



WEEK OF AUGUST 8TH 2016 #32/52



### Attack of the Killer Squirrels

Ok, I may be exaggerating a bit, but the ground squirrels are killing our lettuce and butternut squash. We have never had such a



problem with squirrels like we do right now. Nigel suspects one of the nearby ranchers has probably taken out too many coyotes and upset the food chain. I think another part of the problem was the harvest of the tomato field next door. They harvested fast and disked everything under even faster, taking away any additional habitat or food for them. The squirrels came running over to our side where there is plenty of shelter as well as food for them to eat. Nigel is frantically trying to find a solution because this situation could be quite devastating for us. Imagine a winter with no butternut squash?

### Stomp and Go

Last Thursday was the final session of summer camp for Bay Leaf Kitchen. This session was for the teens. Many of them had been out to the farm before, either in previous years, or as a Counselor in



Training this year. Over 80% of the kids were on scholarship. There were some kids that had never been to a farm before, or camping. One girl told me she had never even eaten a strawberry she liked and was so grateful to have finally tasted one that was delicious! One of the scholarship girls saved her babysitting money to pay the deposit for the camp. Now that is dedication! It just brings tears to my eyes. By teaching our youth how to cook, showing them how food grows and where it is coming from, beyond the super market, we offer them independence and confidence for their future. This all can come from the ability to feed themselves. The guest chef this week was Shannon Waters from Aatxe. Although Aatxe does Spanish Tapas, her theme for the night was Jamaican, and it was fantastic. It is really something special watching these young kids and teens working with professional chefs. They make an incredible dinner and use so many fresh ingredients from the farm. The entire dinner was outstanding, BUT they made "Stomp and Go", which is what we usually refer to as zucchini fritters. These were simply amazing. I can tell you, that platter disappeared so fast, and I was too slow to get any seconds. I have been thinking about them ever since, and will definitely be making them this week. The story behind this dish is included with the recipes.

### The Evolution of Sauce

Late summer 2007, Nigel was called to an emergency meeting in Dixon on a Saturday night after the market. Someone in town had brought back a papaya from Hawaii and a Mediterranean Fruit Fly along with it. Our farm fell into the quarantine zone, which meant we



could not take any soft fruit off the farm and out of the zone. The tomatoes, eggplants, and peppers could not leave the farm and it was the height of the summer crops season. This was quite devastating, actually. Our response was to have a party and invite our members out to the farm to make tomato sauce with the summer produce and thus the Tomato Sauce Party was born.

Nearly a decade later, the annual Sauce Party has evolved tremendously! Walking through the event center on Saturday, I was amazed by how many people had really big saucing operations going. In a space that in previous years handled nearly 150 people, we are filled to the brim at only 90. Gone are the days of people making a few jars to take home, now we have groups make over 200 jars or one couple producing over 50! This is serious business, and it has made me re-think how we will run the parties next year. Clearly our cap of 150 people will drop by a lot. And maybe some pre-discussions of anticipated production might be in order, so we can arrange the tables and tents a bit better. Regardless of how we improve things for next year, I have to say I am so impressed with what the attendees are doing. It has been great fun for both Nigel and I, to see how this event has evolved and we can only laugh when we think back to our humble beginnings during such a stressful time. The stress hasn't left, it has simply changed, but your enthusiasm for saucing has grown by leaps and bounds. One party left to go, I look forward to seeing those of you who have signed up!



WE WELCOME YOUR COMMENTS AND QUESTIONS!  
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## Recipes and Menu Suggestions

Stomp and Go (Zucchini Fritters); serve with Tzatziki and Cherry Tomatoes

Uses: Summer Squash, Lunchbox Peppers, Cucumbers, Cherry Tomatoes

Italian Sausage and Eggplant Casserole; serve with good bread

Uses: Eggplant, Onion, Tomato

Salsa Verde; use in Chicken Enchilada Verde, you can find a recipe at [inspiredtaste.net](http://inspiredtaste.net)

Uses: Tomatillos

Tomato Cream Cheese Turnovers

Uses: Tomatoes and Basil

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

## Stomp and Go's

Recipe by Shannon Waters from Aatxe

So the story behind Stomp and Go, as a Jamaican dish, is when sailors would come into port, they had little time. Always in a hurry, they needed some food fast and the street vendors would make up these zucchini fritters. They became very popular, but the impatient, hurried sailors, would come up to the stand, stomp their feet to hurry up the cook, grab their food and go - Stomp and Go. I loved Shannon's enthusiasm for the history behind the meal she was cooking with the kids and I love to hear these stories as well. Here is the recipe she sent me and (like me) she is not much of a measurer, but I think it all comes down more to consistency, which basically is like a pancake batter.

Flour  
Baking Soda  
Grated Squash  
Grated Garlic  
Grated Lunchbox Pepper  
Salt

Lemon Zest  
Parsley and Cilantro  
Sunflower Oil for Frying

Grate the squash into a bowl using the cheese grater's largest setting. Grate the garlic, peppers and lemon zest, using a microplane, into the mix. Season with salt, chopped parsley and cilantro.

Add a dash of baking soda, and flour. Mix with the flour until it looks like thick pancake batter. In a high-sided skillet, heat a couple of inches of sunflower oil over medium-high heat. Carefully spoon in batter and fry until golden. Carefully turn and fry until the other side is golden. Drain on paper towels and enjoy while hot! \* I made a small batch for myself for breakfast this morning. I forgot the lemon zest and I don't have any parsley or cilantro in the house, and still, they were DELICIOUS. I also did not measure, but here is what I did: 1 medium sized zucchini, 1 of the smaller red peppers, the baking soda really was just a pinch, maybe two, and the flour was probably close to 1/2 cup. Start with less, you can always add more. Also, I didn't read before I got started and so I grated in a small amount of onion, which was just fine. They get dark brown pretty fast, so I would keep an eye on your temperature. I really hope some of you give these a try. This is probably the best way ever to get your kids who usually do not eat zucchini and turn them into big fans!

## Béchamel Sauce

Recipe from Diethood

4 TB Butter  
3 TB All-purpose Flour  
3 cups HOT Milk  
1 tsp Salt  
Freshly ground pepper, to taste  
1/2 tsp grated Nutmeg

Begin by melting the butter over medium-low heat. Once melted, whisk in the flour. Whisk until all lumps have disappeared and the mixture turns a light brown color, about 5 minutes. (I would use great caution here, if you go too brown, you will really change the flavor of your sauce. I look for a nice golden color and seldom take it to a light brown. The purpose of cooking the flour and butter is to take away the raw flour flavor.) Add the hot milk, a little bit at a time, and continue to whisk until smooth. Bring to a boil and cook for 8 minutes, stirring constantly, or until sauce is thickened. Remove from heat. Stir in salt, pepper and nutmeg. Set aside until ready to use.

## Italian Sausage and Eggplant Casserole

Recipe by Katerina at Diethood

This recipe was sent to me by one of our CSA members, Nicole B. She lives in Solano County where our summer is hot. Her comments were that it was absolutely delicious, but she wished she had made it when we weren't in the middle of the 104+ heatwave. I figure this will be just perfect for all of you in San Francisco who are enjoying a true SF foggy summer.

2 Eggplants, sliced lengthwise, about 1/8" thickness - a mandolin will cut perfect slices, Cut 18 to 20 slices of eggplant

1 tsp Olive Oil  
1 Yellow Onion, diced  
2 Garlic Cloves, minced  
Pinch Salt

1 LB Italian Sausage, casings removed OR use Bulk sausage  
1 can diced Tomatoes, undrained OR use the Red Tomatoes from your share

Béchamel Sauce - recipe included  
1 cup shredded Italian Blend Cheese

Layer slices of eggplant on a large baking sheet; sprinkle each slice with salt and set aside. Preheat oven to 400 F. Heat olive oil in a large nonstick skillet - I don't use nonstick so I use a bit more oil. Add onions and garlic; stir and cook for 1 minute. Add sausage to skillet; continue to cook and stir

occasionally for about 10 to 12 minutes, or until sausage is browned; drain. Stir in diced tomatoes and set aside. Prepare the Béchamel Sauce. Heat 1/2 TB Olive Oil in a nonstick skillet. Pat dry the eggplant slices. Add eggplant slices to skillet and cook just until lightly browned on both sides, about 1 to 2 minutes. Spread 1 cup of meat sauce in the bottom of a 9" x 13" baking dish. Arrange about 6 slices of eggplant over meat sauce. Add more meat sauce over eggplant. Spread with 1/3 of Béchamel Sauce. Repeat with 2 more layers, and top with remaining béchamel sauce. Sprinkle with cheese. Bake for 25 to 30 minutes, or until bubbly and top is lightly browned. Remove from oven and let stand 15 minutes. Serve.

### This Week's Box List

Cherry Tomatoes  
Red Tomatoes  
Heirloom Tomatoes  
Tomatillos  
Lunchbox Peppers  
Eggplant  
Cucumbers  
Summer Squash  
Onions  
Basil  
Strawberries  
Plums

## Tomato and Cream Cheese Turnovers

Recipe found on Food52 by fiveandspice

6 oz Cream Cheese, at room temperature  
2 large Eatwell Farm Eggs - one is for egg wash  
Salt and Pepper

\*A couple of Basil Leaves  
2 Sheets of All-Butter Puff Pastry dough, defrosted  
1 large Tomato, sliced in 1/4" thick slices  
2 TB Sesame Seeds

Flour for dusting  
Heat your oven to 375 F. In a large bowl, beat together the cream cheese and one egg plus a couple pinches of salt and pepper. \*You might consider finely chopping a couple of basil leaves and mixing them into the cream cheese. Beat until smooth. On a floured surface, roll the first sheet of puff pastry out to about 1/8" thick. Cut it into 6 rectangles. Spread some cream cheese mixture on each rectangle and place a bit of tomato on top of the cream cheese. To make more reasonably sized pastries, fold each of the rectangles over their filling and press the edges well with a fork to seal them, then repeat with the next sheet of puff pastry. To make big pastries, put more filling on each of the rectangles, then roll out the next sheet of puff pastry, cut that into 6 rectangles and put one on top of each of the rectangles with filling, then press around the edges with a fork to seal. Transfer the pastries to two baking sheets. Whisk the second egg with a tiny splash of water, then brush each pastry with some of the egg wash and sprinkle them with sesame seeds. Bake each sheet of pastries in the oven until golden brown and puffed, about 25 minutes. Remove from the oven and transfer to a cooling rack. Allow to cool slightly before eating, but these are definitely best eaten fresh.

**The Roasted Salsa Verde recipe and all other recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."**