



WEEK OF AUGUST 15TH 2016 #33/52



## San Marzanos

Yes, we have tomatoes! We have cherries, we have slicers, we have heirlooms and now we have the San Marzanos! These are my favorite for cooking. Last year, I went through a craze of cutting them in half, putting them into a roasting pan or skillet, drizzling over some olive oil and a nice sprinkling of our Rosemary Salt. Popped them in the oven at 325ish for a couple of hours and out came the most delicious tomato thing I have ever tasted! You can store these, covered with oil in the refrigerator for a couple of weeks, if you don't eat them all right away. The seeds for these beauties actually come from Italy and they are pretty expensive. The San Marzanos are a skinny plum tomato and a bit funny looking, not big and plump like the Romas we are used to and very often they have a green bit on their tops. Traditionally, these are used for the finest sauces in Italy and when grown in the Sarno region can be labeled with the DOP - designation of origin. This is serious business in Italy. They are the only tomato used for a true Neapolitan Pizza. It is favored because it has fewer seeds, more meat and therefore makes a superior sauce. By now, you must realize that I am a bit crazy for these tomatoes, so I hope you give them a try either roasted with olive oil and salt or maybe make a little sauce.



## Grazing Gaggle

Our first gaggle of geese have been relocated to the orchard. Our hopes are to use them as we do the chickens in the fields. We will move them throughout the orchard to graze the grasses and fertilize the soils. As you can see, they are fulfilling their role. They've all ready taken the grasses and weeds down to the ground within a couple of days. For those of you attending any upcoming events at the farm, you will get a chance to see (and hear) them yourselves.

## A Nigel Update

I really look forward to the day when Nigel is strong and writing his charming articles for the newsletter and I no longer have to write 'Nigel Updates'. Alas, we are not there yet. Cancer is hard and this time around has been really hard. The uncertainty of it all can make you insane. Your entire life becomes a roller coaster ride, that is



not fun and doesn't seem to want to end. It has been a summer of pendulum swings. According to the doctors, his test results are good and the numbers are moving in the right direction. He has had some days of great improvement; two weeks ago he left the house to go check out a shipment of new picking containers that arrived. His appetite was starting to come back and he was actually looking stronger, even made it out to the event space to have dinner with the last set of Bay Leaf Campers. But this past week, he has slid backwards, loss of appetite, and complete exhaustion. For me, emotionally, it has become an enormous drain. It is so hard to see him like this. As much as I would like to powerhouse through my day and get loads of work done, I find I am beating the proverbial horse.

I try so hard to remain positive, so don't get me wrong, even though I am exhausted, I am optimistic. But one of the reasons for writing all this is to say to any of you out there fighting the fight with cancer, I feel your pain. We don't talk about it enough, it is such a downer topic, but we should. That pendulum swings from an initial state of shock to overwhelming emotion, but then eventually swings to an odd space of "cancer normalcy". Life takes over, because s\*\*t still needs to get done and you find yourself living this altered state of normalcy. Sometimes I wonder what I must look like to others, living, laughing, somehow being something normal. In that weird space you reach a place where you can talk about it, because now you have adjusted to the pain that earlier just hurt too much. When you get to that space, when you can open up and let people in, it's ok to tell them how hard this is. I think it's important, because I am not sure we take cancer seriously enough, yet and mostly because at the rate cancer is growing in this country, we will all be touched by it quite directly at some point in our life. It is good to know you are not alone.

Thanks for listening.  
-Lorraine

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

Mediterranean Tian, serve with Rice, Quinoa, Orzo, Polenta or a protein if you like

Uses: Eggplant, Onion, Tomatoes, Summer Squash, Lunchbox Peppers

Shrimp with Tomatillos, serve with Rice, Quinoa, or Tortillas and Cucumber Watermelon Salad; Not positive how well these two will go together, in my head I think it will work:)

Uses: Tomatillos, Onions, Cucumbers, Watermelon

Heirloom Tomatoes, Cherry Tomatoes, remaining Lunchbox Peppers and Cucumber; It is always good to have a dip like eggplant baba ganoush or hummus to make up a platter of goodies. Add bread, olives, olive oil, and you have an instant meal. Don't forget a small bowl of almonds or walnuts along with cheese.

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

Much of my time this Sunday was spent on the couch with a stack of cookbooks by my side. That always makes me really hungry. Unfortunately, Nigel eats very little so as a consequence I am cooking very little. I am enjoying imagining how all these dishes will taste and who knows maybe in a couple of weeks I will have a chance to give them a try.

## Greek Yogurt Panna Cotta with Strawberry-Rhubarb Sauce

Recipe from Yogurt by Janet Fletcher

If you enjoy yogurt in your life, I highly recommend this book. So many clever ways to incorporate this delicious food into your life, and the author Janet Fletcher is a Bay Area local! The picture for this Panna Cotta is absolutely beautiful! Hoping to make it for dessert tonight. Obviously we do not have rhubarb, so I am going to replace it with some plum, it won't need cooking as long, but should give a nice tart flavor.

1/4 lb Rhubarb, cut into 1/2" slices

1/4 cup Sugar

1 TB fresh Orange Juice

1 cup hulled and sliced Strawberries - about 6 oz with a few more for garnish

1 cup Whole Milk

1" piece of Vanilla Bean, split lengthwise

2 cups Plain drained Whole Milk Yogurt or Greek Whole Milk Yogurt

1/4 cup plus 2 TB sugar

Pinch of Sea Salt

1 1/2 tsp Powder unflavored Gelatin

You can make these in individual glass jars, like small mason jars so you can see the beautiful red fruit on the bottom.

For the sauce: Put the rhubarb, sugar and orange juice in a saucepan. Bring to a simmer over medium heat, stirring to dissolve the sugar. Cover and reduce the heat to low. Simmer gently until the rhubarb has softened completely, about 10 minutes. Watch carefully, as the mixture wants to boil up and over. Stir in the strawberries and cook, uncovered, stirring often, until they soften slightly, about 2 minutes. Puree the mixture in a food processor or blender. Refrigerate, covered, until chilled.

To make the Panna Cotta: Put the milk in a small saucepan. Using the tip of a paring knife, scrape the vanilla bean seeds into the milk, and then add the pod to the milk as well. Bring to a simmer over medium heat. Cover, remove from the heat, and let steep for 30 minutes. Remove the vanilla bean pod. In another bowl, whisk together the yogurt, sugar and salt. Sprinkle the gelatin over the warm milk mixture and let soften for 5 minutes. Return the saucepan to medium heat and bring the milk to a simmer, whisking constantly until the gelatin completely dissolves. Cool for 5 minutes and then whisk the milk mixture into the yogurt mixture. Spoon about 2 TB of the strawberry-rhubarb sauce into the bottom of each of six 6 to 8 oz glass. Divide the yogurt mixture equally among the glasses. Cover the glasses with plastic wrap and refrigerate until set, at least 3 hours. Garnish each glass with a fresh sliced berry.

**Cucumber Watermelon Salad and all other recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."**

## Baked Shrimp with Tomatillos

Recipe from Simply Recipes

Tomatillos! What the heck do you do with all these tomatillos? Yes, salsa verde is great, and yes, freeze it so you have it later in the year. On Sunday, I was looking at recipes and found one for prawns with tomatoes and kalamata olives (which I will use soon) and then I thought hmm what about tomatillos and prawns?

Well of course these days all you have to do is type a couple of ingredients into google and up pops several recipes.

2 TB good Oil

1 medium Onion, chopped, about 1 cup

1-2 Jalapeño chiles, seeded, minced

3 garlic cloves, thinly sliced

1 lb Tomatillos, chopped

Salt

1/2 cup clam juice OR 1/4 cup Water

1 lb Shrimp, cleaned, deveined

1 cup Cotija Queso Seco Cheese

1/4 cup chopped Cilantro

Lime Juice

Black Pepper

Heat oil in an oven-proof pan. Add onions and jalapeños, cook for 5 min on medium high until the onions begin to brown. Add garlic and cook a minute more. Add tomatillos, reduce heat to medium and cook for 10 min, until the tomatillos are cooked through, but still hold their shape. Sprinkle salt over tomatillos

as they are cooking. If using clam juice, add to pan, turn up the heat and reduce by half. If using water, just add the 1/4 cup of water without reducing. Add cheese and shrimp. Cook in a preheated 425 F oven for 10 min. Remove pan from the oven. Right before serving, mix in cilantro and sprinkle with lime juice and freshly ground black pepper. The author says she has used tequila instead of clam juice and that was also delicious. A cast iron skillet works well for this dish, but no matter what you use, remember when taking it out of the oven that handle will be hot! Can't tell you how many times I have forgotten that, no bueno!

### This Week's Box List

Cherry Tomatoes

Red Tomatoes

Heirloom Tomatoes

San Marzano Tomatoes

Tomatillos

Lunchbox Peppers

Eggplant

Cucumbers

Summer Squash

Onions

Plums or Nectarines

Grapes

Watermelon

## Mediterranean Tian

The Inspired Vegetarian by Louise Pickford  
1 small Eggplant, diced

1 tsp Salt

1 TB Olive Oil

2 cloves Garlic

1 Onion, thinly sliced

1 Red Bell Peppers, thinly sliced or several Lunchbox Peppers

1 tsp Fennel Seeds

1 tsp chopped fresh Rosemary

1 tsp chopped fresh Thyme

1/4 cup Dry Red Wine

4 ripe medium Tomatoes, coarsely chopped, plus 2 tomatoes, thinly sliced; I would probably use San Marzanos for the chopped and the red slicers for the sliced

2 TB Tomato Paste

Pinch of Sugar

Salt and freshly ground Black Pepper

1 large Zucchini, thinly sliced

1/4 cup freshly grated Parmesan Cheese

1/4 cup ground Almonds

Salt and freshly ground Pepper

Extra Rosemary and Thyme, to sprinkle

Preheat oven to 350 F. Lightly oil a tian or shallow ovenproof dish. Put diced eggplant in a colander, sprinkle with salt, let drain for 30 minutes. Heat 1 TB of olive oil in a large skillet and sauté the garlic, onion, red pepper, fennel seeds, rosemary and thyme for 5 min. Wash eggplant to remove salt and dry thoroughly. Add to the pan with wine, chopped tomatoes, tomato paste, sugar, salt and pepper. Simmer over medium heat for 10 min, or until mixture is thick and most of the liquid has evaporated. Transfer vegetables to the prepared dish. Arrange alternating circles of zucchini and tomato slices over the top and drizzle zucchini with a little olive oil. Bake for 30 min. Mix cheese and almonds, then sprinkle on top along with salt, pepper and extra rosemary and thyme. Drizzle on remaining oil and bake for a further 15 min, until bubbling and lightly golden. Brown the top under a hot broiler, if desired. Server the tian piping hot, warm, or cold.

