



That's A Wrap

“On-Farm Saucing Season” is officially over. I have hosted a record 9 Sauce Parties, plus two private parties. These smaller events have been really wonderful, much more intimate. I have had lovely conversations with members, some I have known for years and some I just met. The farm events are such an important way to see where your food comes from and connect to this land; they are opportunities few people ever get to experience. And, as many members have learned, you can treat yourself to a cold brew down the road at Ruhstaller Hop Farm and Brewery after an Eatwell event. If you haven't filled your cupboards yet, you can always order tomatoes to come with your CSA delivery or pick up at the Ferry Plaza Saturday Farmers Market.

Coffee

This past Saturday morning, my friend Valerie (who is our Dixon hostess) and I ran down to Attalus to enjoy a latte and pick up the bean order. The owners, Kevin and Marissa are CSA members. I met Marissa several years back when she helped my friend Lindsey start the coffee program at the Barn and Pantry in Dixon. Marissa and Kevin had lived in Australia a few years back where they got their start in the coffee world. They trained as baristas and learned a lot about quality coffee from some passionate Aussies. As they learned more about beans and roasting, they realized



it was time to start a small roasting business. With a commitment to working directly with small coffee farmers and small farmer cooperatives, they share that connection with us in each bag of roasted goodness. I love being able to offer you items from people I know and respect, especially when they are CSA members too. Saturday was the grand opening of their Cafe in downtown Vacaville. If you are in the area, please stop by for a cup and let them know you are Eatweller's too!

Few Things Happening In Solano County

Sustainable Solano is a non-profit based in Benicia promoting food and agriculture here in Solano County.

They are also our Benicia hosts. Each year they organize **Bounty of the County**, pairing farmers and restaurants for special dinners and offerings. We have been supplying herbs to Savage & Cooke in Vallejo for a special cocktail, Ruhstaller had a beer and food pairing this past weekend, and coming up on October 11th is a very special Eatwell Farm dinner at Rosemary's in downtown Dixon. Chef Hank, (who has worked many years at NOPA in SF, AND is also a CSA member) has been ordering from us every week, featuring some of the best the farm has this season, strawberries, tomatoes, cucumber, summer squash and eggplant and herbs. Not sure what he has in store for us, but everything he makes is fantastic. If you are local to Dixon, please consider joining us, you can order tickets through Rosemary's [website](#) and if you would like to see the list of all of the Bounty of the County events you will find that [here](#).

Another local restaurant I wanted to mention is Bar-Lynn in Vacaville. This is a very new, small plate style restaurant. Martin is putting together some delicious dishes and is also featuring a few items from our farm. We hope to collaborate more over the next few months with some Farm Dinners. As long as I am talking about local food establishments, I wanted to give a shout out to Hank and Hazels Real Good Sausage, in Vacaville. Sarah and Andy are our Vacaville hosts and, honestly, they do have the best sausages!

Back here on the farm, our next dinner, the Fall Feast, is October 14th. I am already working on the menu and playing with recipes. I just pulled out a test batch of pumpkin pie, which is made with a GF crust using Nana Joe's Chocolate Paleo Granola instead of flour. It's still too warm to get a good sense of flavor, but preliminarily, it is pretty delicious! And of course, I made the filling with our pumpkin. I have switched the main course to Root Down Chicken baked in a creamy Roast Pepper Sauce with Winter Squash, and will offer a tofu version, served over polenta. Ticket sales are a little more than half sold. I hope you can join us.

Tips From Members

This week I wanted to share with you what my friend Valerie is doing with her Bell Peppers, which is chopping and adding to cottage cheese. She said it is really delicious, a pairing I would not have thought of. Another member wrote me that she likes

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bell peppers on toast with cream cheese! This week we have LunchBox Peppers, which are my favorites! My tip for a fun, no stove snack or meal, cut the tops off and stuff them with tuna, tofu or egg salad. And of course you could make some hummus and cut the peppers into sticks for dipping. Roasted Lunchbox Peppers are delicious and sweet. The skin is so thin you don't need to remove them. And there are only a few seeds right at the top, so they are a very low fuss pepper.

This is the first week for Arugula in a long while. Last year's late planting failed in all the rain. One of my favorite ways to prepare it is when I am enjoying a seared steak. When I pull the steak out of the pan, while it is still smoking hot, I throw in the arugula. I don't add salt or pepper because there is usually plenty in the pan from the steak, but I do like a bit of lemon zest. Using tongs, I toss it around in all the juices until it is well wilted. I put that on a plate and top it with the steak, allowing all the juices to combine. Because arugula has more heft than lettuce it does well in grilled cheese sandwiches or paninis. A little sautéed with some of the lunchbox peppers would be delicious in an omelette with a sharper cheese. You can also pan sear cherry tomatoes with a little garlic and olive oil, and when they are about done, throw in arugula and cook until well wilted. Throw in a splash of good vinegar, Balsamic would be yummy, then add it to pasta or some cooked beans. When cooking pasta, always save some of the water to add to your "sauce" and don't forget to top with good, freshly grated cheese, cubes of feta or mozzarella.

A Few Tips For Salads

I often wash my lettuce and store it in the salad spinner, it holds really well that way. Keep the tomatoes separate, adding them to your plate, rather than the bowl of salad. The less moisture you add to your salad the better, especially if you have some leftover. You can always add freshly chopped tomatoes the next day. Same with dressing, dress small amount of salad, rather than the entire bowl. Here is one of the best hacks I have ever learned, a regular mouth mason jar fits onto the base of a regular blender! Find your favorite salad dressing recipe, put all the ingredients into a mason jar, twist on the blade portion of a blender, make sure it is tight, and put it on the blender and give it a whirl! Now you have homemade salad dressing, in a container you can store it in. Below is a **Basic Vinaigrette Recipe** that Julia Moskin shared in the NYT Cooking. Some tips she included in the comments: garlic or tarragon in place of the mustard, or infuse it with other herbs. For a creamy dressing, replace oil with buttermilk, crème fraîche or mayonnaise. Some chefs even use vegetable purées or nut milks in place of the oil. Of course, if you are using the mason jar blender you won't be able to slowly add the oil, but if you are making this using buttermilk or creme fraiche, or if you aren't worried about emulsion, it works great!
2 TB Wine Vinegar

¼ tsp Salt
¼ cup Olive Oil
1 tsp Mustard (optional)
Black Pepper

Pour vinegar into a shallow bowl. Whisk in salt, then mustard, if using. Gradually whisk in olive oil. Adding it slowly will help the dressing emulsify. Add a few grinds of black pepper and taste. Add more of whatever you think it needs, a bit at a time. (Too tart? Add oil. Too bland? Add salt and vinegar.

Spanish Tortilla

Recipe by Lauren Aloise found on Spanish Sabores

This recipe calls for 2 lbs of potatoes, you could cut it in half, but I wouldn't be surprised if many of you have an extra bag of potatoes on hand and you can do the full recipes. Sliced Heirloom Tomatoes with a splash of Balsamic would be a delicious side for this dish.

2 lbs Potatoes

Salt, to taste

8 large Eggs at room temperature

1 large White Onion

Extra Virgin Olive oil for frying

Peel the potatoes and rinse them under cold water. Slice them thinly (about 5 mm thick) using a sharp knife or mandoline. Pat the potato slices dry with paper towels and put them into a large bowl, then sprinkle with salt and mix well. Heat a ½ inch of high quality extra virgin olive oil in a large frying

pan over medium low heat. When the oil is hot, add the potatoes and add more oil if necessary until all are covered. Cook the potatoes on low heat for 20 minutes. They may break down a little; this is okay. While the potatoes are cooking, beat the eggs in a large bowl and season with some salt. Slice the onion very thinly, and fry it in oil over medium heat in a separate pan until it begins to caramelize, about 10-20 minutes. Add a splash of water now and then to deglaze and prevent burning. Drain off any excess oil and add to the egg mixture. Once the potatoes have fried for 20 minutes, remove them with a skimmer into a colander and allow them to cool and drain for at least 5 minutes. Once the potatoes have cooled, add the potatoes and onions to the egg mixture and stir well. Let the egg mixture sit for about 15-20 minutes. Pour out the frying oil from the potatoes and save it for another use. Place the pan over medium-low heat and pour in the egg mixture. Cook over medium-low heat for about 6-8 minutes. Make sure the heat is low enough or the tortilla will cook too quickly and be rubbery. You can run a rubber spatula along the edges to make sure the tortilla isn't sticking. To flip the tortilla, take a large plate and put it over the pan and flip quickly. Some uncooked egg mixture will likely slip out, but that's okay. Slide the tortilla back into the pan to cook the other side, and cook for another 6-8 minutes. Slide the tortilla out of the pan onto a serving plate and let cool a little before slicing and serving.

This Week's Box

*Cherry Tomatoes

*Heirloom Tomatoes

*Chard

*Potatoes

*Lunchbox Peppers

*Arugula

*Lettuce

*Grapes

Beets or Zucchini

Sweet Potato Greens

Garlic

*Box for 2

* = Items in Box for 2