our farm many, many years ago. This year, thank goodness, the strawberries are gorgeous and plentiful, such a relief after last year. Farming is a gamble, my husband always tells me, and sometime you win and sometimes you lose. But we are all happy berry eaters this year! Last year, I added to the tradition by offering a lunch ticket. Before the event, I always think this is such a great idea. Once I have my little menu planned, I still think it's a great idea. Half way into cooking nearly 100 lunches, I realize I am insane. Sunday morning, up early, feeling good, then time ticks away at triple speed and I am back to crazy. In the end, driving the truck, full of food, out to the strawberry fields, I realize the craziness is just part of thrill and really I do love cooking for that many people. Fortunately, I had a fantastic assistant, Nicole, and this weekend our very own Eric will be here to help me cook! I don't have any help lined up for the last two strawberry days, so if anyone is interested in playing in the kitchen with me on Friday May 20 and Friday May 27th, let me know! Anyway, I am quite proud of our menu this year: Chicken Hand Pies or Chard Frittata, Pickled Cauliflower, Minty Cabbage Slaw and this week I will have time to include the Fava Bean Purée. So I am including the a few of these recipes today.

Fava Bean Puree

Farmhouse Kitchen

1 cup Fava Beans, don't need to remove the inner shell

1 clove Garlic

2 tsp Lemon Juice, you can add Zest too

1 TB crumbled Feta

1/2 tsp Eatwell Farm Smoked Chili Salt

Fresh Parsley and Mint, chopped to taste

1 1/2 TB Olive Oil

Take favas out of the pod. Bring a pot of salted water to boil and add the favas. Cook about 2 minutes, drain well. Let cool to handle and then pop the beans out of the skin. I do find I can often get away with skipping this step, but if you want a really nice creamy purée, go for it. Add all of the ingredients into the bowl of a processor and run until smooth. You can add more feta and olive oil if you want it a bit creamier.

Thai Curry with Vegetables that didn't get used up!

No real recipe here

With this week's recipes you will have bits and bobs leftover of most of the vegetables in the box. A nice Thai Curry is a great way to use up anything leftover - Turnips, Chard, Potatoes, Stir Fry Mix, even Fennel. They all can go into the pot. Think about adding a little bit of mint to garnish and put some parsley into the rice when it is finished cooking. This is always a satisfying, fast meal, particularly if you have Thai Curry Paste, Fish Sauce and Coconut Milk in your pantry.

Chicken Hand Pie

Farmhouse Kitchen

Makes 4 large pies

I did not use any garlic in this recipe, but I think it would be a really nice addition - I was mostly trying to save time.

1 TB Olive Oil

1 TB Butter

1 Eatwell Farm Savory Heirloom Pastry Dough (or make your own)

1 good sized Leek, washed and chopped, white part only

1 small Yellow Onion, chopped

1 Carrot, diced

1 stalk Celery, diced

2 or 3 small Turnips or one really big one, peeled and diced

2 or 3 small New Potatoes, washed and diced

1/2 to 1 full bunch of Chard, trim stem bottoms and chop all of it

1 TB Parsley, chopped

Freshly ground Black Pepper

1/2 - 1 tsp Eatwell Farm Thyme Salt

3/4 lb cooked Chicken Breast meat (Eatwell Farm Sous Vide

Chicken Breast is really perfect for this!), diced

1 1/2 cups Eatwell Farm Chicken Stock

1/2 cup All Purpose Flour

1 Eatwell Farm Egg, well beaten for wash

Preheat the oven to 425F. In a large skillet, heat the oil and butter over medium heat. Add the onion, leek, celery, carrots, turnips and potatoes and sauté until everything has begun to soften. Wash and chop the chard, don't drain it, simply put the wet chard into the skillet. Stir well and cook until the chard is thoroughly wilted. Add the chicken meat, stir well, then add the stock. Cover and cook until the potatoes are cooked through. Add the flour, stir well to mix all the flour in and cook another 2 - 4 minutes. Remove from heat. Roll out 1/4 of the pastry dough, put about 1/2 cup of filling onto the bottom portion of the dough, but leave enough room for an edge. Carefully pick up the top portion and fold over to seal, then crimp with a fork. I found if I did not meet the edges evenly it sealed better. In other words the top portion would be just shy of the edge of the bottom portion. The crimp is much nicer that way. Brush with some beaten egg. Repeat with the rest of the dough. Bake for about 20 minutes. I checked mine at 15 and turned the baking sheet around to bake more evenly.

This Week's Box List

New Potatoes

Purple Turnips

Fennel

Fava Beans

Stir Fry Mix

Lettuce

Collards

Chard

Green Garlic

Italian Parsley

Sprig of Mint

Strawberries

Apples (Hidden Star Orchards)

Creamy Greens and Fennel Soup

Recipe Found on epicurious.com

6 Servings

The original recipes uses dark leafy greens like collards and spinach. I have substituted the stir fry mix for the spinach. Also, 1 fennel bulb is a rather ambiguous amount and at the moment I have no idea how big our fennel is this week, so if they are small use a couple.

1 TB Olive Oil

1 TB unsalted Butter

1 Fennel Bulb, trimmed and chopped

1 small Onion, chopped

6 cups Water or Eatwell Farm Chicken Stock

1 bunch Collards, tough ribs and stems removed

2 oz Stir Fry Mix (about 3 cups), tough stems removed

1/2 cup Heavy Cream

1 TB fresh Lemon Juice

Salt and Pepper

Garnish with Fennel Fronds or chopped Dill

Heat oil and butter in a 6 qt heavy pot over medium heat until foam subsides. Add fennel, onion, 3/4 tsp salt and 1/8 tsp pepper and cook, stirring occasionally, until softened and lightly browned, 7 to 8 minutes. Add collard greens and water or stock to the pot and cook about 15 minutes, then add the stir fry mix. Cook uncovered until the stir fry mix is tender. Purée soup in batches in a blender or in the pot with a stick blender, until smooth. Stir in cream and lemon juice and reheat over low heat. Adjust seasoning. Can be served hot or as a chilled soup.

