



WEEK OF JUNE 20TH 2016 #24/52



### Summer Solstice Sleepover and Garlic Braiding Party

We had a fabulous weekend at the farm celebrating the beginning of summer and Father's Day. The weather was beautiful, the company incredible, and the garlic and strawberries were abounding. It was a leisurely weekend of sharing both time and the love of the farm. Friends and families came together to harvest garlic and strawberries from the field, join for meals, and camp under the clear sky and nearly full moon. I wanted to share some of the highlights of the weekend and encourage you to join us for another event at the farm this year. We have several more scheduled this season! Find them at [eatwell.com/events](http://eatwell.com/events)

### Sometimes Newsletter Articles Don't Come Easily

This is one of those times, I am a bit stuck. I can't seem to find a topic that is grabbing words from my brain and that's how it usually happens. That is why sometimes you see my words on the front page, because something really grabbed me and the words just come rushing out. Nigel isn't quite up for much article writing at the moment, so it is kind of up to me here.

We are literally in the car on our way in to SF for Nigel's appointments. I have my iPad on my lap and am clicking away. This journey we are on, is in so many ways really incredible. It is during the really rough times, you see how much people love you and how appreciated you are. We watch the boys give up their summer and take on a lot of responsibility. Connie, I know, is doing things she probably never dreamed she would be doing, friends come out to clean your house, people offer all sorts of help and it really is incredible. Since I am on the topic of help I have a request; Nigel has a rather old Apple MacBook that needs to get wiped and updated, anyone of you skilled at updating Mac's? Happy to pay for your time, we just prefer to work within our community. If you have such a skill please contact Connie in the office her email is the main email [organic@eatwell.com](mailto:organic@eatwell.com).

We have some unexpected open weekends in July and wanted to let everyone know the farm is available for camping 4th of July weekend. This is not like a regular farm event, so no farm planned activities, although, I would be happy to make breakfast for those who want it - for a donation. The farm is a beautiful place to relax, nap under the trees in the orchard, drive over to Winters for some wine tasting or dinner or even a show. Lake Solano is not far either for a very cool splash in the water. Not far from the City, it would be an easy, inexpensive weekend away. The Nest is available that weekend also, for \$150 a night, king size bed, organic linens and you don't have to pack a tent or sleeping bag! I will have Connie send an email out to everyone about 4th of July weekend, but in the meantime if you are interested in either camping or The Nest you can call me (530) 554-3971.

I mentioned this in last week's newsletter and want to make sure everyone sees this. Nigel and I are donating a session to Bay Leaf's Summer Camp to one of our young CSA members. If you have a child who loves to cook and would really enjoy a week of a cooking camp (they have added a teen week this year!) please call me. That offer is still available (530) 554-3971.



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





## Recipes and Menu Suggestions

Turnip Fritters served with Yogurt Basil Sauce and Green Salad with Strawberries

Uses: Turnips, Onion, Garlic, Basil, Lettuce, Strawberries

Summer Squash Soufflé served with Roasted Cherry Tomatoes

Uses: Cherry Tomatoes, Summer Squash, Onion, Garlic

Swiss Chard, Potato and Chickpea Stew, serve over Rice or Quinoa

Uses: Swiss Chard, Potatoes, Garlic, Turnip Greens

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

## Jumping Right On Into Summer

Cherry Tomatoes, Summer Squash, Basil, Strawberries, Plums, Peaches, yup it is here. As I am writing this on the longest day of the year, I want to wish everyone a very Happy Solstice, and let the bounty of summer begin!

## Turnip Fritters

Eatwell Farmhouse Kitchen  
makes 6 medium sized Fritters

Something about fried food makes me think of summer. I think a big part of that is, because as a kid, I would spend several weeks at my grandparents' house in Modesto. We got to play outside until late into the very warm night. Many of the neighbors came from the South and of course, loved fried food. The smell of something frying, wafting out on the warm summer breeze brings back many, happy memories.

1 bunch Turnips (works out to be about 1/2 lb after removing the tops, bottoms and peeling), save tops\*  
1 Egg  
1/4 Flour  
1/4 cup Panko or Bread Crumbs  
1 Eatwell Onion, finely chopped, one of the smaller ones and you can include the greens  
1 clove Garlic  
1 tsp Salt, or Eatwell Farm Rosemary Salt  
Freshly ground Black Pepper  
Oil for frying

Grate peeled turnips in the food processor (or on a box grater). Put the grated turnip into a bowl and sprinkle on the salt. Mix the salt in well, then put the turnips into a mesh sieve to drain for several minutes. In the meantime, slowly heat 1 TB of oil in a fry pan over medium heat. In a bowl beat together the egg, the rosemary salt and black pepper, then add the drained turnips, onion, garlic. Add in the flour and Panko, mix well. Turn the heat up in the fry pan to medium high, make a few patties and fry on each side until browned. Serve hot with a soy dipping sauce or a yogurt and green garlic sauce. \*Save the tops and the liquid drained from the grated turnips to add to the Chard and Chickpea Stew.

## Basil Yogurt Sauce

Farmhouse Kitchen

This is a very basic sauce, you can certainly spruce it up by adding some extra seasonings if you like.

1 cup Greek Yogurt  
1/2 to 1 cup Basil leaves  
1 small clove Garlic  
2 TB Olive Oil (optional, I just like the richness a tasty Olive Oil adds)  
Zest from 1/2 Lemon, if you like, you can add some lemon juice as well, but I am aiming for a thicker sauce  
Salt and Pepper, to taste  
Put all ingredients into a blender or small food processor and run until smooth.

## Roasted Cherry Tomatoes or Cabbage

Farmhouse Kitchen

This is another recipe that isn't much of a recipe. I think the first rounds of tomatoes, like strawberries, are not as fantastic as they will be in just a couple of weeks. The idea of caramelized Tomatoes or Cabbage just sounds really delicious to me right now.

1 basket of Cherry Tomatoes, green tops removed, sliced in half or if you received Cabbage in the box, cut into quarters  
Good Olive Oil

Salt and Pepper, Eatwell Rosemary Salt would be perfect  
Heat oven to 400 F. Lay out sliced tomatoes or cabbage on a small baking sheet or you can use a small oven safe skillet, pour on a decent amount of olive oil, sprinkle with salt and pepper. Pop into the oven and roast until just starting to brown a bit on the edges. In my oven that took nearly 30 minutes, but I added quite a bit of olive oil. I used my roasted cherries in a pan of chard and potatoes with sausage, it added just the perfect amount of sweetness and tang! The roasted cabbage would be just as good.

## Summer Squash Soufflé

Recipe from NYT by Mark Bittman

I made this for dinner last night and served it with the chard/potato/roasted cherry tomato and sausage. We had enough food for 5 and everyone was quite satisfied. I have decided I really like soufflé, it really isn't that much work and (I don't

worry if it sinks a bit, that is inevitable) you feel as if you have prepared a particularly fancy meal, all made from pretty simple ingredients.

1 TB Butter  
1/4 cup Olive Oil  
1 large Onion, chopped  
1 tsp Garlic, minced  
2 to 3 medium Zucchini, grated  
Salt  
Freshly ground Black Pepper  
6 Eggs, separated  
8 oz Gruyere Cheese, grate  
1/4 cup Parsley, chopped  
Butter four 1 1/2 cup ramekins or one 6 cup soufflé dish. Heat the oven to 325 F. Put the oil in a large skillet over medium-high

heat; when it's hot, add the onion and garlic and cook until soft, 5 to 8 minutes. Add the zucchini, season with salt and pepper. Continue cooking, stirring occasionally, until very tender, another 10 to 12 minutes. Drain the vegetables if there is excess liquid and let cool. In a large bowl, beat the egg yolks and cheese with some salt and pepper. Add the vegetables and parsley and stir. In a clean, dry bowl, beat the egg whites until they are light and fluffy and just hold soft peaks. Stir about a third of the whites into the yolk mixture to lighten it, then gently fold in the remaining whites, trying not to deflate them much. Pour the soufflé mixture into the ramekins or dish. Bake until golden and puffy, 30 to 35 minutes and serve immediately.

## Chard, Potato & Chickpea Stew

Recipe from Food And Wine

1 Lb Swiss Chard, stems removed, leaves chopped  
3 TB Olive Oil  
1 1/2 lbs Potatoes, peeled and sliced 3/4" thick  
1 Onion, chopped  
2 cloves Garlic, minced  
1 tsp Paprika  
1/4 tsp Turmeric  
1/8 tsp Cayenne  
1 tsp Salt  
2 cups drained and rinsed canned Chickpeas (one 19 oz can)  
3 cups Eatwell Chicken Broth or Vegetable Stock  
1 cup Water  
2 hard-cooked Eggs, cut into wedges

Bring a medium pot of salted water to boil. Add chard \*and turnip greens if you saved them. Cook for 3 minutes. Drain thoroughly and set aside. In a Dutch oven, heat the oil over moderate heat. Add the potatoes and onion and sauté. Stir frequently, until the potatoes start to brown, about 5 minutes. Add the garlic, paprika, turmeric, cayenne, and salt. Cook, stirring, until fragrant, about 1 minute. Add the cooked chard, chickpeas, broth, and water. Bring to a simmer, cook until the potatoes are tender, about 15 minutes. Serve the stew garnished with the hard-cooked eggs.

### This Week's Box List

Squash or Zucchini  
Purple Turnips  
Cabbage or Cherry Tomatoes  
Green Onions  
Potatoes  
Garlic  
Lettuce  
Chard  
Basil  
Strawberries  
Plums or Peaches

