



## Time Around the Table

This past weekend was our second annual Lavender Harvest. 15+ people came up to the farm Friday night, to spend their weekend harvesting lavender. I know for Nigel this is really exciting because of the lavender side of things. But for me, I cherish the time around the Farmhouse Kitchen tables; the hour for breakfast and lunch, and the leisurely time spent enjoying a farm dinner when this group of strangers has the chance to come together and share the joys of working hard actually harvesting a crop. From last year's event I remember the laughter and the sound of all the voices in the house, that is a special kind of magic. What a unique experience this weekend is for everyone.

This year of course, Nigel and I were not able to participate, but we had great helpers, aka "the boys", Connie, Elianna and Cameron. They sent us some wonderful pictures of the work going on, but again, my attention was grabbed by the kitchen photos. One



in particular of Elianna from Bay Leaf Kitchen working with the 4 year old daughter of one of the Lavender crew, just put the biggest smile on my face! Not sure how much a 4 year old will remember of this very unusual weekend, but how amazing to see the little girl who was so shy

Friday night, she wouldn't even look up at us, cooking away in the kitchen Sunday morning! I know I talk about changing the world, but I truly believe this is how we do it, bring the kids and the change will happen. Watching Elianna with her camp kids has been



such a joy for me. Now I am even more excited for the first campers to arrive next week. Bay Leaf Kitchen does have scholarships available, but Nigel and I feel so grateful for Elianna's help and such a commitment to the Bay Leaf program we would like to offer a scholarship to one of our young CSA members. This year they have included a Teen Camp, so that is an option too. If anyone is interested, take a look at the program at Bay Leaf's website <http://www.bayleafkitchen.org>. then text or call me at 530-554-3971.

Thank  
You



Thank you all for the positive healing energy, prayers, and wishes of improved health. I feel a strong sense of responsibility these days, as this latest episode has made it glaringly clear the impact the work Nigel and I do has had on our community. In the middle of all of this, it is hard to realize that we have many close friends who are also feeling quite emotional and share in their way, our horror and fears. It shows me that our work is important, we make a difference and that certainly helps sustain us and keeps us moving forward.

I have been thinking a lot these past few days, about which direction we take the farm, and how we grow. Don't have a clear vision at the moment, but one thing I know has come to us loud and clear, community will be at the center of it all. Nigel was released Monday night, thank goodness. So happy to bring him home. He will come in every day for these two weeks for radiation treatments, and he will continue with chemo on Fridays for an undetermined amount of time. But we are going to stuff him with good, fresh farm food, and lots of fresh juices. One of you sent me a link to a site for meditations, looking forward to checking that out. We love our CSA family and can't thank you enough for allowing us to do the work we do. The one area we desperately need help with is sharing with friends, family, co-workers info about Eatwell Farm and the CSA program. With all the changes in the Bay Area over the last 8 years, our CSA numbers have really declined. It's not just us, most CSAs will tell you the same story. The fact is, there is a lot of new competition, whether it is being fed two meals a day at work, or home delivery options like Good Eggs or Grub or Amazon, Whole Foods or Safeway, or an increase in inexpensive organic options from Mexico. California farms are hurting, and if we want to keep the local food movement viable, it must be supported. We always have post cards available for you to share, just let Connie know if you would like a stack. Summer is particularly tough as many of you go off on vacation (hope you have fantastic vacations) and you put your CSA share on hold. This could be a great opportunity to share your CSA and let a friend or neighbor pick it up and enjoy while you are gone, a great way to help the farm out. In any case, summer is just about officially here, I for one plan on having a good one. Solstice is this weekend and Nigel and I are really looking forward to that. Many people have been sharing that they recently ran out of canned tomatoes from last summer, thank goodness fresh ones are nearly ready! Lots of love from your Farmers.





## Recipes and Menu Suggestions

Nigel's Budwig Cream, breakfast and dinner

Uses: Fruit for breakfast or Greens at night, in this case Chard and or Stir Fry Mix

Strawberry Salad served with Poached Salmon and good bread

Uses: Strawberries

Potato Pesto Gratin served with a Green Salad and Baked Chicken

Uses: Potatoes, Basil, Garlic, Lettuce

Sautéed Purple Turnips with Turmeric Dressing, serve with your choice of protein or a nice soup or as a side to the Tempeh with Shoyu Butter and Cabbage

Use: Purple Turnips, Cabbage, Green Onions

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

## Feeding Nigel

We have been doing a lot of exploring regarding cancer and food. One of the staples Nigel has added to his daily diet is a blended combination of Cottage Cheese and Flax Oil. This comes from research done by a scientist in Germany - Johanna Budwig. I too have been enjoying "Budwig", mostly I have it in the morning for breakfast. The research she did showed, that flax oil can help to oxygenate cells but is better transported when combined with a sulphur based protein like low fat cottage cheese. In the mornings, we do this with strawberries or other fruit and it makes for a really delicious breakfast. In the evening Nigel enjoys his Budwig over steamed vegetables, like chard and poached egg. I immediately notice that my body got much leaner, weight was coming off, but I felt and look much stronger. Not making diet recommendations here, but wanting to share personal experience. Nigel and I are looking forward to getting home and enjoying our Budwig again!

## The Budwig Cream

1 part Flax Oil

2 parts Low Fat Cottage Cheese

For one serving we use 2 TB Flax Oil and 4 TB Cottage Cheese, combined in a bowl. Using an immersion blender we blend it all until the oil is completely emulsified.

2 TB whole Flax Seeds, freshly ground in a coffee grinder

Budwig in the morning, we blend the oil and cottage cheese. Nigel is eating turmeric with every meal so he includes about 1/2 tsp to the mix here, even with fruit. We like to throw some fruit, strawberries or plums would be wonderful, in during the blending process and some just cut to put on in the bowl. Grind the flax seeds and in a soup bowl mix with 1/4 to 1/2 tsp of good honey, and a pinch of cinnamon. Scoop the Budwig cream over the ground flax seeds, top with fresh fruit and enjoy. You can also add some boiled/steamed potatoes to the mix.

## Budwig Cream Over Steamed Chard and/or Stir Fry Mix

Gently steam greens of choice, in a skillet with a minimal amount of water. Once the greens are fairly soft, crack a couple of eggs right on top of the greens. Cover the skillet and cook long enough to poach the eggs. Make the Budwig cream, some turmeric and or other spices added to the cream is really delicious. Grind some flax seeds. Plate the chard and poached egg, pour over some of the cream and sprinkle on the ground flax seeds, salt and pepper to taste. A little lemon juice or zest is also very delicious. This make a complete meal in a bowl!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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## Tempeh with Shoyu Butter

Recipe from Near and Far by Heidi Swanson

Heidi has been a farmers market regular for quite a few years now. She has great interest in fresh herbs and I love to talk to her over our display. Her new book is just beautiful and after a very quick peruse I found many recipes I look forward to trying.

8 oz Tempeh

3 TB unsalted Butter

2 TB Shoyu

Scant 1 TB Brown Sugar

1 TB Water

1 small Cabbage 10 oz, cored sliced into 1/4" ribbons

5 Green Onions, thinly sliced

1 TB toasted Sesame Seeds

Slice the tempeh into 12 thin triangles and steam it, covered, over simmering water, for 10 minutes. Once the tempeh is steamed, combine the butter, Shoyu, sugar, and water in a large skillet over medium-high heat. When hot, stir in the cabbage, toss well, and sauté long enough for the cabbage to start to collapse. Add the tempeh and toss gently until coated, another 30 seconds or so; remove from the heat. Immediately transfer to a serving platter or bowl, sprinkle with green onions, add sesame seeds, toss once or twice, and enjoy.

## Strawberry Salad

Recipe also from Far and Near by Heidi Swanson

Don't typically include recipes for the fruit, but this looks so delicious.

1 1/2 lbs of Strawberries

3/4 tsp Caraway Seeds, lightly toasted

1 1/2 TB natural Cane Sugar or Brown Sugar

1/4 tsp fine grain Sea Salt

3 TB Extra-Virgin Olive Oil

1/2 cup sliced Almonds, toasted

Zest from 1 Lemon

Pick over the berries well, discarding any that are off. Brush away any dirt or debris with a damp cloth. Core and slice into quarters before placing in a large serving bowl. Use a mortar and pestle to bruise the

caraway seeds. Add the sugar and salt and grind a bit more to work the caraway into the sugar. Add the olive oil and stir to combine. If there is room in your mortar, use a spoon to stir in the almonds and lemon zest. If not, transfer to another bowl to combine. Just before serving, pour most of the almond mixture over the berries. As gently as you can, mix together, folding and jostling the bowl to coat the strawberries. Do one last fold, top with the remaining but mixture and serve.

## Pesto Potato Gratin

Recipe from NYT by Martha Rose Schulman

2 lb Potatoes

1/2 cup Pesto (recipe follows)

Salt and freshly ground Pepper

Preheat oven to 375 F. Oil a 2 qt baking dish or gratin with olive oil. Slice the potatoes about 1/4" thick and place in a large bowl. Season to taste with salt and pepper, and add the pesto. Stir the mixture until the potato slices are evenly coated, then transfer to the baking dish, making sure to scrape all of the pesto out of the bowl. Cover the baking dish with foil or a lid and place in the oven. Bake 30 minutes, then uncover and return to the oven. Bake another 15 to 20 minutes, until the potatoes are thoroughly tender, the olive oil in the dish - now a beautiful green - is sizzling, and the top is beginning to color. Serve hot or warm.

## Basic Pesto

Recipe also from NYT by Florence Fabricant

2 cups fresh Basil Leaves - no stems

2 TB Pine Nuts or Walnuts

2 cloves Garlic

1/2 cup Extra-Virgin Olive Oil

1/2 cup grated Parmesan

Combine basil leaves, nuts and garlic in a food processor and process until very finely minced. With the machine running slowly dribble in the oil and process until the mixture is smooth.

