



WEEK OF JUNE 12TH 2017 #24/52



## Coming Together

It is quite remarkable how everything seems to come together on the farm. This last weekend was our annual Lavender Harvest. If you have never attended this weekend event and are the least bit interested, we highly recommend joining next year. While it's a weekend of working in the field, you are surrounded by beautiful views, the calming scent of the lavender field, and wonderful company.

We tend to get very anxious prior to the events, checking the attendee list to make sure we have enough people and updating checklists with items to remember to purchase and tasks to complete. We also obsessively monitor the weather forecast for the event weekends. It is hard to stay motivated in the fields when it is hot on the farm.

As it seems to go with events on the farm, everything came together in the end. We had members, friends, family, and staff of the farm all join to help out. We had help from Bay Leaf Kitchen prepping and cooking meals for our work crew. Nigel and Lorraine had family visiting, and we had his son's planning and carrying out the logistics of the day.

His parents and daughter worked non-stop cleaning the house and dishes after the meals. Nigel's brother was all over the farm taking incredible photos of the day's events. We had our entire farm community out in the fields and in the drying room working extremely hard. We also have to mention, we had



gorgeous weather this last weekend to be working outside, clouds with temperatures in the 70s. The rain even held off until we were finished working and all inside eating lunch. Yes, we had rain in June, but it all worked out.

We can't thank everyone enough for their time and commitment over the weekend. We couldn't do what we do without our entire farm family coming together.



## Update on Nigel

We brought Nigel home from the hospital a couple weeks ago, and hospice has taken over his care now. To keep you all up to date, we learned a couple of weeks ago that the Myeloma is back in Nigel's brain. This happened the same time last year. A year ago, he received 13 days of heavy radiation, which put him at his lifetime limit. Sadly, chemo does not cross the blood brain barrier and so is not an option. There are no more treatments, meaning this is the end of the road for us medically.

Today he is resting peacefully in his bed. I pray we can keep him this way. One of the last clear things Nigel said to me was to, no matter what, never miss the market or a CSA delivery. In this case, *never* is a good goal, which I intend to achieve.

I want to thank those of you who sent me such lovely emails. They made me cry, made me smile, but most importantly, they made me feel the love you all have for Nigel, our family and our farm.

## Not So Green Garlic

Many of you have noticed our green garlic was becoming not so green the last two weeks it was in the boxes. The green garlic is basically the young garlic plant before the bulb is planted.



Our garlic is planted in October and as it begins a more vigorous growth, we thin the plants. Thinning allows the garlic bulbs more room to fill out. We harvest the 'green garlic,' which is still edible and contains a milder garlic flavor. The garlic bulbs are ready to harvest once the tops of the plant begin to yellow and dry out.

We will soon start digging up the bulbs and allow them to cure. Then they can be stored and used through the winter months, while we prepare to plant next year's crop. We will be braiding garlic in two weeks at the Solstice Sleepover. Braided garlic allows the garlic to be stored longer and is also very aesthetically pleasing. Join us at the Solstice Sleepover to learn how to braid garlic and spend a relaxing weekend with us at the farm celebrating the start of summer.

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



# RECIPES AND IDEAS FROM LORRAINE

Cabbage season has begun, and it brings us such joy with its amazing varieties. It's perfect for grilling! I hear y'all thinking, GRILLED CABBAGE!! Yes, and it's so good.

This recipe from TheKitchn is one of our favorites and pairs well with a cold rice black rice salad for a perfect healthy light summer dinner. You know, those kinds of dinner that we eat when the sun is still setting at 8pm at night!

If you are lucky enough to have zucchini in your box this week - please cut these in half lengthwise and grill just the same as well....

## Grilled Cabbage Wedges with Spicy Lime Dressing

From TheKitchn  
Serves 4

1/4 cup lime juice (from about 3 limes)  
1/4 cup extra-virgin olive oil  
1 teaspoon fish sauce (suggested: Red Boat Fish Sauce)  
2 cloves garlic, roughly chopped  
1/4 cup cilantro leaves  
1/2 teaspoon salt  
1/2 teaspoon cayenne  
1/4 teaspoon sugar  
Lime wedges, to serve  
1 head green cabbage  
Grapeseed or canola oil

Heat a gas or charcoal grill. Whiz the limes, olive oil, fish sauce, garlic, cilantro, salt, cayenne, and sugar in a small chopper or blender until the sauce is pale orange and the garlic is pulverized. Set aside.

Remove the loosest, toughest outer leaves from the cabbage, and cut into 4 evenly sized wedges. Do not remove the stalk or inner core. Lightly brush the wedges with grapeseed oil.

Place the wedges on the grill and cover. Cook for 5 to 7 minutes, or until the edges of each layer are blackened and the cabbage is beginning to soften. Flip each wedge over, cover the grill, and cook for an additional 5 to 7 minutes on the other side. Remove the cabbage when it is beginning to wilt, but is still firm in the middle. (This will also be somewhat a matter of taste; I like it fairly crispy still, but you may prefer it more well-done.) If necessary, turn the heat down or move the wedges to a cooler part of the grill so they don't burn. But don't be afraid of those blackened edges; you want a lot of grill and char marks on the cabbage to give it smoky flavor.

Take the cabbage off the grill and arrange the wedges on a plate. Pour the dressing over top and serve immediately, with wedges of lime to garnish.

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

## Black Rice and Soy Salad With Asian Dressing

Adapted from Paige from NYT

3 cups cooked black rice 1 cup uncooked  
1 red bell pepper, diced  
1 fennel head, sliced  
1 onion, sliced  
1/3 cup walnut pieces  
1 cup edamame, thawed  
1/2 pound tofu  
1 tablespoon soy sauce  
2 tablespoons minced chives  
1/4 cup chopped cilantro  
1/2 to 2/3 cup (to taste) sesame ginger vinaigrette

Toss together Red Bell Pepper, Fennel, Onion, tofu & chopped Kale with ginger, soy, canola oil, sesame oil salt & pepper to taste. A little bit of fresh chili paste will take the flavor a long way here too! Roast in the oven at 350 for 15-18 minutes.

In a large bowl, combine the rice, roasted veggie mixture, walnut pieces, edamame, chives and cilantro. Just before serving, toss with the vinaigrette. You can use a favorite asian style sesame-ginger vinaigrette! This whole meal comes together with minimal watching and cooking! As the rice can be made days ahead and stored in the fridge until used. It also keeps really nicely for packed lunches at work! I serve this with the hot bbq cabbage for a tasty full summer meal!

Having grown up with summers full of Zucchini Bread I crave it at times, however the cloyingly sweet versions of my youth have grown tired over the years. This Molly O'Neill version is the grown up flavorful & sophisticated version you should be looking for!

### This Week's Box List

*\*Items in Box for 2*

\*Basil  
\*Red Kale  
Lettuce  
\*Cabbage  
\*Bok Choy  
Onion  
\*Fennel  
Radish  
Potatoes  
\*Peaches  
Apricots or Strawberries  
Zucchini (Wednesday Only)  
Parsley (Thursday Only)

## Zucchini Cake With Ginger and Hazelnuts

2 cups flour, using the Eatwell Heirloom flour will produce a superior product that is a touch more hearty!  
1 teaspoon baking soda  
3/4 teaspoon baking powder  
1/2 teaspoon salt  
1 1/4 cups sugar  
2 large eggs  
1/2 cup vegetable oil  
1/3 cup orange juice  
2 teaspoons orange zest  
2 teaspoons peeled, grated ginger root  
1 teaspoon vanilla extract  
1 1/2 cups grated zucchini  
1/2 cup finely chopped hazelnuts

Preheat oven to 350 degrees. Sift the flour, baking soda, baking powder and salt into a large bowl. Stir in the sugar. In another bowl, whisk together the eggs, oil, orange juice, zest, ginger and vanilla. Pour the wet ingredients into the bowl with the flour and stir until just combined. Fold in the zucchini and hazelnuts.

Butter and flour a tube pan. Scrape the batter into the pan and bake until a toothpick inserted into the center of the cake comes out clean, about 45 minutes. Cool the cake in the pan for 10 minutes. Remove from the pan and cool completely on a wire rack. Slice and serve.

