



## The Consequences of Words

Last week I included a Nigel Update in the newsletter. Since most of you only get a share every other week, we are putting this in again this week. The funny thing is, when I wrote it, I did so only with you, our CSA members in mind. I forgot that our newsletter articles go on to the website as blog posts, and then get pushed to our FB page. This post reached just shy of 19,000 people! Completely floored me, mostly because I know my call for collective prayers and well wishes, and positive healing thoughts has been answered. But again, I wrote this for you, and want to make sure all of you have the chance to read what is going on with us personally. One last thing, I made a mention of the Care Share program, please if you know of anyone battling a serious illness, and this includes the care giver, anyone in need of fresh nutritiously rich food, get in touch with Connie about a free 4 share subscription.



### "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 website on the Events Page, [www.eatwell.com/events](http://www.eatwell.com/events). 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

### Update on the Update

Life is too weird, I am literally writing all of this while sitting in one of the exam rooms at UCSF. Nigel will be admitted today, he has been suffering some unexpected symptoms, dizziness and severe weakness. So as a precaution he is going in. Will keep you posted.

## How Do We Make A Change?

As we are fully immersed in the food world, this is a topic of discussion comes up all the time. I firmly believe that if we truly want to make a change in our food system - the way it is grown, produced, delivered, consumed, we should direct our focus on children. Most adults have been convinced that cooking is too much work, they have no training, and don't know where to start, and surprisingly many are too afraid to even try. Kids, on the other hand, tend to be far less fearful and so easily thrilled with even the simplest meal they create. That is powerful, because that means all we need to do is start the teaching process with them and they can take it from there. I believe that if we can teach young children basic cooking skills, we can change the food world. You parents who bring your children up for farm visits know. You see first hand the excitement in their eyes when you let them loose in the strawberry field. So it is because of these observations and my passionate commitment, that Bay Leaf Kitchen Camp days on the farm are always my absolute favorite. When I take the young campers out for a tour, or talk to them in the garden, bring a group into the kitchen to make yeast dough bread rolls for dinner, I know, without a doubt I am making a difference.



This past weekend we had a Bay Leaf Kitchen work day on the farm. A group came up to clean up the event area, rearrange and set up a better kitchen space. But even more exciting is the splash zone they built in the far corner of the garden. Just under the trees, they put up a teepee, covered it with shade cloth, hung some misters and put the giant round water trough under it all. Now

when we have events, the kids (big and small) have an amazing place to go cool down a bit, and play in the water.

Bay Leaf has 5 sessions this summer, including a new camp for teens. Each week-long camp includes an overnight up here on the farm, guest chefs, and invaluable training and opportunities to learn about where their food comes from and how it is grown. The sessions are not yet full, so if you have children, or know children, please take a look at the schedule. I really hope we see many of our young CSA members up here this summer! For more information please visit [www.Bayleafkitchen.org](http://www.Bayleafkitchen.org). -Lorraine



## Recipes and Menu Suggestions

Steak with Parsley Potatoes and Cabbage

Uses: Potatoes, Parsley, Cabbage, Onion, Garlic

Basil, Balsamic, Chickpea and Kale Salad would be great with a little poached salmon or baked chicken breast

Uses: Basil, Kale, Onion

Summer Fruit Galette

Uses: Strawberries, Peaches and or Plums and 1 Eatwell Farm Pastry Dough

Stir Fry Greens served with a hot bowl of Ramen or Udon Noodles in broth

Uses: Stir Fry Mix and Garlic

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

## Steak and Cabbage and Potatoes with Parsley

Farmhouse Kitchen

This isn't much of a recipe, but more of a dinner suggestions with some guidance. I made a variation of this for us the other night and it was heartily enjoyed by all!

Steak; your choice of cut and quantity, but it should be one that cooks well in a skillet or fry pan

Eatwell Lavender Salt

Freshly ground Black Pepper

1/2 to 1 whole head of Cabbage; depending on how many you are feeding 1 would feed 4 quite easily

2 to 4 Onions; separate the bottoms from the green tops, chop both

1 to 2 cloves Garlic

Gently boiled Potatoes

1/4 to 1/2 bunch of Parsley

8 TB Butter, divided

I always salt my steak with Lavender salt add the pepper and let it sit, covered, on the counter for at least 20 minutes before cooking. About 3 minutes before I am ready to cook the steak, heat the skillet over medium high to high heat. When the pan is hot, throw in the steak(s) and sear on both sides a couple of minutes per, depending on the thickness. My steaks were about 2" thick and I cooked them for 3 minutes on each side. Turn the heat down to medium/medium-high, add 3 to 4 TB of butter to the pan and swirl to coat the steaks. Cook, turning several times and swirling in the butter, until you reach the level you prefer your steak to be cooked. Remove to a platter, tent with foil and let sit for 15 to 20 minutes, while you cook the cabbage.

Keep all the pan juices and butter in the pan, and add the onion bottoms, garlic and cabbage. I use tongs to turn in the pan to coat in the butter and pan juices. Cook until the cabbage is tender. You can use the green onion tops over the cabbage or over the boiled potatoes. With the boiled potatoes you want to gently smash them a bit to break them apart, and while they are still hot, add the remaining butter, and finely chopped parsley. Stir it all together, you can salt and pepper in the pot or on the plate.

## Stir Fry Greens

Recipe from William Sonoma

This would be great with a hot bowl of noodles in broth.

1 TB Safflower Oil

2 tsp peeled and minced fresh Ginger

1 tsp minced Garlic

1 bag Stir Fry Green, rinsed and drained but not dried

Pinch of Kosher Salt

Place a wide, deep saucepan over medium-high heat until hot enough for a drop of water to sizzle and then immediately evaporate. Add the oil, ginger and garlic and heat just until the garlic begins to sizzle, about 10 seconds.

Add the greens all at once and, using tongs or 2 wooden spoons, toss and stir to coat with the oil and seasonings. Cover and allow the greens to steam with the droplets of rinsing water until tender. 9 to 12 minutes; the timing will depend on the varieties in the mix. Season with the salt. Transfer the greens to a warmed serving dish and serve immediately. Serves 4

## Basil, Balsamic, Chickpea and Kale Salad

For the Dressing:

1/4 cup Balsamic Vinegar

2 TB Extra Virgin Olive Oil

2 TB pure Maple Syrup

1 tsp Salt

Freshly ground Pepper, to taste

For the Salad:

1 bunch of Kale, stems removed and chopped

1/2 tsp Salt

2 - 15oz cans Chickpeas, drained and rinsed

1/2 cup chopped Basil

1/2 cup dried Cranberries

1 cup diced Red Onion OR you could use just a bit of finely chopped onion from this week's share along with some of the greens finely chopped

1/2 cup lightly Salted Almonds, roughly chopped

1 Avocado, cubed

Place the dressing ingredients in a small bowl. Whisk to combine. Place chopped kale in a large bowl. Sprinkle with 1/4 tsp salt.

Massage salt into leaves until kale softens and turns a bit darker in color. In a medium bowl, combine chickpeas, basil, cranberries, red onion, almonds and avocado. Toss to combine. Dump mixture into bowl with chopped kale. Add dressing and stir to combine. Serve with additional almonds on top.

### This Week's Box List

Green Onions

Potatoes

Garlic

Cabbage

Lettuce

Stir Fry Mix

Kale

Basil

Parsley

Strawberries

Peaches or Plums

## Summer Fruit Galette

Recipe by Joyce Zhang

Joyce was up at the farm a couple of weeks ago and made us this galette. Absolutely delicious, extremely low sugar, and really easy to make, if you have pastry dough already prepared. We do offer as an add-on item pastry dough (one for desserts and one for savory dishes), that you can always order to be delivered with your CSA share. This recipe makes two galettes.

1 Eatwell Farm Pastry Dough, or one of your own, divided and rolled out to about 9"

2 cups of chopped fruit, use a mix of Strawberries, Peaches or Plums

2 TB Sugar

Juice from 1/2 Lemon

1 Egg

1 TB Heavy Cream

Sugar for sprinkling over the crust

Preheat oven to 425 F.

Cut up the fruit and mix in a bowl with lemon juice and 2 TB sugar. Place one of the rolled out pieces of pastry onto a piece of parchment paper. Carefully spoon 1/2 the fruit in the center of one of the dough, leaving about 2" of dough at the edge, the whole way around. Gently pick up the edge of the dough and fold it toward the middle, turning the tart as you go until you have a nice folded crust edge the entire way around with about 4" of fruit showing in the middle. Repeat with the second dough and the remaining fruit. Gently beat one egg, add the cream and brush over the edges of each galette, then sprinkle on just a tiny bit of sugar. Place the galettes on a baking sheet and pop into the preheated oven. As soon as your oven door is closed turn the heat down to 350-375F and bake until golden, about 10 minutes.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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