



WEEK OF AUGUST 1ST 2016 #30/52



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.



Herbal Bouquets

I know the majority of you don't make it down to the Ferry Plaza Farmers Market, but sometimes I like to enjoy a bit of the special things that happen there. Right now our herb table is looking so beautiful! Connie has done such a wonderful job with the herbs, the bunches look fantastic, and I have spent much time and money on getting the display just right. Many of the herbs are flowering at the moment, like the mint and hyssop, plus we have Echinacea and multi-colored Yarrow. The chefs go crazy. A few weeks ago Joyce took the herbs to another level making beautiful herbal bouquets! They are really so lovely, I wish it was something we could include in the boxes, but that is just impossible. But if you come to the Market anytime soon, find Joyce and ask her for one of her gorgeous bouquets, she loves making them!



Success or failure?

We are always experimenting on the farm. Sometimes the results are clear, other times mixed. Many of you have noticed that the egg yolk color is not as golden as normal. The color is dependent on how green the pasture is and what is added to the feed. Alfalfa and calendula flowers can be added to the feed, also. Since March, Jose and I have been using the chickens to clean up vegetation below fruit trees, lilacs, and windbreaks. There were numerous grasses and lots for the chickens to eat, but not our usual delicious, custom blend pasture mix. The result was that the chickens did a fantastic job fertilizing trees and saving Papa Ramon time and fuel by not weed whacking, but the egg color has not been so pronounced. Last Thursday, they were all moved to fresh pasture, so over the next few weeks we should see golden yolks return.



Using the chickens as workers to help us maintain the farm is important, but next time we will add some bales of alfalfa to their feed and may even cut some fresh pasture for them every day. Thank you for understanding.

Summer's Bounty

Hard to not be impressed with boxes like these! Nigel was the famous Tomato Wonderland farmer and we are certainly in the thick of it these days. I always ask that all the Roma tomatoes that do not sell at the market come back to the farm. I spend a couple of days, taking my time, roasting them in giant pans, draining off the extra liquid (which I reduce in a separate pot), quickly run them through the food mill, and then cook on low to thicken up my sauce. It's easy, it doesn't take much active time and works well with my schedule. This past winter we ran out of tomato sauce and I am determined to make sure that doesn't happen again! There are still tickets available for this weekend's Sauce Party, believe me, if you haven't sauced at Eatwell, you will be very happy with yourself in January if you do. So take advantage of the 2,000 + lbs of tomatoes the crew picks for the Tomato Sauce Canning events and fill your winter pantry with summer's bounty!



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Gazpacho, serve with Crunchy Bread

Uses: Large Red Tomatoes, Cherry Tomatoes, Cucumber

Eggplant Pasta Sauce, serve over your favorite Pasta with Quick Pickled Turnips

Uses: Eggplant, Basil, Turnips

Chicken Verde, serve with Tortillas and Grilled Summer Squash

Uses: Tomatillos, Onion, Summer Squash

Don't Forget the Mezze

Uses: Lunchbox Peppers, Heirloom Tomatoes, Cucumbers, Eggplant, Summer Squash, Basil, Nectarines and Plums

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

A Note From Lorraine

I received some really great recipes from members this week, that I will share with you. A couple of eggplant recipes, one for this week and one for next :) and an easy Gazpacho that I can't wait to try!

Gazpacho

Recipe from CSA Member Justina J

I don't have exact measurements here, but I believe it would be pretty easy to put together to your personal preference.

Puree the large Tomatoes with a splash of Sherry Vinegar, and 1 clove of Garlic, you can add more if you like, add a good splash of Olive Oil and Salt and Pepper to taste. Pour into a big bowl. Add the smaller Cherry Tomatoes, or cut the larger ones in half, and add chopped Cucumber. The cucumber will give it a nice bit of crunch and texture. Taste and adjust for seasoning. You can add more vinegar, oil, and salt and pepper if you like.

Chicken Verde

Eatwell Farmhouse Kitchen

This is another one of those recipes that has rather loose quantities. It is really simple.

Tomatillos

1 Onion, quartered

2 cloves Garlic, crushed

Water or some Eatwell Farm Chicken Stock to cook the

Tomatillos, Onion and Garlic

2 lb boneless/skinless Chicken meat, chopped into bite sized chunks

Oil

1 tsp Coriander powder

1 tsp Cumin powder

Pinch of Red Pepper Flakes

2 tsp Eatwell Farm Smoked Chili Salt

Take the outer paper-like skin off the tomatillos and give them a quick rinse. Put them into a pot with the onion and garlic and cover with water Or a combo of water and stock. Bring to a boil, then reduce the heat to a simmer and cook until tomatillos and onion are tender. Carefully put the tomatillos, onion and garlic into a blender and puree. Add some of the cooking water to get it to the thickness you like. In a skillet heat enough oil to cook the chicken. When it is nearly browned, add the spices and salt, and cook a couple of minutes longer. Pour over the tomatillo sauce and simmer on low for at least 10 minutes. Serve with tortillas, avocado and grilled summer squash*.

*I have a grill pan and love to cook my summer squash in it. I slice them lengthwise, rather thin, heat the pan with some good oil and put them in hot. I make sure to leave a tiny bit of space between them. I don't want them overlapping. Cook them long enough to get some grill marks, then flip them over and cook on the other side. Sprinkle with your favorite Eatwell Farm Salt.

Eggplant Sauce

Recipe from CSA Member Pat K.

Pat is not an eggplant lover, but she does love this recipe. And she explained in her email - the fact that eggplant absorbs so much oil is actually a benefit in this recipe.

2 or 3 Eggplants, cut into small cubes

1/2 to 3/4 cup Olive Oil

2 to 3 TB Butter

4 or more cloves Garlic

A couple of handfuls of Kalamata Olives, pitted

Eatwell Farm Thyme Salt

Oregano or another Herb (If you use Basil from this week's share, slice into thin little strips and add at the very end.)

1/2 to 3/4 cup Eatwell Farm Chicken Stock or Water

Optional: Toasted Pine Nuts and chopped Parsley

Heat Olive Oil and butter in a large frying pan. Add eggplant, then garlic. Cook over medium to med-high heat, stirring now and then until eggplant begins to brown and cooks down by about half. This will take a while, 1/2 hour or so. While this is cooking, put pasta water on to boil, then add pasta. Add oregano or other herb(s) to the eggplant. Add chicken stock or water and the olives, a third cup or so at a time until it has the consistency you like, or similar to a very thick tomato sauce. You can use the pasta water. When pasta is cooked, pour sauce over it and stir. Then add chopped parsley and toasted pine nuts.

This Week's Box List

Cherry Tomatoes

Red Tomatoes

Heirloom Tomatoes

Tomatillos

Lunchbox Peppers

Eggplant

Cucumbers

Summer Squash

Purple Turnips

Onions

Basil

Nectarines

Plums

Quick Pickled Turnips

Found this recipe on High Ground Organic's website by Chef Andrew Cohen

1 bunch Turnips

1 large Carrot (optional)

1 TB Kosher Salt

1 cup Rice Vinegar

1 cup Water

1/2 cup Sugar

Peel the turnips and use a mandolin to slice them as thinly as you can and keep them whole. If you do not have a mandolin, I recommend slicing the top and bottom flat so you have a firm base and the turnip does not roll. If using the carrot, peel and slice

the carrot as thinly as the turnips. Use the same shape or shred thin. Sprinkle the vegetables with the salt, toss to coat evenly and "massage" the vegetables a little. While the vegetables wilt, combine the water, vinegar, and sugar in a jar and shake until the sugar goes into suspension (disappears from sight). When the vegetable have begun to wilt and halve lost their rawness, rinse in plenty of cold water. Taste a slice to be sure the salt is gone. Add the vegetables to the dressing and allow to marinate at least an hour. Chill the pickles, then use when cold.

Don't Forget the Mezze

Such a great way to use up leftovers, or bits and bobs of vegetables you didn't use up in other dishes. I made an eggplant dip by roasting them in the oven until really soft and mashing them up with some tahini, fresh garlic, feta cheese, salt and sumac. I didn't have any lemon which is why I used the sumac. Basically a Baba Ganoush, but a little free form. Sliced Lunchbox Peppers will add great flavor and crispiness to the mix, but you could also roast them until really soft with a bit of Olive Oil. Leftover grilled Summer Squash is great on a Mezze platter, alongside thick slices of Heirloom Tomatoes, slices of Cucumber, cheese like cubed Feta, or use whatever you have in the house. If you have some olives, put those in a bowl, some sliced fruit, plums and nectarines, maybe on top of good ricotta with a drizzle of honey. A little bowl of nuts, walnuts or almonds, or pistachios, are nice way to throw some fatty, crunchy protein into the mix. Good pita bread is nice. Be creative, this is your opportunity to have fun and use up some leftover goodies in the fridge. I am writing this before breakfast and now I have to go, because I am so hungry! Enjoy!

