



WEEK OF MAY 29TH 2017 #22/52



We're Making Nocino: The Italian Green Walnut Liqueur

As you walk down our road towards our strawberry patch, there's a large green walnut tree loaded with nuts. In Italy and France, groups will come together and pick these walnuts between late June and early July to make a delicious green walnut liqueur. They call it "Nocino." So we thought we'd give it a try.



From June 24th-25th we're holding our annual Summer Solstice Party. We typically spend the weekend garlic braiding, picking (more) strawberries and eating delicious food. This year we're thinking of adding liqueur-making to the mix.

We'll harvest the green walnut tree, crack open the nuts shell, and steep them in vodka to make nocino. Nocino is said to have an espresso-like aroma that's easy to drink by itself, but even better when poured over vanilla ice cream. Doesn't it sound mouth-watering?

To join in on the action, be sure to sign up for our Summer Solstice Party. The link to buy tickets will be in this Friday's email newsletter. We hope to see everyone there.

Meet Our Newest CSA Manager In Training

If you've emailed the farm recently or attended our strawberry event this month, you might have noticed a new person helping out— Noelle. She's coming on board as our newest CSA Manager. Our lovely (current) CSA Manager Connie has taken Noelle under her wing, teaching her about the ins and outs of our farm and our CSA boxes.



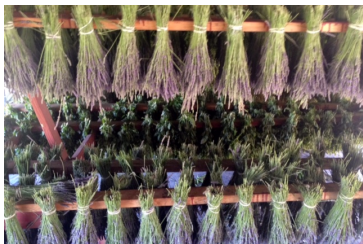
Noelle comes from a background in marketing and media relations, but enjoys the outdoors and food as much as anyone else here on the farm. She's a lover of our CSA boxes and enjoys cooking every item our box includes. She's excited to be part of the Eatwell Farm family and if you see her hanging out at one of our events, don't be shy— say hi.



Join Us For a Magical Lavender Harvest Weekend

Take a moment— close your eyes. Imagine with your mind's eye the dappled morning light on acres of lavender, the sound of little birds (ok, mostly chickens) singing, a soft morning breeze on your face, and the scent of lavender transporting you to a place far, far away, Dixon!

This is our lavender harvest weekend. Much like the grape harvest in France where groups of strangers from all over gather to help bring the fruit in, spending days working together, eating great food, and making new friends, we have tried to create that same type of experience here with the lavender. Our lavender harvest weekend is one of the most memorable experiences people have on the farm. This year we hope to get close to 30 people up here to help. Nigel is hoping to pack even more bunches in, which is why we are opening this up to more people. The way it works is everyone comes up Friday evening and sets up camp. There will be a simple supper waiting for you whenever you arrive. We skip the formal dinner on Friday night since people get here at different times, but never worry, no one ever goes hungry here at Casa Eatwell!



Saturday morning early we gather in the house for breakfast, safety meeting/training and then we head out into the lavender fields. The crew starts cutting the plants at about 6 am. The idea is they have a lot cut before we get out

there, to keep ahead of us throughout the day. We come back to the house for lunch, and then we head out to finish bunching what the crew has cut. Some folks work in the field bunching (rubber banding) and loading the truck and some folks will be in the drying room emptying the truck and hanging the bunches on the drying racks. When the day is done, everyone comes back into the house for a big hearty meal. Sunday morning we start all over again and work till lunch. If all goes well, the drying room will be full and the work was done. There is a possibility of needing to work a bit more after lunch, but the goal is to get it all done beforehand. This is a working weekend, so we ask that only adults come up. It is open to members and your invited guests. And as with all events on the farm, no pets allowed.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Turnip and Barley Soup

From Jacques Pepin in the *NY Times*

3 tablespoons olive oil
2 onions, peeled and cut into 1/2-inch pieces (2 cups)
1/2 Savoy cabbage, cut into 2-inch pieces and washed (6 cups)
2 carrots, peeled and cut into 1/2-inch pieces (1 cup)
1 pound potatoes, peeled and cut into 1/2-inch pieces (4 cups)
3 white turnips (12 ounces), peeled and cut into 1/2-inch pieces (2 cups)
1/3 cup Eatwell Wheat Berries or pearl barley
8 cups light chicken stock, 8 cups water with 3 chicken bouillon cubes or 8 cups water
Salt & Pepper to taste

Heat the oil in a large kettle until hot. Add the onions and the cabbage, and saute them over medium to high heat for about 5 minutes, until lightly browned.

Add the carrots, potatoes, turnips, barley, stock and salt, if necessary. Bring to a boil, reduce the heat to low, cover, and cook at a gentle boil for 1 hour. Serve hot.

Turnip Green Chermoula

Submitted by our CSA Member, Paige

1/2 cup Extra Virgin Olive oil
1 large bunch turnip greens; finely chopped (can add some kale in as well! or Radish Greens)
3 cloves of garlic; smashed, peeled and minced
zest of 2 lemons
juice of ~1/2 lemon; more to taste (can substitute Champagne Vinegar 2-3 T)
1 T cumin
1 T paprika
1 t salt
1 t red pepper flakes
fresh cracked pepper to taste

Whisk together all the ingredients in a bowl. Let sit at room temp for a bit before serving. Serve with hunks of fresh bread. This can be spooned over some goat cheese and enjoyed. Or as I have suggested above on bread with the Turnip & Barley Soup. Store extra chermoula in an air-tight container in the fridge. It'll keep for about a week.

Chermoula can be made ahead of time and gets better as it sits. Remove it from the fridge and let it come to room temp before serving.

I sometimes like to be ready for packed lunches to go! I will cook off the Kale & Chard, drain well and use cold in my salads throughout the week. This is a perfect example of a salad that can be built and enjoyed when ready throughout the week.

I'll use the Chermoula as the base for a dressing, stretching it with a bit more EVOO & Vinegar.

**All other recipes can be found at:
www.eatwell.com under the "CSA Farm Box"
tab. Just click "Recipes."**

Steamed Broccoli and Crouton Salad

By Julia della Croce

1 tablespoon good red wine vinegar
2 sprigs finely minced fresh flat-leaf parsley, stems and leaves
1 teaspoon Dijon mustard
Pinch of sea salt
Freshly ground black pepper to taste
Pinch of sugar
1 small shallot, minced
3 tablespoons good extra-virgin olive oil
1 bunch broccoli rabe or equivalent bagged pre-washed broccoli rabe
1 cup home-made (see Cook's Tip, below) or purchased croutons

Make the dressing first. In a small bowl, whisk together the vinegar, mustard, salt, pepper, and sugar. Stir in the shallot and let the mixture macerate. Set the olive oil aside.

Use a large kitchen knife to trim off any discolored tips from the very bottom of the stems. Use a paring knife to peel the thick bottom stems. Separate the stems from the tops. Cut the stems into 2-inch pieces, leaving the crowns whole. Wash the greens in abundant cold water; drain. Use pre-washed broccoli rabe as is.

Pour water into the bottom of a vegetable steamer to just below the bottom of the steamer insert. Bring it to a boil over high heat. Put the prepared broccoli rabe in the insert and cover. Cook over high heat for 3 minutes. Transfer it to a plate and let any residual cooking water drain out.

Transfer the greens to a salad bowl. Pour the vinegar mixture over the greens. Dribble the olive oil over it and toss the greens with the dressing. Adjust for salt and pepper. Top with the croutons and serve warm or at room temperature.

Consider also tossing this with some quinoa or wheat berries to make this a more hearty meal like item!

Butter-Glazed Roasted Radishes With Fresh Herbs

By Daniel Gritzer from SeriousEats.com

1 large bunch of radishes, without greens, halved or quartered so that all pieces are roughly the same size
Extra-virgin olive oil, for drizzling
Kosher salt
2 tablespoons unsalted butter
Minced fresh tarragon and parsley leaves, for garnish

Preheat oven to 400°F (200°C) and line a rimmed baking sheet with aluminum foil.

In a medium mixing bowl, toss radishes with just enough olive oil to coat and season with salt. Arrange in an even layer on the prepared baking sheet and roast in oven, stirring occasionally, until radishes are tender and very lightly browned, about 40 minutes.

In a medium skillet, melt butter. Add radishes and toss to coat. Remove from heat and stir in just enough minced herbs to lightly coat radishes. Season with salt, if needed. Serve.

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