



MONDAY MAY 19TH 2014 #19/14



### Lavender Season Coming Soon

This is the time of the year that desperate brides call me almost demanding lavender for their wedding. When I say it will not be ready until the 7th of June and their wedding is the week before I can hear the melt down going on. If you are planning a wedding and want beautiful fresh lavender, I am the first person you need to consult about the date of the wonderful day.



### Heirloom Wheat Looking Good

I must admit it feels good to see a good sized field of our heirloom wheat growing. It is only 7.5 acres and I wanted 20 acres but I am very happy to have it. It is being grown by our good friend Matt Cooley. It will not be organic. Renting land around here is high on

Some of you this week will have these apriums in your box. We have five trees with a modest crop that is just starting to ripen. Apriums are a cross between apricots and plums. They are notoriously difficult to pollinate. We got a few on these trees last year but they have never had a full crop. There are fifteen trees next to them that have never fruited and those with be cut and grafted to another variety this



### Peaches and Nectarines

We have a crop this year despite the spring rains. Some trees we had to thin heavily and others had just a few fruit. These are some of the first peaches that will ripen later in the week and be ready for next week's box. With temperatures forecast to top 100F



### Strawberry Days

The first strawberry days are well under way. This is your chance to come to the farm on June 1st, come on out! Reserve now



This is a sweet potato cutting. It looks a little worse for wear as the wind blew all weekend after we planted it on Saturday morning. We had the sprinklers running day and night to keep all 25,000 cuttings alive. At 11 cents each we have a lot invested already in the crop. We have almost two acres planted, double last year. This is due to



at <http://eatwellfarm.bpt.me> Share an awesome day on the farm with your entire family, some friends and even your co-workers! This year we encourage our members to invite up to 20 of their closest friends, family & co-

WE WELCOME YOUR COMMENTS AND QUESTIONS!

[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM)  
(707) 999-1150



If you refer friends to our CSA program, please ask them to include your name in the, "How did you hear about us?" field when they sign up. You'll receive a jar of my home made tomato sauce as a thank you!

# RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

## Recipes & Menu Suggestions

Fish Baked on Fennel, Fronds and All, served with Roasted Potatoes and Wakefield Cabbage

Spring Risotto Served with Green Salad Sugar Snap Peas, Fava Beans, Basil, Spinach, Spring Garlic, Onion, Mixed Lettuce with Lemon Verbena Dressing and chopped Chives

## Roasted Fish with Fennel, Fronds & All

Eatwell Farmhouse Kitchen

Wow, it's Friday night already, again! Tomorrow the alarm goes off at 3:30 for the Farmers Market. I can tell you Friday is not my favorite night to cook, but I remembered enjoying a dish similar to this one years ago at Rose Pistola and the mood struck. So here I am trying to create something kind of similar at 8 o'clock on a Friday night. This is quick and simple and of course, delicious!

- 1 lb. of your favorite fish I am using wild True Cod
- 1 Fennel bulb, fronds and all, cut off tough stalks
- 1 Spring Garlic Bulb, top trimmed
- 1 Red Onion      Salt
- 1 Lemon      Good Olive Oil

A well-seasoned cast iron skillet or any pan you can preheat to scorching hot in the oven

Preheat your oven to 475F. Put a small glug of olive oil in the pan and wipe it all around, put the pan into the oven. Slice the garlic, onion and fennel as thinly as you possibly can. Put them all into a mixing bowl and squeeze the juice from lemon over them, then a good healthy glug of olive oil and about 1 1/2 tsp good salt\*, I used Eatwell Farm Lemon Salt. Mix all the ingredients well in the bowl and let them sit to marinate for about 5 minutes. In the meantime you pan should be heating up quite nicely. After the 5 minutes and the pan is screaming, pull it carefully from the oven and put the onion, garlic, fennel bulb, olive oil and lemon juice in to the pan. It will sizzle and smell really delicious. Gently lay your fish right in there and cover it with the fennel fronds. Top with another good glug of olive oil, yes this dish uses a goodly amount of it. but trust me it is worth it. Bake

## Sugar Snap Pea and Spinach Risotto

Eatwell Farmhouse Kitchen

How does one take credit for a risotto dish? You really can't. There are some basic rules we must all follow when making a risotto, no matter what ingredients you are using. Time and patience is the number one ingredient in each and every risotto dish. Don't let anyone ever tell you differently. Embrace it and enjoy the process, because it is so completely worth it.

- 1 cup Arborio Rice, regular rice does not work the same way
- 4 cups Eatwell Farm Chicken stock or a good homemade Vegetable Stock
- 1 Bulb Spring Garlic, minced
- 1 Red Onion, minced
- Fava Beans, shucked
- 1/2 bag of Spinach, washed well and chopped
- Basil, chopped thinly
- Sugar Snap Peas, tipped and cut in half if they are bigger than small bite size
- Olive Oil and a Knob of butter (about 1 TB)
- A splash of White Wine
- 1/3 cup of Cream
- Salt and Pepper to taste
- Parmesan Cheese, if you like

Heat the stock in a pot and set aside, keeping it warm. In a heavy bottomed pot, large enough to accommodate all the ingredients, melt the butter in 1 or 2 TB of oil. Pour in the rice and cook, stirring constantly, until it turns golden. You need to watch it because you don't want it burning. Just as it starts to turn color a bit add the onion and garlic and sauté until they begin to soften. Now the patience begins, don't rush this process. Add one ladle of warmed stock to the rice. Cook and stir until just about all of the liquid is absorbed, then add another ladle's worth of

These recipes will help you use everything in your box

Mixed Lettuce  
Onions  
Spring Garlic  
Red Russian Kale  
Freshly Dug Potatoes  
Sugar Snap Peas  
Fava Beans  
Spinach  
Wakefield Cabbage  
Basil  
Fennel

## Our No Waste Harvest Share.

The goal of these recipes is to help you use everything in your box each week. We hate to waste anything too so Lorraine has spent quite some time putting these together. She walks around the farm with Jose and me each week and surveys what we have in the fields. Then we have to suffer as she tries out the recipes on us. It is hard but we are surviving. Please let us know if this is useful, we have been running this for several months now and would welcome your feedback. My "what's in your box" column will return soon as soon as I am over the worst of my treatment. Please remember your input is important and we do listen.

## Lorraine's Observations

This past week I took two different groups out on tours of our farm. Thursday eight 5th graders, one parent and one teacher were here. The kids were amazing, really engaged and full of relevant, intelligent questions. They were enthusiastic and thrilled beyond belief when I set them loose in the strawberry field. It was simply joyous watching them go crazy looking for the perfect specimen and shouting "this is the best strawberry I have ever tasted!". Before I sent them out though I asked who knew what color the inside of a strawberry is and sadly not one of them knew. I have to wonder how we've moved so far away from real food, or even the iconic concept of it? Didn't we describe something as red as strawberries. Wasn't that a different color than the cherry red or candy apple red? So I ask myself what needs to happen to turn us around, how do we shift this course we are on that has taken us so far away from any connection to our food? What will it take for everyone to understand a strawberry is red the whole way through, and is juicy and sweet? When you pick them for flavor they are ripe and oh so delicate. We have traded flavor and color (and truth be told, nutrition) for transportability. But I want everyone to experience that perfect strawberry; to watch their kids running around the field completely excited to eat a piece of FRUIT! And when that day is over, those kids will know and remember and we will have inched that road over ever so slightly in our direction. So round up all your kids, and if you don't have any of your own, borrow some, and bring them to a Strawberry Day, because that simple little act might just make a real big difference to a future local food eater. And in the same vein, I would like to mention again, there are still a few spots open for the Bay Leaf Kitchen Cooking Camp. Talk about an opportunity for kids to learn about healthy, delicious local food and what to do with it, this is it. Please let your friends know, the camp is certainly not limited to Eatwell Farm members! Thanks for sharing.