



WEEK OF JUNE 27TH 2016 #25/52



Some Things You Only Get When You Visit The Farm

And one of those things is the very messy joy of eating Mulberries. The mulberry is the only berry that grows on a tree. We have a nice row of them out next to the grapes. This time of year they are ripe, juicy and delicious. Sadly, they are extremely fragile and impossible to put in the box. But if you come up for an event like the Summer Solstice Sleepover, you get to go out and enjoy them. The farm is available to members this weekend for 4th of July camping, free, if anyone is interested.



One of my favorite things about the summer, is when I get a chance to go out to the strawberries in the mornings. Not really early, you want enough sun time for the berries to warm up a bit. Sitting in the field, picking and eating warm strawberries is amazing, and no matter how good a strawberry is, it will never taste that good. Fortunately, we have strawberries throughout the entire summer, so you will opportunities to experience this yourself if you come up for a Tomato Sauce Canning Party.



Member Camping on the Farm 4th of July Weekend

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! If you are interested in either camping or The Nest you can call me (530) 554-3971.

Bay Leaf Kitchen Camp Has Begun

The first session of camp for Bay Leaf Kitchen started this last week! We had a great time hosting this amazing group of kids and staff. Camping, touring the farm, harvesting directly from the field AND cooking! We shared the farm with them and they shared their meals with all of us. We can't wait to meet this week's group!



STEM Kitchen & Garden Party

One of our CSA pick-up sites in San Francisco is located at the STEM Kitchen & Garden. They offer a seasonally inspired menu with some produce harvested directly from their patio garden with an amazing view. The CSA boxes are stored right in the restaurant. They invite us to their annual garden party each year. We get the opportunity to meet with our hosts, show off the boxes of produce, and engage with potential new members. We are always open to attending local events near any of our pick-up sites. Please get in contact with us if you know of an event where we can display a produce box and answer questions about Eatwell Farm and our CSA Program.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150



Recipes and Menu Suggestions

Summer Squash Soufflé with Warm Potato Arugula Salad

Uses: Onion, Garlic, Summer Squash, Potatoes, Arugula or Parsley, and Lemon Verbena

Chard Pie with Cabbage Basil Salad

Uses: Chard, Onion, Cabbage, Basil, Garlic

Summer Fruit Salad with Lemon Verbena

Uses: Strawberries, Plums or Peaches, Lemon Verbena

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Cabbage and Basil Salad

Recipe by Jacques Pepin

1 small Cabbage (about 1 1/4 lbs)

4 cloves Garlic, peeled, crushed and chopped fine (1 TB)

3/4 tsp Salt

1/2 tsp freshly ground Black Pepper

1 TB Mustard, preferably Dijon-Style

2 TB Red-Wine Vinegar

1/4 cup Extra Virgin Olive Oil

1/4 cup shredded fresh Basil leaves

Cut the cabbage in half and remove the center rib. Shred as you would for coleslaw. You should have about 6 to 7 cups of lightly packed cabbage. For the dressing, combine the garlic, salt, pepper, mustard, vinegar and olive oil in a bowl, stirring with a whisk. Add the cabbage and stir. Just before serving, sprinkle the basil on top. The salad will develop more taste if made a few hours ahead.

What to do with Lemon Verbena

I am asked this often. Last week when the Bay Leaf kids were here, they made several dishes in which they incorporated small amounts of Lemon Verbena, they had some in potatoes, and in vegetable salads, everything was delicious. The key is to chop finely and use small amounts. I often use it to replace kefir lime leaves and lemon grass. I love it on a simple fruit salad. But to make a simple fruit salad even more special try a cold infused cream as a topping. Food 52 had a great article about how to do that which is included below.

Summer Squash Soufflé

Recipe from NYT by Mark Bittman

This was in last week's newsletter, but it is worth repeating because most of you get the box every other week, and it is so delicious, I plan on making it again this week.

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, and 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.

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

Warm Potato Arugula Recipe and all other recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

This Week's Box List

Summer Squash

Cabbage

Green Onions

Potatoes

Garlic

Chard

Basil

Lemon Verbena

Parsley or Arugula

Strawberries

Plums or Peaches

Olive Oil Dough:

2 1/2 cups All-Purpose Flour

1/3 cup Extra Virgin Olive Oil

1/2 cup cold Water

3/4 tsp Coarse Salt

Pie Filling:

2 TB Extra Virgin Olive Oil

1 medium Onion, cut into small dice

4 Garlic cloves, minced

2 1/2 LBS Chard, stems cut into small dice and leaves torn

3/4 tsp Red-Pepper Flakes

Coarse Salt and ground Pepper

1/2 cup grated Parmesan

3 TB All-Purpose Flour

Grated Zest of 1 large Lemon, plus 1 TB fresh Lemon Juice

1 large Egg Yolk

To make the dough, combine the flour, olive oil, cold water and coarse salt in a bowl. Stir with a fork to combine, then

turn out onto a work surface and knead 1 minute. Cover dough with plastic wrap and let rest at room temperature, 30 minutes. For the filling: In a large pot, heat olive oil over medium-high. Add onion and garlic; cook until onion begins to soften, about 2 minutes. Add chard stems and red pepper flakes; cook until stems begin to soften, about 2 minutes. Pack chard leaves into pot; season with salt and pepper. Reduce heat to medium, cover, and cook until chard leaves wilt, about 4 minutes. Uncover and cook, stirring occasionally, until chard is soft, about 4 minutes. Drain, pressing out as much liquid as possible. Place chard mixture in a large bowl and toss with Parmesan, flour, lemon zest and juice. Season with salt and pepper. Roll two-thirds of the dough to a 12 1/2" round; fit into an 8" round cake pan (2" deep). Fill bottom crust with chard mixture. Roll remaining dough to a 9 1/2" round' place over filling. Pinch edges of dough together and tuck in to seal; cut several vents into Pie. Combine yolk with 1 tsp water and brush over dough, avoiding edge of pan. Freeze pie. To serve, preheat oven to 400 F, with rack in lowest position. Bake frozen pie until crust is deep golden brown, about 1 1/2 hours. Serve warm or at room temperature.

Cold Infused Cream

Food 52

Cold infusions work well with fresh mint tarragon, lemon verbena, rose geranium and fresh rose petals. The cold method is good for tender, fresh herb leaves, like basil, but also works well with dried lavender. Chop leafy fresh leaves with a very sharp knife, without crushing or bruising them. Stir with cold cream, cover, and refrigerate 8 to 12 hours. Strain the cream, pressing on the solids to extract as much cream as possible. Discard the solids. Some cream will have been absorbed into the solids; add additional cream if necessary for a recipe. If you are not using the infusion immediately, cover and refrigerate it until needed.

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