



WEEK OF JULY 25TH 2016 #29/52



Armenian Cucumbers I, for one, am very excited to have cucumbers in the box. The Armenian Cucumbers are actually not a cucumber, but rather a type of muskmelon. So far, I have found they are not as seedy or watery as cucumbers, so perfect for my favorite Schopska Salad. I have posted schopska recipes every year since our trip to Bulgaria, 4 years ago, and am including it again this year. The flavor of the Armenian Cucumber is delicious and we have been enjoying them on sandwiches, salads, and don't forget tzatziki or raita (I am including a recipe for raita to go with the Eggplant and Potato Curry). In the description of the Armenian Cucumber they say it is never bitter, and the skin is thin so it does not need to be removed.



## What's Happenin' In The Hood

I find myself rather fascinated by all that goes on around Eatwell during these busy summer months. Since our farm never has acres and acres of one thing, the surrounding farms are strikingly different to us. The landscape around us can change pretty dramatically in just a couple of days. Corn seems to pop out of the ground at 6' tall overnight, fields of green wheat suddenly become amber waves of grain. I particularly love the fields of Sunflowers, their happy yellow faces turning toward the sun. In Italian they are called Girasole, girare meaning "turn" and sole for the sun - ever following the sun. The sunflowers around us are grown for their seeds, most of which are shipped off to France. Sadly, the seeds aren't harvested until the sunflowers are all dried up and quite ugly. But at the moment, driving down our road, the bright yellow acres are just beautiful.

The most activity in the "hood" this time of year happens in the tomato fields. Right now we are smack in the thick of harvest. Campbell's has a plant here in Dixon that runs 3 to 4 months a year, simply making tomato soup. Trucks zoom up and down our road (far too fast, if you ask me!) 24 hours a day. The tomato harvesting also happens 24 hours a day. The soup factory is open for business and it, too, is running 24 hours a day. The harvesting rigs are enormous, operating at night using big lights. Literally, the plants are ripped out of the ground and sorted, the green tomatoes removed from the red ones, using sensors just before they go up the conveyor belt. As Nigel always tells people, these are not tomatoes you would want to eat, as they are grown for color and texture. The flavor happens when the soup blends are made. The blends are flavored differently depending on what part of the world the soup is going to.

Still amazed by this place I now call my home. Watching the world change as the plants grow, or the harvests come in, and the seasons change. I realize my reckoning of time is quite different from how it was growing up in the City. The sounds of my "hood" are the roosters crowing (all night long), singing their version of a round robin, or the geese honking whenever anyone comes up to the house, and at this time of year the sound of harvesters and big rigs speeding down the road day and night. Life is certainly different from way back then, but really fun tuning into all that is happening around me.

## Tomato Sauce Canning Party #1

This last weekend was our first Tomato Sauce Canning Party at the farm of the season. I had heard numerous stories of what these events were like, but this was my first time attending. With 102° temperatures, not only were the tomatoes cooking, but so were we! We had a great turn out, which included both experienced canners, as well as, novices, sharing tools, tomatoes, and conversation. There was an incredible array of equipment from camping stoves to brewery kettles and the tomatoes were plentiful. We had Romas, Heirlooms, and Red Slicers available for processing and the field crews continued to bringing us crates of them throughout the day. I



recommend you join us for one of the upcoming events. It is not easy to describe the atmosphere that occurs when you bring together a large group of extremely motivated and friendly individuals determined to make sauce! You must experience this for yourself.

Our next events are on August 6th-7th and August 20th-21st. Get information and tickets at [eatwell.com/events](http://eatwell.com/events).



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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## Recipes and Menu Suggestions

Creamy Kale and Zucchini Pasta; enjoy as a one dish meal or with a Tomato-Cucumber Salad on the side

Uses: Kale, Zucchini, Onion, Basil, Cherry Tomatoes, Cucumber

Eggplant and Potato Curry served over Basmati Rice; Cucumber Raita on the side

Uses: Eggplant, Onions, Potato, Cucumber

Cheddar and Heirloom Tomato Open Faced Sandwiches with Basil Mayo

Uses: Heirloom Tomatoes, Basil, Cucumbers

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

## Heirloom Tomato, Cheddar Sandwiches with Basil Mayonnaise

I realize I say this often, but today it was really funny.

Looking for a recipe for Basil Mayonnaise to use on these sandwiches, I grabbed my copy of the Greens Cookbook and found Tomato and Cheddar Sandwich with Basil

Mayonnaise. Guess it is meant to be. Hope some of you will enjoy these sandos!

Basil Mayo - Recipe from Greens The Cookbook by Deborah Madison

1 clove Garlic

4 to 6 TB Basil leaves, chopped

1 Egg

1/2 to 1 tsp Dijon Mustard

1 TB Lemon Juice Or White Wine Vinegar (I typically use Sherry Vinegar)

1 cup light Olive Oil (I actually prefer a light less flavorful oil like Grapeseed or Sunflower)

Use an egg that is room temperature, you can make this happen quickly by putting it into a cup of hot water for two to three minutes. Separate the white from the yolk.

Combine the egg yolk, salt, mustard and lemon juice or vinegar in a bowl; set the bowl on a folded towel to keep it from moving around. Briskly whisk the ingredients together

until they are thoroughly blended; then begin adding the oil, drop by drop at first, then in gradually increasing amounts. When the oil is completely incorporated, taste the mayonnaise, and add more salt or lemon juice or vinegar if desired. A very thick mayonnaise can be thinned by stirring in a spoonful or two of hot water until you get the consistency you want. Mash the garlic in a mortar until it has broken down into a fine paste. Stir it into the mayonnaise, then add the basil and combine.

### FOR THE SANDOS

Slices of good Bread of your choice. Slather on the Basil Mayonnaise, add a slice or two of well-aged Cheddar, and top with thick slices of Heirloom Tomato and thinly sliced Cucumber. Add Salt and freshly ground Black Pepper to taste.

## Eggplant and Potato Curry

Recipe found on Food and Wine

2 large Eggplants (about 1 1/2 pounds each), pricked all over with a fork

3 TB Vegetable Oil

2 Onions, sliced

2 cloves Garlic, minced

2 TB grated fresh Ginger

1/2 tsp ground Coriander

1/2 tsp ground Cumin

1 tsp Fennel Seeds

1 Jalapeño Pepper, seeds and ribs removed, minced

1 lb Potatoes, peeled and cut into 1/2" cubes

2 tsp Salt

2 cups Water

3 medium Tomatoes (about 1 LB), chopped

2 TB Lemon Juice

1/2 cup chopped Cilantro

Heat the broiler. Put the whole eggplants on a baking sheet and broil, turning occasionally, until charred and soft, about 10 minutes. Set aside to cool. In a Dutch oven, heat the oil over moderately low heat. Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic and ginger and cook, stirring until fragrant, about 1 minute. Stir in the coriander, cumin, fennel seeds, and jalapeño and cook, stirring, for 1 minute longer. Add the potatoes, salt and water and bring to simmer. Cook, covered, until the potatoes start to soften, about 10 minutes. Cut each eggplant open and spoon the pulp into the potato mixture. Simmer, uncovered, until the potatoes are tender, about 5 minutes more. Add the tomatoes and heat through, about 2 minutes. Stir in the lemon juice and cilantro and serve over rice.

## Creamy Kale and Zucchini Pasta

Recipe by Lindsay Rey found on [veganyumminess.com](http://veganyumminess.com)

Serves 3-4

1/2 LB Penne Pasta

1/2 cup Cashews

1/2 cup Coconut Milk, full fat - not lite

3/4 cup hot, salted Pasta Water, divided, plus more if needed

2 TB Nutritional Yeast

1 TB Lemon Juice

1/2 tsp Salt - plus more for pasta and veggies

1 TB Extra Virgin Olive Oil

8-10 oz fresh Zucchini, quartered and thinly sliced

1/2 Onion, thinly sliced - about 2/3 cup

2 cloves Garlic, minced

1/4 cup Green Peas (frozen peas are perfect)

1 cup (packed) Kale leaves

Chopped Basil

Cook pasta, in salted water, until al dente, according to package instruction. Save about 1 cup of pasta water and set aside. Then drain pasta, and set cooked pasta aside too. In a high-speed blender, place cashews, coconut milk, 3/4 cup pasta water, yeast flakes, lemon juice, and 1/2 tsp salt. Blend on high until smooth. In a large skillet, heat olive oil on medium-high heat. Once oil is hot, add zucchini and onion. Toss veggies occasionally to keep them from burning, and sprinkle with a pinch of salt. Add the kale now as well. Once veggies are barely fork tender, add garlic and green peas to your skillet, and cook for another 30 to 60 seconds. Pour pasta and blender contents over the veggies in your skillet, and stir to combine. Allow mixture to cook for another 30 seconds or so, just until everything is hot and bubbly looking. Your cashew cream will thicken up pretty quickly, and you'll want to remove it from heat as soon as it does. If your cashew cream is too thick and is starting to look goopy, go ahead and toss in the extra 1/4 cup of pasta water that you saved. Garnish with fresh chopped basil and serve immediately.

## Raita

Bon Appetit 2008

1/2 cup Plain Yogurt

1/2 cup chopped, seeded Armenian Cucumber

2 TB chopped fresh Cilantro

2 tsp chopped Green Onions

1/4 tsp ground Coriander

1/4 tsp ground Cumin

Mix all ingredients in medium bowl, season to taste with salt.

Chill raita, covered, until ready to serve.

## Schopska Salad

1 or 2 Tomatoes

1 or 2 Cucumbers

1 clove Garlic, finely minced

A small handful of Bulgarian Feta

1 TB Onion, finely chopped

A drizzle of Oil or a Light Vinegar

Salt and Pepper to taste

Chop cucumbers, tomatoes, garlic and onion into a bowl.

Drizzle on the oil, season with salt and pepper, toss well. Top with feta.

### This Week's Box List

Cherry Tomatoes

Red Tomatoes

Heirloom Tomatoes

Eggplant

Cucumbers

Summer Squash

Potatoes

Onions

Green or Red Kale

Basil

Nectarines

Plums

Strawberries

