



WEEK OF MAY 9TH 2016 #18/52



**Lavender Harvest Coming**  
This is a hobby that just got out of control many years ago. It works because we sell the bunches retail at the ferry plaza market, mainly to tourists. It is a special gift from San Francisco at a very reasonable price.



Last year, was the first year we had our harvest party weekend. We invited members to help us to harvest this crop. It was a great success and we are already full for this years party. We feed every one meals. We start work at 8:30 after breakfast and finish at noon on Sunday.

Our crew cuts the crop with electric hedge trimmers and we secure them into bunches to dry with rubber bands. We take them to the drying room and hang them in the dark on trestles. It is hard work but fun and Lorraine keeps serving wonderful food all weekend.

## Sweet Potatoes Slips

I started growing sweet potatoes 21 years ago and have to admit it is one of the trickiest crops to grow consistently. There are a few things that I have to get right, such as, planting quickly and getting water on them so they do not dry out. Next, we need to keep them weed free, at least under the crop, until the canopy completely covers the beds. Finally, the watering can't be too much or we get some delicious 7lb beauties.



After all that, we can get crops where one plant has just one big potato and the very next one in the row has 20 very small ones of no use, and then a plant with five perfect beauties. There have been years where we have had crops with just about every potato perfect. The trouble is, after all these years, I don't understand what conditions are conducive to the great crops. I do pride myself in observance of our crops on the farm.

This year Chris Estrada, who grows the slips for us on his farm in Turlock, is coming to check on the crops. He says we are over watering and have to stress the plants more.

This is a delicious crop which we never seem to have enough of and I am looking forward to a great crop.

## Apriums



You have apriums in your box this week from the farm. We have to pick them as soon as they start to change colors or they fall off the tree and we can't use them. Your apriums are underripe. Leave them in a paper bag for several days to allow them to ripen and sweeten, then enjoy.

## Preparing for fall

This week I am sending more seed to Headstart Nursery in Gilroy for our fall crops. The Leeks, Celery and Celeriac we sent many weeks ago, as they take longer to grow into sizable plants



we can put out into the beds. Lettuce is a quick grower. We are hoping to start planting in late June and throughout the summer under shade.

The plants are grown organically for us and delivered according to a schedule. Keeping great fresh produce in your harvest share every week requires planning and many plantings of the same crop in many cases. The seed we use is organically grown or next best, untreated seed. This means, no chemicals on the seed. Organic seed can be coated to help the machine sow the seed more accurately into the seed trays. Difficult to germinate seed can be primed and coated to help it germinate and a good example of this is Rosemary.

The plants arrive on the farm in large bins and the trays are unloaded into our shade house. When Jose and the crew have finished their harvesting, our Italian Transplanting machine goes into action.

## Picnic on the Farm



So many families brought a picnic lunch to last Sundays Strawberry Day. The weather was cool, for the farm and perfect for many of our Bay Area members. The strawberries have been damaged by the entire series of rains we have had since April, so picking was not easy. There were many berries to choose from, though.



The fact that so many of you make it out to the farm, thrills Lorraine and I. To us, it is what makes being a part of Eatwell Farm so special for everyone. There is nothing like picking a sun warmed, ripe berry directly from the plant. Thank you all for your support.



There are two more Strawberry Days left this May, on Saturday the 21st and 28th. Check the events page at [eatwell.com](http://eatwell.com). There will also be a chance to pick berries on the Sunday morning of the Summer Solstice Garlic Braiding Camp Out.



## Recipes and Menu Suggestions

Fennel and Radish Salad; Serve with Salmon Baked with Lemon Verbena and Fennel Fronds, and Garlic  
Uses: Fennel, Radish, Garlic, Lemon Verbena  
Baked Pork Chops with Swiss Chard; Serve with Roasted or Steamed Potatoes  
Uses: Chard, Potatoes

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

## Fennel and Radish Salad

Recipe by Jamie Oliver

2 Large Fennel Bulbs - about 2 lbs  
Ice Water  
1/4 cup plus 1 TB Extra Virgin Olive Oil  
2 TB fresh Lemon Juice  
1 tsp Kosher Salt  
1 tsp freshly ground Black Pepper

Trim the top and bottom of the fennel bulbs, reserving the excess stalks from the top for another use. Remove and discard any tough outer layers. Cut the bulbs in half lengthwise and very thinly slice them crosswise. Add the sliced fennel and radishes to a bowl of ice water and let stand for 15 minutes, or until very crisp. Meanwhile, in a small bowl, whisk the extra-virgin olive oil with the lemon juice, salt and pepper. Drain the fennel and radishes and pat dry. In a bowl, toss the fennel and radishes with the dressing and let stand for 5 minutes, then serve.

## Salmon with Fennel Fronds and Lemon Verbena

Farmhouse Kitchen

This is really more of a guide than an actual recipe. It is a great way to use the Fennel Fronds which are typically discarded. Lemon Verbena is delicious in all sorts of dishes, but the flavor is quite strong, so use only small amounts.

4 - 6oz Salmon Filets

Olive Oil

Fennel Fronds

2 stems of Lemon Verbena, each cut into two

Salt and Freshly Ground Pepper

Preheat oven to 350F. You can do this in parchment or foil as individual servings, or in a shallow baking dish covered with foil. Generously brush the parchment, foil or baking sheet with olive oil, place the salmon fillets skin side down. Sprinkle with salt and pepper, top with 1/2 sprig of lemon verbena each and fennel fronds.

## Baked Pork Chops with Swiss Chard

Recipe from Food and Wine

1 lb Swiss Chard, stems removed, leaves washed and cut crosswise into 1" pieces

3 TB Olive Oil

1/2 tsp Salt

Freshly ground Black Pepper

4 Pork Chops, about 1" thick - about 2 lbs in all

1 1/2 TB grated Parmesan

2 oz grated Fontina - about 1/2 cup

Heat the oven to 450 F. Oil a 7-1/2 X 11-1/2" baking dish. In a medium bowl, toss the Swiss Chard with 1 TB of the oil, 1/4 tsp of the salt and 1/4 tsp pepper. Put the chard in the baking dish. Rub the pork chops with 1 TB of the oil, the remaining 1/4 tsp salt and 1/8 tsp pepper. Put the pork chops on top of the Swiss Chard. Drizzle the remaining tablespoon oil over the chard, around the pork chops. Sprinkle the Parmesan and Fontina over the chard, around the chops. Bake until the chops are just done, about 18 minutes. Let stand 5 minutes before serving.

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

No real recipe here

I had this in last week's newsletter, but since we have Lemon Verbena in the share this week I wanted to include this suggestion again this week. I really enjoy Thai Food, but Dixon hasn't any Thai restaurants, not one! But I find as long as I have coconut milk, fish sauce, and curry pastes on hand I can throw a meal together that satisfies my craving enough. Since I have to drive nearly 30 minutes to get lemon grass and kafir lime leaves, I have learned that Lemon Verbena is a delicious substitute for those two ingredients. Again, it has a fairly strong flavor, so start with a small amount. Chop finely and you can always add more later. Thai Curry is a great way to use up anything leftover or misc items you didn't necessarily use all of: Chard, Potatoes, Stir Fry Mix, Garlic, even Fennel, they all can go into the pot.

## Stir Fried Rice and Black Quinoa with Cabbage, Red Pepper and Greens

Martha Rose Schulman NYT

### This Week's Box List

New Potatoes  
Radishes  
Fennel  
Green Cabbage  
Stir Fry Mix  
Lettuce  
Red Kale  
Chard  
Green Garlic  
Lemon Verbena  
Strawberries  
Apriums

1 bag of Stir Fry Mix, plus Red Chard, you want about 3/4 lb Greens  
2 to 3 tsp minced Garlic  
2 to 3 tsp minced fresh Ginger  
2 Eggs  
2 tsp plus 2 TB Peanut, Canola, Rice Bran or Grape Seed Oil  
6 oz Tofu, diced  
1 medium Red Bell Pepper, diced  
1/2 medium or small head Cabbage, cored and shredded, about 4 cups  
1 bunch Scallions, sliced, white and dark green parts separated  
1 1/2 cups cooked brown rice, either chilled or at room temp  
2 1/2 cups cooked Black Quinoa, either chilled or at room temp  
1 to 2 TB Soy Sauce  
1/4 tsp White Pepper  
1/2 cup Cilantro

Coarsely chop greens. You should 7 to 8 cups. Combine chopped garlic. And ginger in a small bowl. Beat eggs and season with a pinch of salt. Prepare the other ingredients and place in separate bowls within arm's reach of your burner. Heat a 14" flat bottomed wok or a 12" skillet over high heat until a drop of water evaporates within seconds. Swirl in 2 tsp of oil by adding it to the sides of the pan and swirling the pan. Make sure that the bottom of the wok is coated with oil and add eggs, swirling the wok so that the eggs form a thin pancake. Cook 30 to 60 seconds, until set. Using a spatula, turn pancake over and cook for 5 to 10 more seconds, until thoroughly set. Transfer to a plate or cutting board and quickly cut into strips, using the edge of your spatula or a knife. Swirl another TB of oil into the pan and add tofu. Stir-fry for a minute or two, until it begins to color, and remove to a plate. Swirl in the remaining oil and add garlic and ginger. Stir-fry no more than 10 seconds, add the red pepper. Stir fry for 2 minutes, until crispy-tender. Add cabbage and the light part of scallions. Stir-fry for 1 minute and add greens. Stir-fry until wilted, 1 to 2 minutes. Add rice and quinoa. Stir-fry, scooping up the grains with your spatula, then pressing them into the hot wok or pan and scooping them up again, for about 2 minutes. Add soy sauce, the dark part of the scallions, tofu, egg and cilantro. Stir for about 30 seconds, then remove from heat and serve.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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