



New Products In Our Body Care Line Up

I am pretty excited to share with you the newest products in our Eatwell Botanicals line, Gentle Facial Care. All my life I have had extremely sensitive skin, and by my early 20's I realized I had to be very mindful of what I put on my skin. I have always looked for products made with ingredients as close to their natural state as possible. That means oils that are not highly refined, and still have the beautiful golden, or orange or deep green colors nature gave them. Those colors come from the natural phytonutrients that help to protect and nourish the plants and likewise will nourish our skin.

We produce so many beautiful ingredients from botanicals grown on our farm, I have been wanting to make more products with them for such a long time now! Over the past year I played with formulas trying to find a very gentle cleanser for my face, as well as a hydrating mist and a nourishing oil. I've been using this "Gentle Trio" for the past several months and have been extremely pleased with how my skin looks and feels. I chose amber glass bottles, amber to help protect the ingredients from light and glass to keep in line with our commitment to recyclable and non-leaching packaging.

Gentle Cleanser Ingredients: *Lavender Hydrosol, Castile Soap, Apricot Oil, *Rosemary EO, *Lavender EO, *Lemon Verbena EO

Gentle Hydrating Mist Ingredients: *Rose Geranium Hydrosol, Aloe Vera, Glycerine, Cane Alcohol *Rosemary EO, Red Turkey Oil, *Rosemary, *Rose Geranium EO

Gentle Nourishing Oil Ingredients: *Calendula Oil, Jojoba Oi, Rosehip Seed Oil, Sea Buckthorn Oil, Watermelon Seed Oil, Calophyllum, Vitamin E, Carrot Seed Oil, *Rosemary EO, *Rose Geranium EO, *Eatwell Farm Grown

For now, I only have the Trio/set available, but will offer all three items individually very soon. I am not submitting these products for organic certification, but almost all of the non-Eatwell ingredients are, and if you would like to know which ones and where I get them, shoot me an email, I am more than happy to share that with you.



The Eatwell Botanicals products play an extremely important role by giving us another source of income. They allow us to take some beautiful plants we grow and turn them into really wonderful products that are not perishable. For years we have offered lavender essential oils and hydrosols, and a few products made with those ingredients. Then we got into the culinary salt business. Have you ever tried our salts? They are amazing and make simply cooked vegetables and eggs truly delicious! Lavender Salt on fresh slices of summer ripe tomatoes has to be one of the best things ever. If you have been on the farm for an Eatwell Breakfast, those eggs we make, are almost always seasoned with Lavender Salt. Smoked chili on roasted winter squash or sweet potatoes, yum! I

always top my bowl of spaghetti with a light sprinkling of Rosemary Salt, delicious and a little crunchy. The salts come in 2 oz or 6 oz jars. We even have a 6 pack of the 2 oz jars in a nice gift pack, a nice alternative to that bottle of wine we all love to give!



With COVID we all scrambled to find decent Hand Sanitizers, so I started making one. I use organic can alcohol, organic aloe juice our essential oils and little bit of vit E. Then I ran out of deodorant and thought why not try that too! One Saturday at the market I had about 10 people ask for pillow spray. I had just distilled fresh hops from our neighbors at Ruhstaller, and thought, wow lavender and hops combined would be AMAZING, and it is. Also made with the organic alcohol, our hydrosol and essential oils. My first love is and always will be food and cooking, but I met Nigel because I worked for a natural skin care company in Petaluma because we used his Rose Geranium Hydrosol. Working on these products brings a few things full circle for me and the work is so exciting and fun! I hope you will try a few.



RECIPES AND IDEAS FROM LORRAINE

For Easter Brunch I made the crepe recipe I linked in last Friday's email, but instead of ham I used smoked tuna I have from Cap'n Mikes and instead of stone ground mustard I used smooth German mustard. The final dish was baked and topped with fresh chives and it was amazingly delicious! I love crepes topped with some kind of yummy sauce and baked. I make my crepes using 50% Sonora Flour from Capay Mills because I love the delicious flavor that flour brings in. You could easily fill crepes with cooked greens that are chopped fairly small. You could even add some sautéed fennel and green garlic to the mix of greens to give it texture and more flavor. I hate driving to town for one or two ingredients, so I switch things up ALL THE TIME Recipes should be lessons or jumping off points. I have used cubed winter squash instead of carrots, both are orange and sweet, and almost always butternut is great in soups and stews. If you have something you would like to use in place of something else, but feeling hesitant, google it, you would be AMAZED at what combinations are out there. Smoked fish instead of ham was perfect in those crepes and I would bet a smokey baked tofu would also be fantastic.

Orange and Fennel Roasted Cod

Recipe from Food & Wine June 2019

2 Fennel Bulbs (about 1 pound each), including the fronds

1 TB cooking Oil

1 tsp Salt

1/2 tsp fresh-ground Black Pepper

1/4 cup fresh orange juice

1 tsp grated Orange Zest

1/4 tsp Fennel Seeds

2 lb Cod Fillets, cut to make 4 pieces

Heat the oven to 450°. Cut off the tops of the fennel bulbs and chop the leafy fronds. Cut each bulb into 8 wedges. In a large roasting pan, toss the fennel wedges with the oil and 1/4 teaspoon each of the salt and pepper. Spread the fennel in an even layer and roast for 25 minutes. Stir the fennel and rotate the pan so the vegetables cook evenly. Roast 15 minutes longer. Meanwhile, in a glass or stainless-steel bowl, combine the orange juice, orange zest, fennel seeds, and the remaining 3/4 teaspoon salt and 1/4 teaspoon pepper. Add the cod and marinate while the fennel roasts. Remove the pan from the oven and top the fennel with the cod and its marinade. Roast until the cod is just done, about 10 minutes for 3/4-inch-thick fillets. Sprinkle the chopped fennel fronds over the cod.

Blitzed Kale with Lemon and Garlic

Recipe by April Bloomfield found on River Cottage

This sounds like it would be delicious with some toasted rustic, crusty bread, maybe a great side to the fish dish above.

3 large garlic cloves, peeled *(I would use a full bunch of green garlic from the box)

1 bunch Red Russian Kale

4 TB Extra Virgin Olive Oil, plus a little extra to serve

Sea Salt and Black Pepper

Finely grated Lemon Zest & a little flaky Sea Salt

Put the whole garlic cloves and a good pinch of salt in a large saucepan or small stockpot (big enough to hold all the kale). Add plenty of cold water and bring to the boil. Meanwhile, prepare the kale by tearing the leaves away from the tough stalks (discard these) and tearing the leaves into large pieces. When the water is boiling briskly, add the kale, pressing it down into the boiling water with a spatula. Let it simmer for 5-10 minutes until nice and tender but not too soft. Tip the kale and now soft garlic cloves into a large colander. Leave to drain for a couple of minutes, then use tongs to squeeze out a little more water

from the leaves (there's no need to be too rigorous about this - a little moisture in the kale is ok). Transfer the kale and garlic to a food processor. Add salt and pepper and start processing, stopping to push down the leaves as necessary. When the kale is roughly chopped, start pouring in the olive oil, stopping when you have a dark, dense, coarse purée (you may not need all the oil). Heap the kale mixture into a warmed serving dish or individual bowls, trickle with a little more extra virgin oil, sprinkle with some lemon zest, a few flakes of sea salt and a grinding of black pepper, and serve.

Sautéed Beets with Butter

Recipe by Mark Bittman on NYT Cooking

I have never cooked beets in butter, but what a simple recipe. Thought I would give it a try!

1½ lb Beets

3 TB Butter

1 chopped onion

Peel and grate beets. Put butter in a large skillet over medium-high heat. When it's hot, add onion and cook until tender, about 5 minutes. Add the beets, and stir occasionally until tender and lightly browned, about 10 minutes. Garnish with parsley.

This Week's Box

*Chives

* Red Russian Kale

*Mustard

*Green Garlic

*Fennel

*Mandarins

*Beets from TF

Dandelion OR Col-
lards

Cabbage

Chard

* = Items in Box for 2