



WEEK OF MAY 25TH 2015 #21/52



Join us as we celebrate the first days of summer at the Summer Solstice Sleepover & Garlic Braiding Party!

Tickets are on sale for CSA members and Good Eggs customers at: [eatwellsolstice2015.bpt.me](http://eatwellsolstice2015.bpt.me)

Invite your family and friends to join you on the farm for this fun weekend.



### Seeds from Italy

Last year we experimented with ten varieties of radicchio. The seed was given to us by the cookbook author Georgeann Brennen. We were so please with the results that I ordered more see this year. The plants will arrive from the nursery in August. Not everyone likes radicchio so if you need more we will have many of this years eight varieties at the Saturday Ferry plaza market. I also order some delicious looking dry beans and weird looking winter squash.



### Fixing Nitrogen

We grow our own fertility which means we do not buy in compost or manures. We do this by planting cover crops an pastures. So what is a cover crop? It is a cocktail of plants designed to cover the soil while no vegetable crop is there. Each plant in the cocktail is chosen for a reason. For example ryegrass grows a great mass of roots which eventually sequester carbon and turn into organic matter. It also feeds the sheep that graze it and their manure returns 80% of the nutrients to the soil along with biology from the animals gut. Another example is cow peas which have a symbiotic relationship with nitrogen fixing bacteria. The bacteria take the nitrogen from the air and form nodules of this valuable nutrient on the roots of the plant. The nitrogen is processed by the soil biology into nutrients for the following vegetable crops. To make sure the right bacteria is around the roots of the cowpeas we inoculate the seed before we plant it. Cowpeas make a high protein feed for both sheep and chickens. My goal with cover crops this year is great forage for the sheep and chickens plus nitrogen fixing for the following crops.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

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### Lavender Harvest Work Weekend

We look forward to the lavender harvest all year long. The calming scent of the blooms fills the summer breeze, bees drunk on lavender pollen lazily buzz from flower to flower, and the sound of crew members singing can be heard in the fields. It's wholesome, enjoyable work. This year we will harvest the lavender, eat large, family-style farm-cooked meals, and camp out on the farm together for a full weekend of lavender, good work, food and fun. We imagine this will be much like the grape harvests in France where all hands are working to bring in the harvest and then break bread together at long tables set with farm-fresh meals. Go to [eatwell.com/events](http://eatwell.com/events) to read more about the Lavender Harvest and Sign Up to join us! We need 20 people for this harvest and those who help will be compensated.



### Solstice Garlic Party

This is a fun way to spend the solstice weekend. We go into the field and collect enough garlic for us all to take home a braid. Back in the members' garden, I show you how to make your braid. We share a potluck supper in the evening with a campfire following. Sunday morning is breakfast in the farmhouse followed by a tour of the farm with lavender and strawberry picking. If you want to take more than one braid home each there is a charge per pound for it. There is a great crop in the field. You can sign up now, space is limited. - Nigel



### Refer a Friend, Get Some Sauce!

Community Supported Agriculture (CSA) Farms thrive on word-of-mouth referrals, Yelp and Facebook reviews, and community outreach. Help grow YOUR farm by sharing the love of Eatwell with neighbors, friends and family. Share this code: 3YQYWUQ for friends and family to receive their first 4 CSA box subscription for \$99. If they mention your name when they sign up, you'll receive some of Nigel's Homemade Naked Sauce. The only way to get it is referring a friend!

## Recipes and Menu Suggestions

Recipes and Menu Suggestions:

Mussels and Spinach Gratin serve with Garlic Crusts

Uses: Spinach, Garlic

Courgette Omelette serve with Green Salad and Roasted Rosemary Potatoes

Uses: Courgettes (Summer Squash), Garlic, Lettuce, Potatoes and Rosemary

Fish En Pappillote with Favas and (depending on what came in your box this week) Broccoli or Salad Turnips and a Miso Glaze on a bed of Arugula

Uses: Broccoli or Turnips, Arugula, Favas

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

Hard to believe the month of May is coming to a close and the Strawberry Days are now behind us. I had a wonderful time preparing lunches for many of you, and look forward to doing that again next year. But as things go around here, we have already left Strawberry Days and are in full swing planning for the first, hopefully annual, Lavender Harvest Work Weekend, or as I like to call it *Provence in Dixon*. This event is a working weekend, where you have the chance to come up and help us with the lavender harvest in the style of Provence; community gathering together helping the farm and the farm provides all the meals. I am set to feed you all dinner Friday and Saturday night, breakfast and lunch Saturday and Sunday. And so with Provence and Lavender on my mind I have spent the afternoon looking at typical Provencal recipes for a little inspiration. The challenge for me is working that around what we have available on the farm. I am really excited to have a big group of you for sit down meals here in the farmhouse; good food, great stories and wonderful shared experience, all of us drunk on the scent of the lavender!

## Mussels and Spinach Gratin

Lulu's Provencal Table by Richard Olney

2 lbs of Mussels, soaked in water with a handful of coarse sea salt, cleaned, and bearded  
1/2 cup dry White Wine  
4 TB butter  
2 Garlic Cloves, crushed, peeled and chopped  
2 lbs of Spinach, stemmed, washed, parboiled for a few seconds, refreshed under cold running water, squeezed well and chopped  
1 TB Flour  
1 cup Whipping Cream  
Salt and Pepper  
Dried Breadcrumbs

Put the mussels and the white wine in a large pot with a tight-fitting lid, place over high heat, and as soon as the wine comes to a boil, shake the pan repeatedly for 2 or 3 minutes, or until most of the mussels are open. Empty the pot into a colander placed over a large bowl. Remove the mussels from their shells, first slipping the knife blade between the shells of those that have not opened. Pour the liquid through a cheesecloth lined sieve, discarding any sediment that has settled at the bottom of the bowl. Preheat the oven to 400 F. In a heavy saute pan, melt half the butter over medium-low heat, add the garlic, and when it begins to sizzle, add the spinach. Cook, stirring with a wooden spoon, for about 5 minutes, or until the spinach has lost its superficial moisture. Sprinkle with the flour, stir, and cook, stirring for another couple of minutes. Add the mussels' cooking liquid slowly, stirring the while, and cook, stirring, until the spinach has absorbed all the liquid and is quite thick. Add the cream in small quantities at a time, stirring and cook until the mixture is consistent. Taste for salt and grind over pepper. Butter a gratin dish, spread the mixture into it poke little holes repeatedly into the surface and place a mussel in each. Sprinkle the surface generously with dried breadcrumbs, scatter over shavings of cold butter and bake for 20 minutes, or until the surface is golden.

## Fish En Papillote

Farmhouse Kitchen for 4 servings

The beauty of this dish is you can use a wide variety of fish, and you can season it however you like. I am suggesting a miso glaze because it goes nicely with turnips, fish, greens etc., but you could do something more along the lines of a light citrus and basil with some garlic. Or keep it really simple and just add salt and pepper. Go with your gut!

Preheat oven to 450 F. Depending on how big your fish pieces are cut out 4 15" to 20" pieces of parchment paper, fold in half and cut out a half heart shape. Open it up and brush lightly with some toasted sesame oil or for a non Asian flavor go with a good olive oil. Place a few pieces of washed arugula right next to the fold, then the fish on top and the broccoli or turnips on top of the fish and sprinkle a few fava beans on top of everything. Fold the other half over and roll the edges over to create a nice, tight seal, twisting the ends. Alternatively, some recipes use piece of foil rather than parchment. Place on a baking sheet and bake for 8 to 10 minutes for lighter fish like a sole, 12 to 15 for bass or up to 20 minutes for heartier fish like salmon.

### Miso Glaze

3/4 cup Miso, red would be nicer with salmon, white better with a sole or other lighter fish  
1/2 cup Soy Sauce

2 TB Oil, Toasted Sesame will add more flavor

2 TB Mirin or Lemon or Lime Juice

Mix all the ingredients together. Brush some on the fish. Cut the turnips in half or floret the broccoli and mix it around in the glaze. Heat a sauté pan over medium and cook the veg until it just starts to become the slightest bit more tender. Divide over the fish as mentioned above.

## Garlic Crusts

Lulu's Provencal Table

These are not toasts. They may be lightly colored, but never browned, and cooked slower and lower.

1/2 " thick slices of fresh Baguette or 2 to 3 day-old Country Loaf  
Peeled Garlic Cloves  
Olive Oil

Partially dry the slices of bread in a slow oven or grill them lightly at a good distance from a heat source. Stroke a garlic clove over one surface of each slice, never twice in the same place. If the garlic-rubbed bread slices are large, cut them into squares. Spread the crusts out on a platter and dribble a fine thread of olive oil over the garlic-rubbed surfaces. Serve while still warm.

## Basil Vinaigrette

1 small Garlic Clove  
1 cup packed Basil Leaves, coarsely chopped  
1/4 cup Extra Virgin Olive Oil  
1 1/2 TB Champagne Vinegar  
Pinch of crushed Red Pepper  
Salt and freshly ground Black Pepper

In a food processor, pulse the garlic until chopped. Add the basil and pulse until finely chopped. Add the oil, vinegar and crushed red pepper and process until smooth. Season with salt and pepper.

## Don't Forget to Order Extras!

You can purchase Eatwell Farm Salts, Heirloom Sonora Wheat Flour and Sonora Wheat Berries, pasture-raised eggs, chicken broth, essential oils, lavender products and Drinkwell Softers for delivery with your CSA box. Just log into your account and order items for delivery with your next CSA box. Remember to place your order by 4pm the Sunday before your next delivery.

### This Week's Box List

Summer Squash  
Garlic  
Potatoes  
Rosemary  
Lettuce  
Arugula  
Spinach  
Fava Beans  
Plums or Peaches or Apriums  
Salad Turnips or Broccoli  
Basil  
Apricots (Bill Crepps - Not certified organic)