



WEEK OF MAY 8TH 2017 #19/52



My Morning Newsletter Walk

I honestly don't know how Nigel has written the newsletter for so many years and always found interesting stories to share. I find myself often at a loss for stories, but then I grab my new camera and head out for a walk. Then I realize how he did it. All those years he was running around the farm daily, and during his work day he snapped thousands of photos. I didn't really grasp what he was telling me when he would say he just looked at the pictures and would find plenty to talk about. The farm speaks to you, there is no doubt. She tells you what is ready, what is to come, what you have lost, what you are doing right, and certainly she lets you know when you are doing something wrong.



Nigel

I haven't written a Nigel update for a while now. I felt like I wanted to take some time to write something really thoughtful, but find that as I live through all of this, it is impossible to get my head in the right space. So here is an update, maybe not as thoughtful as I had hoped.

Late last year, they put Nigel on the last available

treatment for his cancer. It is a new drug therapy that works with the body's immune system; similar to the drug he had tried, which didn't work. Nigel went through two rounds of chemo at UCSF back in October and November to get his cancer load low enough to start the new drug. We found out in January, this newest drug was not working. Currently, there are no more drug options for us. The chemo works, but it is a temporary fix. On the horizon is a new therapy "Car T Cell". UCSF hopes to have trials by November or December, so our only option is to keep Nigel alive long enough to get him into the trial. Thank all the powers that be, he is finally eating, and eating like crazy! It had been almost a year of basically raw milk and yogurt as his main diet. I can tell you his strength is greatly improved with the additional food. I am trying to support his health with herbs, diet and exercise.

For now our routine is chemo at UCSF every 4 weeks for about a week stay. When he is back home we have to make trips down for labs and transfusions at least 3 times a week. For about two weeks his immune system is either going down to 0 or is going to be working its way back up from 0. You can imagine our schedule is really crazy here. BUT his spirits are amazing and he has been working on upgrading all of the computers, and we are brainstorming on how to make the farm more efficient. I picked him up yesterday and I can tell you right now he is walking laps around the kitchen. While he was in UCSF last week, friends brought meals to him. I think having really good food made a big difference, he is much stronger than he has been in the past. Also, one of our long time members, Heidi, is a physical therapist at UCSF and she gives Nigel very extra special attention. She came up with a new routine for him, which seems to have catapulted him into a very positive direction! So tough times around here, but we keep fighting the fight and moving forward.



The Kids Know How To Listen

This past Sunday was Strawberry Day #2, and I know for a fact those strawberries speak to all of you who come up to sit in that field and partake. The evidence of shared information is all over the faces of the many little children who leave us covered in strawberries. Even the youngest learn from the fruit which ones will be the sweetest and most delicious. The kids

know how to listen, butts on the ground, hands in the bushes. They also know how to be present, and that is something we adults get to see when we watch them in the field, and listen to them excitedly share stories when they come out of the field. "I found the BIGGEST strawberry EVER!" Or "look I found a heart shaped berry". The events on the farm are the opportunities for us all to connect with the earth, our food and each other. It was wonderful to see members bring large groups of friends and family, sharing this precious land and hopefully eating a ridiculous amount of strawberries while sitting with their butts on the ground, listening to the berries tell them, which ones were THE BEST EVER!



Basil

Several weeks ago the crew went out to the basil beds to get the young plants covered. The covering protects them from the harsh summer sun and provides us with a longer harvest. Many of you have been here when the winds blow and so you know how incredibly powerful it can be here. Over the past

couple of weeks we have had some crazy winds which did a number on the basil covers. It always makes me sad to see the crew's hard work destroyed by the wind. It is particularly hard, as I know we are very shorthanded and they certainly don't have the time to go back out there to put the cover back over the hoops. Maybe if any of you coming up this weekend are interested, we could get a little crew together and take care of that? If you are interested can you text me 530-554-3971 or let Connie know on Sunday. I bet with a few of us we could get it taken care of right quick.

Driver Needed

One of the biggest challenges we are facing right now is finding a driver. For the foreseeable future, I will be driving one of the delivery trucks. If you know of anyone looking for a part-time job, who is 25 or older, has a clean driving record, likes working early (this is a 4 am start), Wednesday, Thursday, and possibly Saturday, PLEASE pass this along. We posted the position on craigslist and got nothing. In the meantime, if anyone wants to come along on the route with me so we don't have to take a guy from the crew off farm work, I would love to share an early morning with you! You can come up the night before, join us for dinner and get up early with me. Let me know.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Sunday Supper at Marla!

I am really excited about this event. I absolutely love everything Amy and Joe do at the restaurant and am so looking forward to seeing what they create with our produce. The idea is, they will use ingredients from the CSA Box. Tickets are now available on their website, but here is the link: <http://www.marlabakery.com/sundaysupper-may21/>. Ticket prices include tax and service fee, so all is covered. There is also an option for wine pairing. There are only 29 seats available and I want to make sure we fill the house, let's have a delicious Eatwell Party at Marla. Hope to see you there!

A great way to use the Turnips and Radishes!

I found a recipe for Roasted Radishes and Salad Turnips with Pesto on a website called brooklynsupper.com. This looks beautiful and delicious and the perfect way to make a dish using the radishes, turnips and basil from this week's share. If you are interested you can find the recipe at this link: <https://brooklynsupper.com/roasted-radishes-and-salad-turnips-with-pesto/>

Lettuce and Green Garlic Soup

Recipe from NYT by Martha Rose Shulman
Serves 4

When I was a kid no one would have ever thought of having a lettuce soup, how things have changed. This soup sounds delicious, think I might try it today!

1 TB Extra Virgin Olive Oil
1 medium Onion, chopped
1 bulb Green Garlic, stalks and papery layers removed, roughly chopped
1/2 cup Rice
7 cups Chicken or Vegetable Stock
1/2 cup Parsley leaves
A bouquet garni made with Bay Leaf a few sprigs each Parsley and Thyme, tied together
Salt to taste
3/4 lb Lettuce leaves, washed and coarsely chopped
A generous amount of freshly ground Pepper
2 TB chopped Parsley or Chives for garnish
Freshly grated Parmesan

Heat the olive oil in a large, heavy soup pot over medium heat and add the onion. Cook, stirring, until it is tender, about 5 minutes. Add a generous pinch of salt and the garlic and cook, stirring, until the garlic is fragrant, about 1 minute. Add the rice, stock, parsley leaves and bouquet garni, and bring to a boil. Add the lettuce and salt to taste, reduce the heat, cover and simmer over low heat for 30 minutes. The tough ribs of the lettuce leaves should be thoroughly tender. Using an immersion blender or a regular blender (working in batches and covering the blender with a kitchen towel to prevent the hot soup from splashing), blend the soup until smooth. If using a regular blender, return the soup to the heat. Add lots of freshly ground pepper, taste and adjust salt. Heat through and serve, garnishing each bowl with chopped fresh parsley or chives and freshly grated Parmesan.

Spring Greens Lasagne

Recipe found on ChowHound by Amy Wisniewski
8 to 12 Serving

2 TB Olive Oil
1 medium White Onion, medium dice
3 medium Garlic cloves, finely chopped
2 cups Heavy Cream
Red Russian Kale, washed, tough stems removed, and coarsely chopped
Bag of Stir Fry Mix
1 1/2 cups Creme Fraiche
1 9 oz box No Boil Lasagna Noodles
1 lb fresh Ricotta
2 cups finely grated Parmesan cheese

Heat the oven to 400 F and arrange a rack in the middle. Heat the olive oil in a large pot over medium heat. When it simmers, add the onion and garlic, season with salt and freshly ground black pepper. Cook until soft, stirring occasionally, until slightly wilted, about 5 minutes. Add the cream and a few handfuls of greens and cook, stirring occasionally, until slightly wilted. Continue adding greens, a little at a time, until they all are wilted. Cook, stirring occasionally, until the greens are tender,

completely wilted and coated in cream, about 10 minutes. Season with additional salt and freshly ground black pepper and remove from heat. Spread 1 cup of the creme fraiche evenly over the bottom of a 13x9" baking dish. Cover with a layer of 4 noodles, allowing them to overlap slightly. Using a slotted spoon, scoop a third of the greens mixture from the cream and evenly spread it over the noodles, then cover with a third of the ricotta and a quarter of the Parmesan. Repeat to make two more layers, and end with a final layer of noodles on top. Evenly pour 1/4 cup of the warm cream over the noodles. Mix together the remaining creme fraiche and Parmesan and spread it evenly over top.

Cover the lasagna with foil and bake until

bubbling and starting to brown, about 45 minutes. Remove the foil and bake until the top is browned completely and the sauce is bubbling, about 10 minutes more. Let cool at least 10 minutes before serving.

Fava Bean Salad with Lemon Vinaigrette and Shaved Manchego

Recipe by Bobby Flay Serves 4

Some members brought this along to Strawberry Day last Sunday as part of their picnic lunch. Jenny shared a bowl with us, and wow it was delicious! Thanks Jenny for sending the recipe.

4 cups shucked Fava Beans
1/4 cup fresh Lemon Juice
2 TB minced Garlic, use some of the Green Garlic
1/4 cup Olive Oil
Salt and freshly ground Black Pepper
1/4 lb Manchego Cheese, shaved thinly (or Asiago or Romano)
2 TB finely chopped Parsley, you could substitute some basil or chives
Fill a bowl with ice and water. Bring a large pot of salted water to a boil. Add the fava beans and cook until just tender, 3 to 4 minutes. Drain and shock in ice water. Drain again and remove out skins. Place the beans in a medium serving bowl. In a small bowl, combine the lemon juice, garlic and olive oil and whisk until blended. Season with salt and pepper to taste. Pour the mixture over the beans and mix well. Add the cheese, sprinkle with the parsley and serve.

This Week's Box List

**Items in Box for 2*
Fava Beans
Lettuce
*Red Kale
*Stir Fry Mix
*White Turnips
Radishes
*Green Garlic
Chives
*Basil
Valencia Oranges
*Strawberries

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

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