



WEEK OF JANUARY 28TH 2015 #4/15

Sometimes it's nice to put a face to a name, and you've been seeing Emily sign emails and chatted with her on the phone for the past 9 months as Eatwell's CSA Manager and Event Coordinator.

Meet Emily, her husband Christopher, and her daughter Evelyn at one of the farm events this year. Emily is writing the news articles for this week's newsletter.



## Finding Eatwell - Emily

As a child growing up in a large metroplex in Texas, I didn't have much interaction with the food that fed our family. My grandmother had a few prickly blackberry bushes that were torn up to make room for day lilies, and what was once a patch for potatoes eventually grew over with grass. I remember an afternoon spent digging in the soil searching for buried potatoes and the rich, earthy smell of the soil as it was turned beneath my fingers. My little sister poked around the blackberry bushes and pulled out the ripest fruit, nibbling each one and handing me the berries that still had a tiny bit of tart left. My only experience with raw dairy was during a field trip to the zoo where we watched somebody milk a cow and we took turns churning butter. Then in college I dated a guy whose grandfather, Benny, grew sweet potatoes, tomatoes and a variety of winter squash on land that had been passed down for generations. It was in Benny's family vegetable patch that I walked through my first row of corn and chose husks with sweet, golden ears to shuck and grill with fat pats of butter. The vegetable garden was a small Eden through which I could wander and pluck squash and fresh beans from vines climbing among the stalks of sweet corn. Believe it or not, that summer was the first time I tasted fresh spinach, sautéed with fresh butter; simple and hard to surpass.

Time passed and I married my college sweetheart, Christopher, whose career took us to Italy. Settled at the base of the Italian Alps, I noticed that our neighbors grew extensive vegetable gardens. Chickens scratched through rows of grapevines, and fat geese honked as I rode my bike to my favorite trattoria, where the owner/chef cooked meals based solely upon what was growing in his garden at the time. Taking note from my neighbors and remembering what I gleaned from my time with Benny, I planted my own vegetable garden and rejoiced when my first zucchinis grew. We watched and marveled at how they seemed to double in size over night; when we finally picked them, they were the size of my forearm and almost completely devoid of flavor. We learned as everything grew and future harvests came earlier. Blessed with an array of vegetables that I managed to grow from seeds, we proudly shared them with our Italian neighbors who were probably baffled by our gifts of zucchini, eggplant and basil when they had plenty in their own gardens. We were invited into homes and kitchens, and we savored each moment we were given as part of the community.

Fast forward to 2010 and the panic attack I had in a grocery store when we moved back to the United States. After three years of fresh food, I was suddenly surrounded by boxes and cans. My newly pregnant body craved green beans, and a drive from Texas, where we had flown in from Italy to visit family, to our new home in California left us with no options other than the mushy mess served in smoky 24 hour truck stops. My body revolted and refused to keep down any food that was offered, and I wasted away in our new home; garden-less, friendless and without a community to support me. It wasn't until I had Evelyn and ventured into a cloth diapering store that I met Heather who introduced me to Sally Fallon's Nourishing Traditions and gave me my first kombucha scoby. What a can of worms that turned out to be! While researching fermenting, I happened upon the Weston A. Price Foundation's website and found our local chapter, and invited the cloth diapering friend to attend what would be our first meeting of many. Suddenly I had access to fresh produce, raw honey and grass-fed meats as well as the extensive knowledge of others. Now I have a community and a friend willing to brave the strange world of ferments, raw milk and real foods with me. Recalling the memory of digging for potatoes and popping juicy, ripe blackberries into my mouth in my grandmother's garden, I thought about what I wanted for Evelyn. I envisioned her running through rows of corn and placing fresh eggs into a basket to bring into the kitchen. Her knees are muddy from digging along rows of vegetables; her nails are crescents of soil, watching in wonder as the seeds she plants grow into something she can pick and eat.

At Eatwell Farm, Evelyn has the best of this world. Dirt roads to ride her bike, fields of ripe, red strawberries in the summer to pick and pop in her mouth, and farm animals galore. Every week she helps open the farm box and discover what's inside. We marvel and the whorls of the romanesco and smell the earthy scent of onions picked fresh the day before delivery. The produce, eggs and chicken stock nourish our family.

Community, loving people, wholesome food, fresh air. Eatwell Farm isn't only my workplace but my refuge, a place to be present and indulge in each day. There's a vibrancy to this place; an energy filled with growth and fertility, renewal and abundance. I'm filled with gratitude and love for Nigel and Lorraine. You are my family. My Community. My Eatwell Farm. - Emily



Emily's daughter, Evelyn, crunches on Eatwell Farm carrots.

## My Farm, Your Farm

What does the farm mean to you? How has it changed your family and well being? We'd love to hear about your journey with Eatwell Farm. Send Emily an email with your stories and photos at [organic@eatwell.com](mailto:organic@eatwell.com). With your permission, we'll share them with the Eatwell Farm Community!



Show us some farm love! Community Supported Agriculture (CSA) Farms thrive on word-of-mouth referrals, Yelp reviews and community outreach. Help grow YOUR farm by sharing the love of Eatwell with neighbors, friends and family. Share this code: 3YQYWUQ for friends and family to receive their first 4 CSA box subscription for \$99.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150





## Recipes and Menu Suggestions

Azorean Kale, Sausage and Red Bean Soup - Enjoy with good bread. This soup is a meal in a bowl!

Uses: Kale

Tatsoi Salad, this salad is meant to be a complete meal but could be a good starter to the Caramelized Garlic, Spinach and Cheddar Tart

Uses: Tatsoi, turnips, onion tops, arugula, mustard, spinach

Bratwurst and Red Cabbage this would be great with some fried potatoes or a hearty brown bread and good mustard

Uses: Red Cabbage and Onion

Broccoli and Romanesco Parmesan Puree serve as a starter with carrot sticks and slices of turnips

Uses: Broccoli, romanesco, carrots, turnips

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

## Azorean Kale, Sausage and Bean Soup

Recipe found on Cook The Book Caroline Russock 8 to 10 Servings

1 1/4 cups dried Red Kidney Beans, picked over, rinsed and soaked overnight in water to cover by 3" OR use canned beans at about twice the amount (approximately 2 1/2 oz cans of beans)  
2 TB Olive Oil, or more if needed  
12 oz Chourico, Linguica, or dry-cured smoked Spanish Chorizo, cut into 1/4 inch coins  
2 large Yellow Onions, chopped  
1 Bay Leaf  
3 Garlic Cloves, minced  
1/2 tsp crushed Red Pepper Flakes  
4 cups Beef Stock  
1 1/2 lbs Red Potatoes, peeled and cut into 1/2 inch cubes  
1/2 lb Kale, trim the bottom tips, roughly chopped  
Salt and freshly ground Black Pepper

Drain the beans, dump them into a medium saucepan, and cover with water. Bring to a boil, then reduce the heat to low and simmer, partially covered, until the beans are tender but still hold their shape, about 45 minutes. Drain and set aside. Meanwhile, heat the olive oil in a large pot over medium heat until it shimmers. Toss in the chourico and cook until browned, 7 to 10 minutes. Fish out the slices with a slotted spoon and transfer to paper towels. Pour off all but 3 TB of the fat from the pot, or if the pot is dry, drizzle in more oil so you have 3 TB. Add the onions and bay leaf and cook, stirring often until the onions are deeply golden brown, 20 to 25 minutes. Adjust the heat as necessary to prevent the onions from burning. Add the garlic and red pepper flakes and cook for 1 minute. Pour in the beef stock and 5 cups of water, add the potatoes, and bring to a boil over high heat. Reduce the heat to low and simmer, covered, until the potatoes are just tender, 10 to 12 minutes. While the soup is simmering spoon a third of the beans and a bit of the soup broth into a food processor. Pulse to make a loose paste, then if desired, pass the paste through a sieve. Straining the paste gives the dish extra body without errant bean skins floating in your soup. When the potatoes are cooked, stir in the kale, chourico, bean paste and beans. Turn off the heat and let the soup sit for 10 minutes too marry the flavors. Remove the bay leaf, season the soup with salt and pepper to taste, and ladle into warm bowls.

## How do I donate to the Care Share?

Donations to the Care Share fund are greatly appreciated and easy to do. There is an option to donate when you log into your account online. Just look under "Donations and Promos," choose the donation amount and check-out. Your donations help provide boxes of organic, wholesome produce to those undergoing medical treatment.

## An Update On Nigel

Many of you know that three years ago Nigel was diagnosed with Multiple Myeloma. Multiple Myeloma is a cancer of the blood effecting plasma cells. Sitting in that first oncology appointment, the doctor told us Nigel would not be going home but rather he was rushing us off to a hospital in Walnut Creek. Somehow we were blessed with guidance, and I argued to send him to UCSF. This was the greatest argument I have ever won.

Currently there is no cure for Multiple Myeloma (although the researchers at UCSF feel they are very close!), but it is a treatable cancer. It typically cycles back around every 2 to 3 years, which is where we are right now. Nigel went through radiation treatment in the Spring up in Sacramento, and then again at UCSF around Thanksgiving. His MM presents itself as tumors and bone lesions and those are treated with radiation and chemo. The radiation is behind us so now we are in the chemo phase of treatment.

We are very fortunate that his treatments do not require him to be hospitalized nor do they make him really sick. It is exhausting and it makes for a very fuzzy mind, and of course he has to be careful with his health with regard to exposure to illness. So for the time Nigel is not really working, he is mostly resting, at least as much as I can make him :). We are also extremely fortunate to have such an amazing crew taking care of the farm. I know they worry and this is hard on them as well. Many of our guys have been with Nigel for well over 10 years. They are family. In the office is Emily. Emily started

with us right when Nigel was going through his first round of radiation last year in the Spring time. She and her family immediately became part of this family. It is a tricky thing hiring someone to work with you when you work out of your home, but luck was with us again. Emily does a fantastic job of keeping the CSA running smoothly, and if you have any questions you can always call her or better yet email, [organic@eatwell.com](mailto:organic@eatwell.com).

I know we sing the praises of UCSF often, but these past few months we experienced it in a new and different way, by going somewhere else for treatment. What a difference. It is so very important when dealing with a serious disease like cancer to work with specialists in your particular area. We are so thankful for the kindness and extreme

consideration shown us. The woman who did his radiation treatments around Thanksgiving offered to come in to work an hour early every day to get Nigel in before everyone else so he wouldn't have to sit in traffic. That level of care and consideration means so much and made an enormous difference in our lives. And it is just one small reason we are now doing all of his treatments at UCSF. We all should be grateful to have such an amazing hospital available to us.

Nigel and I originally wanted to keep this all rather on the quiet side. But his treatment is requiring more of him than we had hoped. You too are our family, and you are still the biggest reason we do what we do. When Nigel was sick three years ago your support in the way of prayers, well wishes, cards, many meals brought to us while Nigel spent three weeks in the hospital, truly had an enormously positive effect. I believe it sped his recovery. Nigel and I have purpose and you give us that. So my last mention of gratitude is for you, our CSA members. Thank you. - Lorraine.

## Eatwell Farm Care Share

Fresh, organic foods packed with nutrition are such an important aspect of battling and recovering from serious illness; I truly can not emphasize strongly enough what a difference it makes. I will not make any silly claims of cures, but honest, good food gives strength to the body as well as the spirit; the simple act of delivering a fantastic meal to someone in need of care is so much more than just something to eat. Seeing firsthand what a difference nutrition made, Nigel and I came up with a plan and committed to donating 10 CSA shares per month for those battling serious health issues. Most of you are not aware of this program, so I would like to introduce you all to the Eatwell Farm Care Share.

If you know anyone whose health could benefit from a 4 box Care Share, please contact Emily at [organic@eatwell.com](mailto:organic@eatwell.com).