



WEEK OF MAY 30TH 2016 #21/52



A Nigel Update

I have written those words a few too many times. For those of you who have been members over these past 4 years, you know what I am talking about, for those of you who are newer members here is a quick catch up. Nearly 4 1/2 years ago Nigel was diagnosed with Multiple Myeloma, a bone marrow cancer. Over these past 4 + years he has been through quite a few treatments, but in February 2015 Nigel did the stem cell transplant which was supposed to keep him cancer free for a good 5 years. Sadly it did not take. In April we discovered a tumor in the tear duct of one of his eyes. Nigel did 5 days of radiation and is once again on chemo.



This has all been so disheartening and really, at the worst time of year. It is the busiest time on the farm; strawberry season, potato season, lavender season, event season, etc. Winter is a much better time for Nigel to be a bit more checked out, so this time around it is hitting us pretty hard.

I really don't like to complain because I know there are many who go through worse, but man, cancer is an awful experience to endure. The drugs this time have made him really weak and for me that is hard to see. Nigel is a strong man and I am finding strength I never knew I had, so we will get through this one, too. It's just not so easy.

At this time, I would like to remind everyone of the Care Share program - 4 box CSA subscription free to those battling a serious illness. Nigel and I have learned first hand the importance of nutrient dense, fresh food. If you know of someone who could benefit, please contact Connie for more information.

Strawberry Days are over, and If you did not have a chance to make it up to the farm please consider joining us for the Solstice Party or one of the Tomato Sauce Parties. Experiencing the farm makes for a very real connection to the food you eat, and they are a ton of fun. Tickets are already available and you can find information about those on the Events Page of our website.

Lastly, I am not a religious person, but I do believe in the power of prayer or the collective thought, so please send a little healing energy out for Nigel. I want him to get well soon. As always, thank you for your support and love and hope to see many of you in the next few months up here on the farm.

- Lorraine



Celebrate The Harvest

We have just concluded our month long celebration of the Strawberry Harvest at Eatwell Farm. Our Strawberry Days on the Farm brought so many of you out to revel and relish in the first of many crops Eatwell Farm is known for. It means so much to us to get to share this experience with you. We were anticipating the strawberry harvest since March and were extremely happy with the turn out, of both you and the berries. It is quite an experience for you to have when the strawberries arrive in your box for the first time, but to see them in the field, taste them straight from the plants, and harvest them yourself is a memory you and your loved ones will always cherish. You get to truly experience what Eatwell Farm does after a visit. You not only get to celebrate the harvest, but also relax, tour, and visit with everyone else involved in the farm. I was in awe each weekend to see so many families, friends, and loved ones enjoying themselves and the farm.



We have so much more to celebrate this year! The Lavender has already begun to flower. We have a Lavender Harvest Work

Weekend planned to cut, bunch, and hang lavender flowers for drying. In June, we will harvest and braid the Garlic at our Sumer Solstice Sleepover and Garlic Braiding Party. This can be very tedious, but with a larger group, we can accomplish so much, have a lot of fun, and it is well worth the effort to have garlic the rest of the year. July and August will bring us tomatoes! In order to keep up with the production, we make Tomato Sauce! We invite you out to make some yourselves at our Tomato Sauce Canning Party. Bring your cooking supplies, your best friends, and your favorite recipe. We will provide the tomatoes! The event season ends with a Pumpkin Party and Harvest Market in October. A U-Pick Pumpkin Patch and homemade items from local vendors is a great way to celebrate fall. Please join us this season at Eatwell Farm! For more information or to sign up for an event, go to eatwell.com/events. For a more private experience, consider reserving a night in The Nest, our lotus-belle tent located adjacent to the lavender fields at Eatwell Farm. We would love to see you at the farm this year!



Recipes and Menu Suggestions

Hamburgers and Minty Slaw

Uses: Mint, Cabbage, Garlic, Lettuce on your Burger

Pan Fried Daikon Cakes, served with steamed or sautéed Stir Fry Mix

Uses: Daikon, Garlic, Stir Fry Mix

Rustic Chard, Potato and Goat Cheese Tart serve with a Green Salad

Uses: Chard, Potatoes, Basil, Lettuce

Soup made with whatever vegetables are left. Don't forget to include a little fresh basil at the end of the cooking time. Also, if you have mint leftover, it is really delicious, finely chopped and added to a bowl of cut up fruit. Even as simple as sliced strawberries and mint, is incredibly delicious. I love it served over not too sweet vanilla yogurt.

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

Bay Leaf Summer Cooking Camp for Kids

Just wanted to remind all of you parents, summer is nearly upon us. If you are still looking for a great activity for your youngsters, please consider a session with Bay Leaf. You can get all the specific details at their website bayleafkitchen.org.

This year, they have 5 sessions, including one for teens. All sessions do an overnight here at Eatwell Farm. It is such a fantastic time for all of us and honestly, always my favorite days at the farm. I love taking the kids around, showing them all the different produce and sharing in a truly magnificent dinner. The kids plan the meal, come up with recipes, go forage for ingredients and there is always a guest chef who comes up to help them with the main dish.

It was always my dream to do a cooking camp at the farm, but this is so much better. Elianna, Rachel and their crew are so passionate and bring tremendous knowledge and experience to the program, not to mention, great connections. Monday, Tuesday and Wednesday of the camp is a day long session in San Francisco in their cooking garden in the Bay View. There are scholarships available, too. So even if you don't have kids, or yours are all grown up, maybe you know someone who might be interested. I hope you all can spread the word. I would really love to help them fill all 5 sessions!

Minty Slaw

Eatwell Farmhouse Kitchen

I made this as part of the boxed lunch we served at this year's Strawberry Days on the Farm. Everyone really loved it! It's crisp and refreshing, and frankly the easiest slaw ever!

1 head of Cabbage, grated or sliced really thin
1/2 bunch of Mint, finely chopped
1 clove of Garlic, finely chopped
1/4 cup Olive Oil
1/4 cup Lemon Juice
Salt and Pepper to taste

Put cabbage into a large bowl. In a blender or mini-chopper put the olive oil, lemon juice, mint, pepper and salt and blend until the mint is fairly small. Pour over the cabbage, and mix well with your hands. Taste for seasoning and adjust if needed. You can add a tiny bit of finely chopped garlic and or onion, but it isn't necessary. This slaw is really refreshing and great the day you make it. Beyond a day, the cabbage softens and produces loads of juice, still fine for eating, just not as crisp.

Pan Fried Daikon Cake

Recipe by Brett on allrecipes.com

I love latkes and all things like that, so this sounds like the perfect way to turn daikon into the featured dish of a simple meal!

1 1/2 cups grated Daikon
2 tsp Salt
1 clove Garlic, minced
1/2 red Onion, chopped
1 Egg, beaten
1/2 cup Italian Seasoned Bread Crumbs - I think Panko would be great, too.
1/2 tsp Paprika
1/2 tsp Chile-Garlic Sauce like Sriracha
1 1/2 cups Oil for frying

Place the daikon in a large bowl and sprinkle with salt. Refrigerate for 30 minutes. Drain daikon. Stir in the garlic, onion, egg, bread crumbs, pepper, paprika and chili garlic sauce. Mix well. Form into 8 small round patties. Pour oil into a large skillet. Heat over medium heat. Fry patties in the hot oil until firm and nicely brown, about 3 minutes per side. Drain on paper towels.

Rustic Chard, Potato and Goat Cheese Tart

Recipe by Katherine Cobbs found on myrecipes.com

1/2 Eatwell Farm Savory Pastry Dough, or your favorite pastry dough
1 bunch Swiss Chard
1 TB Olive Oil
1/4 tsp Salt
1 cup vertically sliced Red Onion
1 cup thinly sliced Potatoes
1 to 2 TB Basil, chopped
1 tsp Water
1 large Egg White
1/2 tsp freshly ground Black Pepper
2 oz Goat Cheese, crumbled (about 1/2 cup)

Remove stems from chard and chop to equal 1 cup. Chop leaves to equal 4 cups. Heat a large skillet over medium-high heat. Add olive oil to the pan and sauté 1 1/2 minutes. Add chard leaves to pan and sauté 2 1/2 minutes. Stir in salt, potato, and basil. Remove from heat and cool. Preheat oven to 375 F. Roll chilled pastry dough out to a 14" circle on a floured surface. Place dough on a baking sheet lined with parchment paper. Spread chard mixture evenly over dough, leaving a 2" border. Fold edges of dough toward center, pressing gently to seal. It will only partially cover the chard. Combine 1 tsp water and egg white in a small bowl, stirring with a whisk. Brush dough edges with egg white mixture. Sprinkle pepper and cheese over chard mixture. Bake at 375 F for 40 minutes or until browned. Let stand 5 minutes and then cut into 12 wedges.

Soup made with whatever Vegetables are left!

With this week's recipes you will have some leftover vegetables from the box. Make a vegetable soup with anything you don't use up - Daikon, Potatoes, Greens or Garlic. Don't forget to include a little fresh basil at the end of the cooking time.

Also, if you have mint leftover it is really delicious, finely chopped and added to a bowl of cut up fruit. Even as simple as sliced strawberries and mint is incredibly delicious. I love it served over not too sweet vanilla yogurt.

Enjoy!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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