

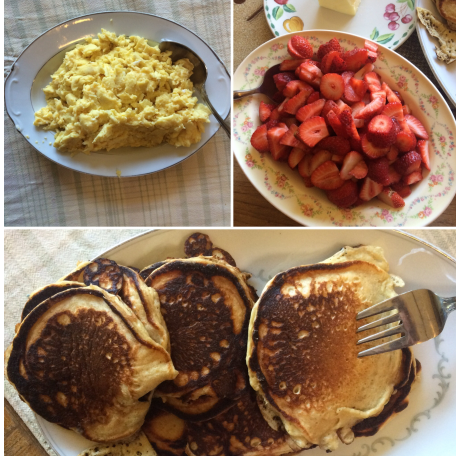


WEEK OF JULY 4TH 2016 #26/52



Camping on the Farm

We did have a few folks, all women actually, take us up on the offer to camp on the farm this past weekend. The farm on non-event weekends is pretty amazing, not that it isn't amazing on event weekends, but in a different way. It is peaceful and relatively quiet in a farm way - nothing stops the roosters or the geese. Everyone took me up on my offer of breakfast in the farmhouse and as it was just a small group of us I could make some Eatwell Pancakes. Our heirloom wheat flour really makes the best pancakes. I always wish I could make them for you all when we have the big sleepovers, but I just don't think I can get them out to you fast enough. It was wonderful to have the time to really visit and talk over breakfast. It always feels like the event breakfasts are a mad dash to get food ready and out for everyone and I don't get much time to visit. So keep in mind, as a CSA member, the farm is yours to enjoy. If you need a weekend, or a couple of weekdays away from the hustle and bustle of city life, let us know, and come up for a few days of camping!



Tomato Sauce Party

From the looks of your box this week, you can tell Tomato Season is upon us. The summer crops are coming on and we are now harvesting summer squash, basil, and tomatoes from the fields. It won't be long until the Tomato Sauce Canning Parties and Sleepovers begin. This is a wonderful time to get your friends and loved ones together and join in our tradition of making and canning tomato sauce. I've heard nothing but good things about this gathering. Groups bring together their cooks and cooking equipment. With produce supplied from the farm and Nigel's Naked Sauce Recipe, everyone is able to create a delicious tomato sauce that will get them through the rest of the season when the tomatoes are no longer available in the fields. We hope you can join us sometime this summer. We have three weekends of



Sauce Parties scheduled, July 23rd - 24th, August 6th - 7th, and August 20th - 21st. For more information and to get tickets go to www.eatwell.com/events



When the Kid Comes to Visit

The boys have been on the farm just about their entire summer vacation so far. During this very difficult time, their help has been amazing. The "Kid" in the middle is Kalina, my adopted daughter. She came to live with me when she was 15. Now all grown up, she is living in NYC, working in a salon as a hairstylist. When she heard about Nigel, she wanted to come home for a visit. It is amazing putting the boys into perspective with Kalina, they were smaller than her when we all first met. Originally Kalina called the boys - both of them - "kid" as to never mix up their names, so now they are all just Kid. During the challenging times it is wonderful to have all the "Kids" home, even if only for a few days. And her other motivation was to get some really good, fresh food, which, according to Kalina, is just not possible in New York.



Birding at the Farm

I don't consider myself a strong 'birder', but it is hard not to notice the diversity of birds throughout the farm. From the raptors perched within the tree lines, the orioles seen flying over the fields at the peak of strawberry season, and the California quails roosting on the chicken tractors, I've come across over 30 different birds on the farm since I've been here. These birds are a prominent indicator of the good land stewardship that occurs on the farm. Prior to working full-time at Eatwell Farm, I worked in land restoration. I had projects recreating landscapes with native oak woodlands throughout the Sacramento area. Of the numerous sites I visited and worked on, I never came across the magnitude of diversity I see here and some of those project sites included wildlife refuges. It is incredible to see what 100 acres of an organic, diverse farm cropping system can create for the wildlife in the area. The bird variety shows there is quality habitat, food, and nesting opportunities available. In return for providing this, the farm is rewarded with increased pollination, pest control, and a better balance in the environment. This balance is what we strive for in an organic farming system. We hope by taking care of the land, soil, and plants, the above and below ground wildlife can thrive and keep each other in check, and we can have an abundance of healthy produce.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

ORGANIC@EATWELL.COM

TEXT/VOICE 707-999-1150



Recipes and Menu Suggestions

Potato Stuffed Grilled Summer Squash; great with Grilled Fish or Chicken and a Summer Salad

Uses: Potatoes, Summer Squash, Basil, Garlic, Lettuce or Stir Fry Mix, Fruit for Salad

Pan Roasted Cherry Tomatoes over White Beans

Uses: Cherry Tomatoes, Onion, Garlic, Basil

Chard Al Forno; serve with a Summer Salad

Uses: Chard, Garlic, Salad Fixings - Lettuce, Cherry Tomatoes, Fruit, Basil

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

A Note From Lorraine

This week I included a recipe from the cookbook *One Good Dish* by David Tanis. Reading the forward just put a smile on my face. He states so eloquently what I hope I inspire many of you to do weekly, and that is to cook, even the most simplest of meals. "There are so many good reasons to stay home and cook. And, even though we may not always have the energy to invest in a complex meal, making one simple, delicious dish (maybe two) is certainly manageable. One good dish, carefully prepared and eaten with pleasure, is an end- and a delight- in itself."

Potato Stuffed Grilled Summer Squash

Serves 6

Recipe from Bay Leaf Summer Camp Session Two

6 each Summer Squash, sliced in half lengthwise and seeds hollowed out with spoon

8 small Potatoes, washed

Juice of 2 Lemons

1/2 bunch Basil, chiffonade

1/2 cup Butter

Salt and Pepper, to taste

Boil whole potatoes in large stock pot of salted water until tender. Remove potatoes from pot into a mixing bowl and smash with fork, then add butter, salt, pepper and lemon juice. Stuff smashed potato mixture into each hollowed out piece of summer squash. Grill on medium heat with squash side touching the grill for 5-8 minutes. Remove from grill and sprinkle with basil on top of each one right before serving.

Jacques Pepin's Basil Dressing

This was part of a recipe I included in last week's newsletter. Homemade dressing is so much better than store bought, but it is helpful to have a recipe. For this salad you can use either the lettuce or the stir fry mix, depending on what you have. If you have stir fry mix you might consider blanching it for a minute in boiling water, then chill in ice water, drain well, then chop. I love strawberries with Basil, but the plums would work as well.

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

Combine the garlic, salt, pepper, mustard, vinegar and olive oil in a bowl, stirring with a whisk. Just before serving, sprinkle the basil on top.

Pan Roasted Cherry Tomatoes over White Beans

Farmhouse Kitchen

I made this the other night for dinner. It was extremely simple, and quite delicious.

1 basket Cherry Tomatoes, green tops removed, and cut in half
Olive Oil

Salt, Eatwell Farm Rosemary Salt

1 small Garlic clove, smashed

1 small Onion, quartered

A few Basil leaves, finely chopped

Fresh Ground Black Pepper

Cooked White Beans, 1 can is probably enough

In a medium sized skillet add one good glug of olive oil, then pour in the halved cherry tomatoes. Cover and cook for about 10 minutes, then add the garlic and the onion, cover back up and cook for another 5 minutes. Uncover and if there is a lot of liquid, which is what I experienced, cook uncovered for at least another 5 minutes, or at least until the liquid is greatly reduced. Add salt and pepper. Heat beans. Serve up a portion of beans, spoon on some of the tomatoes, make sure you get some of that reduced juice, top with a little olive oil and some of our Rosemary Salt.

This Week's Box List

Tomatoes

Summer Squash

Potatoes

Green Onions

Garlic

Stir Fry Mix or Lettuce

Chard

Basil

Peaches or Nectarines

Strawberries

Plums

Chard Al Forno

From One Good Dish by David Tanis

For the Béchamel:

4 TB Butter

1/4 cup All-Purpose Flour

2 to 3 cups Milk

Salt and Pepper

Grated Nutmeg

For the Rest:

2 lb Chard

Salt and Pepper

2 TB Olive Oil

2 Garlic cloves, minced

Pinch or Red-Pepper Flakes

3 TB Butter

3/4 cup grated Parmigiano-Reggiano, Pecorino Romano, or Gruyere

To make the béchamel, melt the 4 TB butter in a small saucepan over medium heat. Whisk in the flour and let cook for 1 minute. Add 2 cups of milk, 1/4 cup at a time, whisking constantly as the sauce thickens. Then add more milk if necessary. Season generously with salt and pepper and with nutmeg to taste. Turn the heat to low and cook, whisking, for 10 to 15 minutes. Keep the sauce warm in a double boiler. Meanwhile, cut the stems from the chard. Trim them and cut into batons about 1/2" thick by 3". Rinse well and set aside. Stack the chard leaves about 6 at a time, roll them up like a cigar, and cut into 1" wide strips. Wash twice in cold water and drain. Bring 8 cups well-salted water to a boil in a saucepan. Add the chard stem batons and simmer until tender, about 5 minutes. Drain and let cool. Heat the olive oil in a wide skillet over medium-high heat. Add the garlic and the red pepper flakes and let sizzle without browning, then add the chopped chard leaves. Season with salt and pepper and stir-fry until just wilted, about 2 minutes. Drain in a colander. When the chard is cool, squeeze to remove excess liquid. Heat the oven to 400 F. Use 1 TB of the butter to grease a 2 qt gratin dish or shallow baking dish. Add the chard leaves in an even layer. Arrange the cooked stems over the top. Spoon the béchamel over the entire dish. Sprinkle with the grated cheese and dot with the remaining 2 TB of butter. Bake until golden and bubbling, about 25 minutes.

