



WEEK OF JULY 11TH 2016 #27/52



Eggplant

Last year, our eggplant crop was a bit of a fail. I don't think we ever had it in a share, or if we did it was only once or twice. I realize there are those of you who hate the gorgeous purple globes, but I love them and always have. One of my childhood favorites was breaded and fried, which is how my Mom always made eggplant. Now I enjoy them sliced, roasted in the oven, and served with some saffron yogurt sauce. Very simple, elegant and satisfying. If you have a grill or smoking capabilities, then you might consider a smoked eggplant dip, which is truly amazing! Chances are, even those eggplant



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



Cooking with the Kids

There is tremendous benefit to getting kids into the kitchen and they can start at a much younger age than most parents realize. With a bit of common sense, you can easily give them tasks to help out with meal preparation. Off the top of my head, during tomato season, I would suggest taking the little green tops off of the cherry tomatoes. That would be a great job for the really young. When they get a little older teach them good knife skills, because it is better to learn early and get years of practice with an adult to guide them. Nowadays, there are knives made specially for children that are a bit safer to use.



I have learned that one of the best ways to get kids to eat foods they think they don't like, is to have them either make an entire dish, or help to make a dish using those not so loved ingredients. It amazes me how often a child will eat something they don't like, just because they helped make it. So much can be taught through cooking: math, reading, vocabulary, time management, process organization - what task comes first, what can you save for last etc. In the beginning it might take you a little more time showing them what and how to do things. In the long run, with just a little bit of help, meal preparation can go a lot quicker. Plus it is time spent together.

All this in mind, Elianna from Bay Leaf Kitchen is working on some kid approved recipes (I have included some of the camp recipes the last couple of weeks), that I hope to feature as often as possible. I will try to remember to make a note that it is a kid friendly recipe. Lastly, let them be creative and work on their own recipes. I am always pleasantly surprised with what the kids create here on the farm during their two days of camp. The kids put together some really delicious, creative stuff. So invite the little ones into the kitchen and I doubt you will regret it.



Love On The Farm

This past weekend, a couple of CSA members came up for a night in The Nest. Kristina and Philip arrived Saturday afternoon, unpacked, and then took off for a little wine tasting in the nearby town of Winters. Back on the farm, they went out and took advantage of the few mulberries that the birds had left behind. They were scheduled for a dinner in the house. I was

really happy to cook for them and have some company. We also got to see them up here for breakfast the next morning. The light here on the farm in the evenings is really magical, the mornings are pretty special, too. Being on the farm on the non-event weekends, you have an opportunity to experience it all in a very different way. There is such a beautiful energy here, I know I felt it the first time I visited. That magic must have done its job, because before Kristina and Philip took off back to the City on Sunday, they stopped by to let us know Philip had proposed! I love that their love has moved to the next step and that it happened here on the farm. We wish them all the best and a very long, healthy, and happy life together!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Zucchini and Rice Filo Pie; Serve with an Heirloom Tomato Salad
Uses: Onion, Zucchini, Tomatoes, Basil
Baba Ganouj; Serve with Radishes, Pita Bread and Cherry Tomatoes
Uses: Eggplant, Radishes, Cherry Tomatoes
Stir Fry Mix and New Potato Curry; Serve over rice
Uses: Stir Fry Mix, Onion, Potatoes

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

Zucchini and Rice Filo Pie

Recipe from River Cottage Veg by Hugh Fearnley Whittingstall

This morning I was thinking that some kind of filo with zucchini sounded like a good recipe for this week's share. While I was looking through this book for a Ratatouille recipe, I stumbled across this one! Sometimes you get what you ask for.

1 lb Zucchini, coarsely grated
1/3 cup Long-grain White Rice
1/2 medium Onion, finely chopped
2 1/2 oz Hard Goat Cheese or Mature Cheddar, grated
2 large Eatwell Farm Eggs, lightly beaten
2 TB Olive Oil
A handful of Dill, chopped (I am using Basil instead)
A good handful of Flat-Leaf Parsley; chopped
Sea Salt and freshly ground Black Pepper
8 oz of Filo Pastry
5 TB unsalted Butter

Preheat the oven to 375 F. Mix the zucchini, rice, onion, cheese, eggs, olive oil and chopped herbs together in a large bowl. Season with plenty of salt and pepper. Take a sheet of filo pastry, brush with a little melted butter, and use it to line a smallish ovenproof dish, about 6 cups capacity, placing the pastry buttered side down. Let any excess hang over at the ends. Add another buttered sheet on top and continue until you've used all but one sheet of pastry. Tip the filling into the pastry-lined dish. Fold over the pastry ends to enclose the filling, dabbling with a little more melted butter to keep the pastry together. Take the remaining sheet of pastry, crumple it lightly in your hands to give a nicely textured finish, and place it on top of the pie, tucking in the edges around the side. Dab a little more butter over the surface and bake for 45 minutes until golden. Serve hot or warm.

Baba Ganouj

Moosewood Cookbook by Mollie Katzen

2 medium small Eggplants
Juice from one good sized Lemon
1/2 cup Tahini
3 medium cloves Garlic, crushed
1/2 cup finely chopped Parsley
1 tsp Salt or more to taste
1/2 cup finely minced Scallion, optional
Lots of fresh Black Pepper
1 TB Olive Oil

Cut off the stem and end of eggplants and prick them all over with a fork. Place them on an oven rack directly, and let them roast slowly until completely tender (about 45 minutes). When they are sagging, wrinkled, crumpled and totally soft, you'll know they're ready. Remove them gingerly from the oven and wait until cool enough to handle. Scoop out the insides and mash well. Combine with all other ingredients, except olive oil. Chill the ganouj completely and drizzle the oil over the top just before serving.

Roasted Tomato Sauce

Eatwell Farmhouse Kitchen

We ran out of tomato sauce a couple of months ago, big tragedy. So the moment we had any ripe tomatoes come in, I had to make a sauce. Those turned out to be cherry tomatoes, which I cooked in the pressure cooker, drained, pureed, and then pushed through a sieve. I had reduced the liquid that had drained by A LOT and then mixed it all together. I actually made a really delicious sauce and tomato soup. But my true favorite way to make sauce, is to roast tomatoes in the oven until they are just about to get a few spots of dark brown and go from there.

I take all of the slicers, or even your cherries or heirlooms and cut the tomatoes in half. I place them in an ovenproof baking dish, cut side up, and drizzle a bit of good olive oil over the top. I like to sprinkle them with a little bit of our Rosemary or Thyme Salt and then I roast them in a very hot oven, set to about 400F. The tomatoes will caramelize a bit in the oven. When you pull them out, drain the liquid and put it into a pot over medium heat until it is reduced by at least half. I puree the tomatoes with an immersion blender and then push them through a sieve. Once the liquid has reduced enough, I add the tomato paste to the pot. Cook a few more minutes to reduce a little more and then enjoy!

This Week's Box List

Cherry Tomatoes
Red Tomatoes
Heirloom Tomatoes
Eggplant
Summer Squash
Potatoes
Green Onions
Radishes
Stir Fry Mix
Basil
Peaches or Nectarines
Plums

Stir Fry Potato Curry

River Cottage Veg by Hugh Fearnley Whittingstall

Sometimes one book gives me so many recipes, today it is Veg.

1 lb Stir Fry Mix
2 TB good Vegetable Oil

1 Onion, halved and thinly sliced
3 Garlic cloves, peeled
1 Green Chile, seeded and finely chopped
1 - 1" piece of Ginger, peeled and chopped
1 tsp Garam Masala
1/2 tsp Mustard Seeds
1/2 tsp ground Cumin
1/4 tsp ground Turmeric
3 Cardamom Pods, bashed
12 oz of Potatoes, quartered
1 cup plain full-fat Yogurt
1 1/2 TB Tomato Paste
A small bunch of Cilantro, coarsely chopped
Sea Salt and freshly ground Black Pepper
A small handful of Almonds, cashews or pistachios, toasted and chopped

Chop up the stir fry mix. Heat the oil in a large saucepan over medium heat, add the onion, and fry until just golden. Meanwhile, pound together the garlic, chile and ginger with a pinch of salt to a paste. Add the paste to the onion and cook, stirring, for a couple of minutes. Tip in the rest of the spices and stir for a minute or two. Add the potatoes and fry, stirring frequently, for 5 minutes, so that they are well coated with the spice mixture. Pour in about 1 2/3 cups of water, enough to just cover. Add the stir fry mix, cover and cook until potatoes are tender. In a bowl whisk together the yogurt, tomato paste and some of the hot liquid from the curry. Remove the curry from the heat, stir in the yogurt mixture, return to the heat, and warm through very gently. If it gets too hot, the yogurt will curdle. Stir in most of the cilantro. Taste and add salt and pepper if needed. Scatter over the toasted nuts and remaining cilantro and then serve with rice and naan.

