



WEEK OF MAY 16TH 2016 #19/52



Lavender Harvest

Our first lavender flowers are showing color. We may even have some to cut for the Ferry Plaza Farmer's Market this Saturday. This is the time to consider sending some home to Mum or Auntie Flo to show your love, appreciation, etc. We pack five bunches in a box and send it priority mail. It makes a great gift and arrives in two days. We give them instructions on how to take care of it and all the ways to enjoy. We will email you all instructions for setting up an order in a couple of days.



Onions and Shallots

We have learned over the years, that there is just no way we can have a great crop without making sure, that at this critical first couple of months of growth, the onions and shallots are very clean and free of weeds. They need to grow as many leaves as possible. If they are short of water, food or light, the crops suffers. Ramon and Leonardo have been working hard with the finger weeder to cultivate the crops. Last Thursday, Jose took the crew on a rare trek through the field with hoes. There were not many weeds to remove, but now the field is weed free. Once the bulb starts to form in Late July, we can relax a little as any weeds will not greatly trouble the crop.



Apriums Explained

These are a cross between apricots and plums. There are many types, depending on which fruit was involved in the marriage. They are tricky to grow at times, because they're not easy to pollinate in the spring. Some crops are self pollinated meaning a bee visits the flower and the same pollen from from that tree will do the deed, so to speak. Apriums need cross pollination from another plum or apricot. This is where both flowers need to be at the same stage of readiness. Weather can play a part, as well as other factors. Winter cold can mess up this union.



This year we had great timing, but there was rain. This gave the opportunity for a disease to set in and wait. This is brown rot, as the fruit ripens, you may see part of the fruit brown and soften. Please cut that out and discard. The rest of the fruit is delicious. We give you the fruit firm, because if we leave it on the tree just a few days too long, it can fall off before it is ripe. Did I say this is difficult? Enjoy!

Italian Seed Sources



Over the years, I've tried to find new and interesting varieties of crops to grow. This year, we have increased the number of Italian seeds. We have new cabbages and cauliflowers this spring. There is a pointed and round cabbage, which at harvest seem to be greener and more vibrant than or regular fare. Your comments on the flavor is

very important, so please let us know. Just because it may have a fancy name or pedigree, does not mean it is a great one. Just before the holidays, I mixed up seed of several varieties and sent the Ziploc bag to the nursery to sow. You could see some quite interesting specimens. Please take a picture, so we can identify it when you send in a comment.

First Tomato

This is an indigo cherry tomato. Popular last year, so it is back in the planting program. We are growing tomatoes a little differently this year. We are not using any stakes, so they are all grown as bushes. This will save



us a great deal of time from now until the middle of July, which is when we are extremely busy with our onion crops, harvesting garlic and lavender.



Sweet Lunchbox Peppers

There are many fans of these small, but very tasty, peppers. The crop is looking great, after a slow start. I suspect that as the chickens have spent quite some time in

this part of the farm, the fertility was too strong. A very big pepper grower north of us once told me, he loads up his field with tons of artificial fertilizer to grow peppers. The crop is hungry, but he has to keep the field very wet or the crops can be stunted by too much fertility. So I asked Josesito to give the rather pale looking plants a couple of extra irrigations. That did the trick. Our fertility comes from our cover crops, sheep, and chickens. It will not wash away into the ground water so aggressively, as the artificial fertilizer my conventional farmer friend uses. We have lots of organic matter holding onto it for later use by the crops.



Recipes and Menu Suggestions

- Strip Steak with Lemony Yogurt and Radishes on Arugula
Uses: Radishes, Arugula, Garlic
- Kale and Black Lentil Salad; pair with Poached Salmon
Uses: Kale
- Baked Eggs with Braised Collards
Uses: Collards, Garlic
- Braised Cabbage; Serve with New Potatoes, Chives and Butter, with or without a meat
Uses: Cabbage, Apples, Garlic, New Potatoes, Chives
- Stir Fry Mix Simple Soup; With Eatwell Chicken Stock, garlic, Potato, salt and pepper all in my Instant Pot or in a Slow Cooker.
- All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."**

Strip Steak with Lemony Yogurt and Radishes

Recipe from Bon Appetit May 2016 4 servings

This looks really yummy and I hope to get a chance to try it this week. The original recipe used parsley. I have switched that to arugula. I think with a decent amount of slightly wilted arugula you might have enough here to skip a starch, but of course you could always do some new potatoes on the side!

2 - 1" thick boneless New York Strip Steaks - about 10 oz each

2 TB Olive Oil, plus more for drizzling

Kosher Salt OR Eatwell Farm Thyme Salt

3 TB Unsalted Butter

4 Sprigs Thyme

2 Garlic cloves, crushed

6 Cardamom Pods, lightly crushed

1 1/2 tsp finely grated Lemon Zest

1 tsp plus 1 TTB fresh Lemon Juice

1 1/2 cups Plain Whole-Milk Greek Yogurt

8 oz Radishes, some wedges and some sliced

1 bunch Arugula leaves

Crushed Red Pepper Flakes

Salt Flakes for serving

Let steak sit at room temperature 20 minutes before cooking (this will help it cook more evenly).

Heat a dry large skillet over medium-high. Rub steaks with 2 TB oil, season generously with kosher salt. Cook, turning several times, until lightly charred, 6-8 minutes. Pour off excess oil from skillet. Add butter, thyme, garlic and cardamom; cook steaks, tilting skillet and basting with foaming butter, until medium-rare, about 3 minutes. Transfer steaks to a cutting board and let rest 10 minutes before slicing. Reserve pan drippings. Meanwhile, mix lemon zest and 1 tsp lemon juice into yogurt in a small bowl, season generously with kosher salt. Just before serving, toss radishes, arugula and remaining 1 TB lemon juice in a medium bowl. Season with kosher salt, drizzle with oil and toss again to coat. Swipe plates with seasoned yogurt and top with steak, arugula and radishes. Drizzle with pan drippings and sprinkle with red pepper flakes and season salt. *When I make it, I will take the steak and pan juices out, turn the heat off the pan, throw the arugula in, tossing very quickly just to wilt it a bit. Then mix it with the lemon/radishes and oil.

Kale and Black Lentil Salad

Vegetarian Times May 2016, Serves 2

1/2 cup dry Black Lentils

5 packed cups of Kale

1/4 cup dried Goji Berries or Cranberries

2 TB roasted Sunflower Seeds, hulled

3 TB Cumin-Tahini Dressing

1/2 small Avocado, sliced

Bring 2 cups water to a simmer in medium saucepan. Add lentils, partially cover, reduce heat to medium-low, and simmer 20 minutes or until lentils are tender. Remove from heat and cool. Toss together kale, goji berries and sunflower seeds in a large bowl. Toss with 3 TB Cumin-Tahini Dressing. Garnish with avocado when you are ready to eat the salad. Without the avocado this salad is good in the fridge up to 6 days.

Cumin-Tahini Dressing

Vegetarian Times May 2016

4 TB Tahini Paste

2 TB Lemon Juice

1 TB Yellow Miso

1 tsp ground Cumin

Whisk together all ingredients plus 2 TB water in small bowl. Add 1 TB water if needed to thin (depending on thickness of tahini).

Baked Eggs and Braised Collards

Recipe From The Vegetable Butcher by Cara Mangini

This book was sent to us a few weeks ago by the publisher. This recipe caught my eye, because it is a nice change for Collards to be used in a dish like this. Although tomatoes are not in season, you can buy canned roasted tomatoes. I would suggest at least one large can for this recipe, as it does serve 6.

1 TB Extra Virgin Olive Oil

2 oz Shitake Mushrooms; discard stems, finely dice caps (3/4 cup)

Fine Sea Salt

3/4 cup Heavy Cream

1 to 2 sprigs fresh Thyme

2 TB unsalted Butter

1/2 small to medium Red Onion, finely chopped

1 Garlic clove, minced

1 bunch Collard Greens; remove stems and ribs, slice leaves thinly

Freshly ground Black Pepper

Roasted Tomatoes

6 Large Eatwell Farm Eggs

Preheat oven to 350 F. Heat the oil in a medium skillet over medium-high heat. Add the mushrooms and a pinch of salt.

Cook, stirring constantly, until the mushrooms become golden on the edges and fragrant, about 4 minutes. Reduce the heat to medium-low and add the cream and thyme. Bring the mushrooms and cream to a simmer, then remove the pan from the heat.

Carefully transfer the mixture to a liquid measuring cup or a small bowl with a pour spout. Let it stand to steep for at least 10

minutes and up to 1 hour, then remove the thyme sprig. Meanwhile, melt 1 TB of the

butter in a deep sauté pan over medium heat. Add the onion and cook, stirring occasionally,

for 2 minutes. Add the garlic and cook, stirring for 1 minutes. Add the collards, a

little at a time, if needed to fit the pan. Add 1/4 tsp of salt and 1/8 tsp of pepper and cook,

turning the collards with tongs, until just starting to wilt, about 1 minute. Add 1/3 cup

of water, cover the pan and cook on medium-low heat until greens are tender, 5 minutes.

Uncover pan and continue to cook until remaining water evaporates. Add remaining 1

TB of butter and cook, turning collards in the butter until it is well distributed, about 1

minute. Divide collards evenly among six 6-oz ramekins. Lift mushrooms from the cream with a slotted spoon, leaving most of

the cream in the bowl, and divide evenly among the ramekins, spreading them over the collards. Spoon 1 TB of the infused

cream into each ramekin. Cut roasted tomatoes into quarters and place 4 quarters in each ramekin. Crack 1 egg into each ramekin

(being careful not to break the yolk), lightly season each with salt and pepper. Pour another teaspoon of infused cream over each

egg. Place ramekins on a rimmed baking sheet or in a shallow baking pan and bake, rotating the pan halfway through. Cooking

until the whites are just set and the yolks are still runny, 15 to 20 minutes, or until whites are just firm and the yolks are almost

hard 20 to 25 minutes. The eggs will continue to cook after they come out of the oven. Serve immediately. You can also use kale,

chard or mustard greens in place of collards.

This Week's Box List

New Potatoes
Radishes
Green or Wakefield Cabbage
Stir Fry Mix
Red Kale
Collards
Arugula
Green Garlic
Chives
Apples (Hidden Star Orchards)
Apriums

Braised Cabbage

Recipe from The Vegetable Butcher by Cara Mangini

I enjoy our fresh vegetables prepared in a very simple way. We have been eating a lot of steamed new potatoes and cauliflower, but this braised cabbage sounds like a delicious change. For a more complete meal, you can add a bit of meat like a pork chop or chicken breast.

In a Dutch Oven, melt 3 TB unsalted butter over medium-high heat. You can also add 1 tsp curry powder and 1 tsp

minced peeled fresh ginger and sauté for 1 minute. Add a 2 lb cabbage, thinly sliced and 1/2 tsp salt. Cook, stirring often,

until the cabbage wilts. Add 1 cup water and bring to a boil. Reduce the heat to maintain a low, steady simmer. Cover and

cook until tender, 20 minutes. Then uncover and continue to simmer, stirring occasionally, until the cabbage is very tender

and the liquid has mostly evaporated, about 5 minutes. Add a splash of apple cider vinegar and let it cook off briefly. Season

with salt and freshly ground black pepper to taste. Other variations: Add onion or garlic to the butter and cook until

soft before adding the cabbage or add grated apple 10 minutes into the cabbage simmering.

