



WEEK OF MAY 14TH 2018 #20/52



Where's the Fresh Lavender?

Two weeks ago, I was out setting up the Nest, which sits right next to the lavender field. On my walk out, I took a good look at the lavender and saw nothing. There were no stems, no buds, nothing popping up. One of the problems Cameron and I have to face is a lack of experience in actual farming. We are building systems around the farm, and next year we will have a lot of information and resources we can turn to, but in the meantime we run into issues like looking at lavender the first week of May. I never paid attention to the minor changes that take place to know what is coming in the next couple of weeks. Lavender Harvest weekend is planned for the second week of June. Will the lavender be ready in time? How long does it take for it to grow and form? Have I made a bad decision planning events on either side of the Lavender Harvest weekend? I mean, I saw nothing happening out there, but nature is an amazing thing, and the Mother humbles me daily. One week later and the long stems have magically grown! The little buds on their tips are starting to form. Breathe a big sigh of relief. I know in a few days we will get the first glimmer of lavender color hovering over the plants, and I am feeling better now. Thank you Mother Nature.



In the Ground: Sweet Potatoes

Last week we planted all the Sweet Potato starts. This year, we are trying out some new varieties, including a purple fleshed Sweet Potato. No

fear, we still have the normal amount of the Diane's planted, but we added a new variety, Georgia Jet, which is also a golden/orangey flesh. We had some brutal wind here on the farm last week, which just knocks the life out of young plants, and seems to happen every year right after we plant. It will be interesting to see how the three varieties compare. Last year we got a terrible yield from our crop, which is tough when you invest close to \$3,000.00 in one item. It is also disappointing for those of us who love eating them and would like to enjoy them a little longer. So keeping my fingers crossed that the new varieties work well. I have had quite a few people ask about the purple flesh, which is why we decided to experiment with it. Unfortunately, our grower didn't have a specific name, just called them purple sweet potatoes. Are these Okinnowan sweet potatoes? Guess we'll find out when they come out of the ground in a few months.

Pizza Oven, Solstice/Memorial Weekend

The entire process of coming up with the best way to have an official memorial for Nigel has been really challenging for me. Nigel and I aren't religious so we don't have a ritual we follow. This has left me with no map for how to make this happen. The energy and excitement around the pizza oven, from our community, has made me realize the best way for me create something to honor his memory is for us to do what he loved most, Party on the farm! Nigel wanted Eatwell to be *your* farm, *your* place to escape to from the busy, noisy city life, to enjoy walking the fields, going out and eating strawberries in the field, to swim in the pond, to gather around a campfire and play music and share stories, watch the excited faces of our younger members while making s'mores. Because I haven't been clear in my own head, I am sure I have not been clear with all of you, so hopefully this will help.

We have a Pizza Oven/Garden Work day the first weekend of June. Miguel Elliott will be here, Saturday and Sunday, working with any of you who want to volunteer. This weekend he will build the base and oven top. You are welcome to come up Friday night or early Saturday morning, and you can camp Saturday night as well. We will provide meals, but if you could bring snacks, desserts and drinks, that would be really helpful. I know that Noelle has a list of those of you who have already offered to join us, and we will send an email out to all of you directly to confirm. If you are interested in helping out that weekend but have not emailed Noelle, please do so ASAP, at organic@eatwell.com.

The weekend of June 15th/16th/17th, we will be finishing up on the pizza oven Saturday with Miguel. Sunday is Nigel's memorial. We are NOT having a separate Garlic Braiding Solstice Party this year, this weekend is it. If you would like to come up to the farm that weekend to camp out, enjoy the farm, maybe help around the garden, or with the pizza oven, RSVP. We need to get an idea of how many of you want to be here, how many cars will be here, etc. The goal is to bless the Pizza Oven on Nigel's special day. We are working on getting pizza dough from some pizza specialists in SF, and will have cheese and farm stuff. The farm will provide breakfast like we normally do Sunday morning. Nigel's party will be a pizza party, again desserts would be welcomed, along with any side dishes you might like to bring.

Let this be a time for us to raise our voices and spirits, feel his presence, and honor a man who gave so much of his life to building the beautiful community that you all make Eatwell Farm. AND a really big thank you to all of you who donated to the Pizza Oven Fund, especially Elianna Friedman who came up with the idea and made it happen!

Summer Solstice/ June 16th:
<https://summersolstice18.bpt.me>

Nigel's Memorial/ June 17th:
<https://nigelwalker.bpt.me>

RECIPES AND IDEAS FROM LORRAINE

Savory Oatmeal with Greens and Yogurt

Recipe from NYT by David Tannis

I love his simple approach to food. This sounds like such a great alternative to sweet breakfast foods, and a different use for greens. The original recipe used spinach, I chose chard, but you could use whatever greens you want.

For the toasted Oat and Nut Topping:

1/4 cup Oats
1/4 cup slivered, raw Almonds
1/4 cup Pumpkin Seeds
1/4 cup Hemp Seed or Sunflower Seeds
1/4 tsp Salt
1 tsp Extra Virgin Olive Oil

For the Oatmeal:

1/2 cup Oats
Salt and Pepper
1 TB Extra Virgin Olive Oil
1 stalk Spring Garlic, finely diced
Pinch of crushed Red Pepper
5 oz Chard leaves, washed, drained and chopped
Plain full fat Yogurt, preferable Bulgarian Yogurt, for garnish

Heat the oven to 350 F. Make the toasted oat and nut topping: Mix the oats, almonds, pumpkin and hemp seeds together in a small bowl with salt and olive oil.

Transfer to a baking sheet and bake for 10 minutes, or just until fragrant and lightly toasted. Make the oatmeal:

In a small saucepan, bring 1 cup water to a boil, then add the oats and a pinch of salt. Reduce to a low simmer, cover, and cook for 20 minutes. Stir occasionally. Turn off the heat, cover pot, and let steam for an additional 10 minutes. Meanwhile, prepare the greens: Heat about 1 TB of olive oil in a medium skillet over medium-high heat. Once the oil begins to shimmer, add the garlic and crushed red pepper. Don't let the garlic burn. Then add the greens, salt to taste, and cook to wilt. Place the oatmeal in the bowl, surround with greens and pan juices, and garnish with about 1 TB toasted oat and nut topping. Finish with a dollop of yogurt and freshly ground pepper. Sprinkle with a little salt and a drizzle of olive oil if desired. Store extra topping in an airtight container at room temp. Keeps for about two weeks.

New Potatoes

Here's the thing about New Potatoes, the skin is very delicate, and the first few weeks of potatoes I don't even consider a starch. They are so creamy and delicate and just a world different from what we are used to.

Wash them by soaking in water long enough to soften up the dirt and gently rub with your fingers. Enjoy them steamed or cooked on a low simmer.

Eat them with butter and salt, maybe tossed with some of the Spring Garlic. This past weekend we made a version of Bubble and Squeak with a little bit of chopped, cooked bacon, and sautéed greens. For my Mother's Day Dinner, Cameron made us a steak, with steamed potatoes and a fresh salad with that beautiful Red Lettuce that is coming out of the field right now. Keep your salad simple, with just a vinaigrette, and keep your potatoes simple. This is the time of year to enjoy the produce for its amazing flavor and let it shine.

Gingered Collard Greens

Recipe from Ike's Quarter Cafe in Nevada City
A few years ago Nigel and I went to Nevada City and ate at this restaurant. The collards were amazingly delicious. So I am bringing this recipe back for you all.

2 TB minced Garlic
2 TB minced fresh Ginger
Vegetable Oil, enough for sautéing
1 bunch Collard Greens, washed and chopped

Heat some oil in a skillet and sauté the garlic and ginger just until golden. Add the collard greens.

Sauté quickly and add salt and pepper to taste. Add a small amount of water anywhere from 1/4 to 1/2 cup. Cover the skillet and cook for 2 to 10 minutes until tender.

Turnips Tzatziki

I made this for our Strawberry this past Sunday and it was really tasty. I did add radishes, and I really wish we had some in the box this week, but we don't. I think it would be fine without the radishes. We used this as a crunchy little side to a frittata made with sautéed greens, eggs, salt and a little sautéed green garlic.

1 bunch Turnips, washed well and cut into little matchsticks
1 small bulb of Fennel, chopped fairly fine
A splash of Apple Cider Vinegar (I use the vinegar we offer as an extra item from Little Apple)
A good glug of Olive Oil
Salt and Pepper, to taste
2 TB of Yogurt, I used Greek Yogurt because that is what I had.
1 TB Parsley, chopped
2 tsp Lemon Balm, chopped - optional

Mix everything together, taste and adjust. You might want more of a bite so add a bit more vinegar, you might want it a bit more creamy, add some more olive oil.

This Week's Box List

**Items in Box for 2*

- * Arugula
- Chard
- * Red Russian Kale
- * Collard Greens
- Lettuce
- Green Garlic
- * Fennel
- Turnips
- * New Potatoes
- * Strawberries
- * Parsley

Tips On Storing Your Produce:

- **Arugula**- Wash and dry well. Wrap with a damp paper towel and store in a glass container in the fridge. Lasts up to 5 days.
- **Fennel**- If used within a couple days, fennel can be left out on the counter, upright in a cup or bowl of water (like celery). If wanting to keep longer than a few days, place in the fridge in a closed container with a little water.
- **Strawberries**- Discard any bruised strawberries or freeze and use in smoothie. Do not rinse until ready to eat. Strawberries don't like to be wet. Keeps 2-3 days.

To view more storage tips,
go to eatwell.com >> "CSA Farm Box" >>
"This Week's Box" tab.