



THURSDAY JUNE 26TH 2014 #25/14



Our event center was busy last week with an overnight cooking camp then the solstice party. This is a space that we want members and their friends to use. Let us know if you have an event that would be great to hold on the farm. We have had power meetings of Blue Bottle mangers and Rainbow Grocery bigwigs. You can be assured that the food will be good. It was a delight to see these kids having so much fun cooking with farm food.



### Proof of Climate Change

We have been hosting the garlic braiding party for a long time. Solstice is the perfect weekend as the necks of the garlic are still soft, and perfect for braiding. If we wait a week or someone wants to braid garlic a week later, no luck. The garlic is too dry. It is the same if the spring is late or early; The garlic is always the same, except for this year. When Lorraine and I walked the farm last Wednesday the neck was nice and supple. Perfect, I thought. Then on Saturday when we came to harvest the crop in the field, I knew something was wrong. The garlic was breaking away from the stems. My only explanation is climate change as garlic is such a regular crop, no matter the weather in the spring. So, next year, we will have to hold the garlic braiding party the week before the solstice, or we will harvest the garlic and keep it in the cooler.



### Bloody Fruit

These are berries that grow on a tree. They are so delicate when ripe that they leak juice when you pick them. These are Mulberries and you will probably never see them in your box because they are almost impossible to pick. The juice stains everyone's hands and mouth. We save them for events such as the solstice party where we all go out into the field and gorge ourselves on this wonderful and delicious fruit. I am hoping the pick some and run back to the kitchen to make ice cream flavor for the store. Watch this space...



### The First Tomatoes

On the Sunday morning farm walk, we found that the first Roma tomatoes had ripened, so members went home with a nice haul of the very first love apples. We hope to have enough for everyone's box next week. Later in the season we will be offering boxes of tomatoes for parties and for sauce. These will be first quality or seconds and priced accordingly. We have Early Girls, cherry tomatoes and heirlooms coming soon. The crop looks great, just a tad on the later side this year. The tomato sauce parties are set for the weekend of July 26/27th and August 9/10th. We start at 11am and go until dark. These are sleep overs with a camp fire and breakfast served on Sunday morning before a farm walk. You are limited only by the size of the pots and the number of the jars that you bring.



Joyce works the farmers market for us and came to help with the Solstice party. I was planting around the domes so she got to plant a Buddha's Hand Citrus.

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

If you refer friends to our CSA program, please ask them to include your name in the, "How did you hear about us?" field when they sign up. You'll receive a jar of Nigel's home made tomato sauce as a thank you!  
Discount code 38PNZFR valid until 12/31/14

## Recipes and Menu Suggestions

Dino Kale and Mint Salad, Serve with some sort of protein

Uses: Kale, Mint, Garlic

Provençal Summer Squash and Potato serve with Pan fried Pork Chops and fresh Green Salad

Uses: Potatoes, Summer Squash, Onions, Rosemary, Lettuce and Basil for your Salad

Roasted Beets and Carrots serve with Baked Chicken and some potatoes if you have any leftover

Uses: Beets, Carrots, Rosemary, Potatoes

## Dino Kale and Mint Salad with Spicy Peanut Dressing

From Food 52.com sent to me by Eatwell member Margaret F. Serves 4

1 bunch Lacinato Kale (Dino Kale), chopped very small, almost minced

1 cup fresh Mint, minced

1 cup Walnuts, chopped

Spicy Peanut Dressing

3 TB smooth natural Peanut Butter

3 TB warm Water

3 TB Rice Wine Vinegar

1 TB Pomegranate Molasses

1 TB Soy Sauce

1 tsp fresh Garlic, minced

2 tsp fresh Ginger, peeled and minced

1 tsp Sesame Oil

1 tsp dried Red Chili Flakes

Toss the chopped kale, chopped mint and the walnuts together. If you haven't made the dressing yet, do that next. Put the peanut butter, warm water, garlic, rice wine vinegar, pomegranate molasses, soy sauce, minced ginger, sesame oil and red chili flakes into a blender and whirl away at high speed until everything is smooth. Toss the dressing with the salad. Maybe not all at one time. Pour and toss about half of the dressing and then decide if it needs more.

## Provençal Summer Squash and Potato

FoodNetwork

About 1 lb of Summer Squash,

About 1/4 lb of Potatoes, scrubbed

1 White Onion

Salt and Pepper

1 sprig fresh Rosemary, leaves removed

1 TB Olive Oil

1/4 cup grated Manchego Cheese

Preheat the oven to 375 F. Lightly mist a shallow 2 qt baking or gratin dish with cooking spray. Thinly slice the squash, potato and onion 1/4 inch thick with a mandolin or by hand. Shingle the vegetables in the prepared baking dish in one layer. Season with salt and pepper. Sprinkle with the rosemary leaves and drizzle with olive oil. Cover with foil and bake until the potatoes are tender, 30 to 35 minutes. Remove the foil; sprinkle with the cheese. Bake until the cheese is browned and most of the liquid has evaporated, about 45 minutes more. Let stand at least 10 minutes. Serve warm or at room temperature.



Lavender



Rosemary



Thyme



Smoked Chili



Lemon



Heirloom Tomato

Finishing Salts From The Farm Make Eating Well Simple

## Roasted Beets and Carrots

Realsimple.com Serves 4

1 lb Beets, peeled and cut into 1/2 inch wedges

1 lb Carrots, scrubbed, cut into 2 inch lengths and halved lengthwise if large

1/4 cup red Wine Vinegar

3 TB Olive Oil

2 Sprigs fresh Rosemary

Salt and Pepper

Heat oven to 450F. Toss the beets, carrots, vinegar, oil, rosemary, 3/4 tsp salt, and 1/4 tsp pepper on a rimmed baking sheet. Roast tossing once, until the vegetables are tender, 30 to 35 minutes.

## Summer Fruit Over Homemade Vanilla Pudding

Vanilla Pudding Recipe from Martha Stewart's website

1/3 cup Sugar

3 TB Cornstarch

1/8 tsp fine Salt

1 1/2 cups Whole Milk

1/2 cup Cream

2 large Egg Yolks

2 TB unsalted Butter

1 tsp pure Vanilla Extract

Place a fine-mesh sieve over a medium heatproof bowl. In a medium saucepan, whisk together sugar, cornstarch, milk, cream and egg yolks. Cook over medium high heat, whisking constantly, until thickened and bubbling, about 6 minutes. Reduce heat to medium-low and cook whisking, 1 minute. Pour through sieve into bowl. Stir in butter and vanilla until combined. Press plastic wrap against surface of pudding to prevent a skin from forming and refrigerate 3 hours or up to 3 days. You can use any of the summer fruit from your share. You can either use simple, fresh, sliced strawberries, or slice them and sprinkle with a little sugar. Let them sit until juicy. Peaches or plums can also macerate in a little sugar or you can even cook them with a bit of sugar, lemon juice or a splash of sherry.

These recipes will help you use everything in your box

Strawberries

or Peaches

Plums or Pluots

Kale

Carrots

White Onions

Summer Squash

Lettuce

Potatoes

Garlic

Basil

Beets

Herbs Mint, Rosemary

## Extras and Eatwell Farm Salts

Quite regularly, I hear from members that they had no idea we offer salts, chicken stock, soft drinks, finishing sugars and lavender products to order and receive with their weekly share. I am here to say we do. They are super easy to order through your account online as "Extras." Many of these extras make awesome gifts for wedding showers, baby showers, birthdays, hostess or host gifts, etc. I am not going to take the time to write about all of them, but I would like to share some info about our salts.

I very often use one of our salts in the recipes found in the newsletter. If you have never tried one of the 6 flavors of Eatwell Farm Salts, you should! They are made with exceptionally high quality french grey sea salt and ground with herbs/spices grown on our farm. Believe it or not a better quality of salt will make a difference in your food, plus they still have loads of trace minerals left intact. Regular white table salt does not, and the flavor is simply not the same. Very often the only seasoning I use is one of our salts.

The salts are available in the following flavors: Lavender, Rosemary, Thyme, Heirloom Tomato, Lemon, Smoked Chili. And to help get you started I would like to suggest the Lemon and Smoked Chili Salts; They are both perfect for grilled meats, fish or vegetables. Enjoy!