



WEEK OF JULY 10TH 2017 #28/52



Celebrating Nigel's Life

I was wrong. Last week's newsletter wasn't the hardest, this week's is. I feel lost in front of my computer, what do I write about? My entire life has been turned upside down. Don and Thora, Nigel's parents, flew back to England on Monday. They were with me for the past 5 weeks, by my side every step of the way, giving me the chance to continue running the farm while they sat with Nigel. They made countless cups of tea, washed dishes, cooked food, did daily loads of laundry. Together we learned how to care for the dying, things none of us would ever want to know. This has been a tragic journey for them. Originally they were booked to fly home Sunday, July 2nd. Nigel left up leaving us that Saturday, so they changed their flight and then asked me what kind of service or remembrance I was planning on.

My plan has always been to hold a memorial next summer close to Nigel's beloved solstice and our wedding anniversary, so I hadn't thought about a small gathering that would happen now. I realized they were right, we had to do something. I thought we could put together something small; the crew, us, the immediate family here, a few close friends. Then I was thinking about how important all of you have been to Nigel and maybe I should just let the CSA know and if they want to come up great. I was reminded that the CSA alone could be a couple thousand people, so I quickly realized that wasn't a good idea. Putting the small list together jumped to 200 people almost immediately, and I can assure you, there were many important people I forgot and many more we just couldn't invite. But that was Nigel- he was a man who touched so many lives, making a "small" list was simply impossible.

It was a beautiful day with many close friends. We got to hear a lot of great Nigel stories. This was one event I didn't cook for at all, from start to finish. Thank you Paige for feeding us all weekend. It was nicer than I could have imagine, having that task so lovingly taken off my "plate". And thank you Lizzie for putting the beautiful flowers together, such a gorgeous representation of the beauty Nigel has created around our farm. And Jan, thank you for managing the pit. Our future promises some excellent kalua pork, cooked in Nigel's banana leaves.

Truly there are many people to thank, including Ms. Amie Bailey for all the delicious Humphry Slocombe ice cream, always Nigel's favorite food group, and Annie and George for the pork, Nigel's second favorite food group.

Many donations have come in for the Care Share fund. Thank you all for your generosity. I am encouraged that we will turn this into a beautiful way to honor Nigel's life work. A big part of this project is finding the best ways to get our healthy food to those who need it. Perhaps a working with some clinics or specific practitioners who could accept boxes to give to patients who could benefit from a share might be an option. If you have any ideas please let me know.

Community and the CSA

Nigel and I always felt that growing community was essential to all that we do. A couple of months ago, he was talking to me about learning that a community of plants in the pasture made for a much healthier crop. Somehow growing multiple varieties mixed together just worked better, probably because the plants work together in a system. And just like humans, they also can compete and fight, but with the right mix and good plant communication, the pasture would be rich, full and beautiful.

The past few years, we've tried growing our CSA community by opening up the events to the public. We learned from you that visits to the farm were key in making a solid connection between members and the land. It made the difference between you simply being a customer and becoming an invested share holder of the farm; Eatwell became your farm. So it made sense to us to have more people here, sharing in the events alongside our members. Of course, it would help us grow the CSA. The funny thing is that isn't how it works. What I have learned over the past couple of weeks is that it's not just about getting people to the farm, it is actually about us having the chance to really connect with one another. Opening the events to the public, which made them much larger affairs, meant we didn't have the time to really visit with existing members. That doesn't translate into CSA growth. I think a big part of why it didn't work is because you are the best ambassadors, and when you bring your friends and family they share your experience. Often they "see the light" and become members because of it. They are invited into the community and at least temporarily become a part of it. I now realize that maybe a better focus of attention is making sure all of our CSA members have that serious connection to the farm. ALL of you should know deep inside this is your farm,. This is your place to come to visit and be with the land. I want every member to not just open a box of produce, but to open a box of the bounty that is your family farm, even if you don't get to visit often or ever. I have heard many beautiful stories over the past couple of weeks and they all confirm this concept for me. Yes we need more members so don't stop the evangelism, but more importantly I want to make sure you each and everyone of you feel this connection.

This Summer's Sauce Parties

Sauce Party #1 is just around the corner, and I think out of all the events that happen on the farm, it is the sauce party that connects people. It's usually hot, hotter for having close to 100 people cooking tomato sauce all day. But magic happens in that communal cooking, in the sharing of recipes, lunch, and cocktails (thinking of you Ted - Manhattan Man). It is pretty serious work for all of you.

Last year it was so obvious that most of you have become hard core canners and the operations you are setting up have become quite impressive (and huge!). This year we have reduced the number of tickets rather significantly to accommodate you the Eatwell canners. I think we used to open it up to well over 100 people, now we are down to just 80. If you haven't gotten your tickets, I strongly encourage you do that, because I think this year we are going to book out once people realize this. Also, we grew more San Marzanos this year and they really do make the best sauce EVAH! Get your tickets, bring up some friends, make a year's worth of sauce, and more importantly let's all celebrate the amazing man I was lucky enough to love and marry! For ticket inquiries, email organic@eatwell.com or check your Friday email for the parties link.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

Crispy Potato Cake with Garlic and Parsley

From Bonappetit.com

4 TB unsalted butter, divided, plus more for pan
6 garlic cloves, thinly sliced
3 lbs small potatoes, peeled, sliced ¼" thick
Kosher salt and freshly ground black pepper
6 TB duck fat or unsalted butter
½ cup fresh parsley leaves

Preheat oven to 350. Generously butter cake pan; set aside. Heat 2 TB butter in a large skillet over medium heat. Add garlic and cook, stirring, until golden brown, about 4 minutes; transfer to a paper towel-lined plate. Add remaining 2 Tbsp. butter to skillet. Once butter is melted, add potatoes; season with salt and pepper and cook, tossing occasionally, until beginning to soften, 6-8 minutes. Add duck fat and continue to cook potatoes, tossing occasionally, until tender and golden brown in spots, 15-20 minutes longer. Transfer potatoes to prepared cake pan, pressing down firmly and evenly (this will help potatoes hold together when you turn the potato cake out). Bake potatoes until crisp on top, 12-15 minutes. Let cool 5 minutes, then invert potato cake onto a plate, season with salt and pepper, and top with parsley and reserved garlic.

Galette au Chou French Cabbage Galette

From Lavenderandlovage.com

1/2 cabbage, roughly chopped
2 TB olive oil
7ozs thick cut smoked bacon, cubed
2 eggs
3 shallots, peeled and finely chopped
3 cloves garlic, peeled and finely chopped
bunch of parsley, finely chopped
sea salt
freshly ground black pepper
7ozs plain flour
250ml milk

Heat oven to 350F
Steam cabbage for 3 minutes, drain and put to one side. Smear the olive oil over a deep pie dish and place in the oven. In a bowl, mix the eggs, bacon, shallots, garlic, parsley and seasoning together. Add the flour and milk and blend to a smooth thick batter. Remove the hot pie dish from the oven and pour half the batter in to the dish, then pile on the cabbage, packing it down with your hands before pouring the remaining batter over the top. Bake for 35 to 40 minutes until golden brown and firm. Serve hot, warm or at room temperature.

Plum Tarts with Honey and Black Pepper

From Bonappetit.com

1 sheet frozen puff pastry (one 14-oz. package or half of 17.3-oz. package), thawed according to package directions
1 pound red plums, apricots, or peaches, pitted, cut into ½" wedges
¼ cup sugar
Freshly ground black pepper
1 tablespoon honey
Flaky sea salt (such as Maldon)

Preheat oven to 425°. Cut pastry into six 4" squares, place on a parchment-lined baking sheet, and prick all over with a fork. Top with plums, leaving a ½" border. Sprinkle with sugar; season with a few grinds of pepper. Bake tarts, rotating pan halfway through, until edges of pastry are puffed and golden brown, 25-30 minutes. Drizzle with honey and sprinkle with salt just before serving.

Easy French Ratatouille

From Thekitchn.com

2 eggplants
2 onions
3 bell peppers
6 zucchini
4 tomatoes
1 ½ to 2 TB olive oil
3-4 garlic cloves
1 bay leaf
3-4 sprigs of thyme
¼ cup loosely packed basil, sliced into ribbons
Extra basil for garnish
Salt and Pepper

Peel the eggplants, if desired, and chop them into bite-sized cubes. Transfer them to a strainer set over a bowl and toss with a tablespoon of salt. Let the eggplant sit while you prepare the rest of the ingredients.

Dice the onions and roughly chop the peppers, zucchinis, and tomatoes into bite-sized pieces. Mince the garlic. The vegetables will be cooked in batches, so keep each one in a separate bowl.

Warm a teaspoon of olive oil in a large (at least 5

1/2-quart) Dutch oven or pot over medium-high heat. Add the onions and a generous pinch of salt. Sauté until the onions have softened and are just beginning to brown, about 10 minutes. Add the peppers and continue cooking until the peppers have also softened, about another 5 minutes. Transfer the onions and peppers to a clean bowl.

Add another teaspoon of oil to the pot and sauté the zucchini with a generous pinch of salt until the zucchini has softened and is beginning to brown, about 5 minutes. Transfer the zucchini to the bowl with the onions and peppers.

Rinse the eggplant under running water and squeeze the cubes gently with your hands to remove as much moisture as

possible. Warm two teaspoons of oil in the pan and sauté the eggplant until it has softened and has begun to turn translucent, about 10 minutes. Transfer the eggplant to the bowl with the other vegetables.

During cooking, a brown glaze will gradually build on the bottom of the pan. If it looks like this glaze is beginning to turn black and burn, turn down the heat to medium. You can also dissolve the glaze between batches by pouring 1/4 cup of water or wine into the pan and scraping up the glaze. Pour the deglazing liquid into the bowl with the vegetables.

Warm another teaspoon of olive oil in the pan and sauté the garlic until it is fragrant and just starting to turn golden, about 1 minute. Add the tomatoes, bay leaf, and whole sprigs of thyme. As the tomato juices begin to bubble, scrape up the brown glaze on the bottom of the pan.

Add all of the vegetables back into the pan and stir until everything is evenly mixed. Bring the stew to a simmer, then turn down the heat to low. Stirring occasionally, simmer for at least 20 minutes or up to 1 1/2 hours. Shorter cooking time will leave the vegetables in larger, more distinct pieces; longer cooking times will break the vegetables down into a silky stew.

Remove the bay leaf and thyme sprigs. Just before taking the ratatouille off the heat, stir in the basil. Sprinkle the extra basil and a glug of good olive oil over each bowl as you serve.

Leftovers can be refrigerated for a week or frozen for up to 3 months. Ratatouille is often better the second day, and it can be eaten cold, room temperature, or warm.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

This Week's Box List

**Items in Box for 2*

Plums

*Peaches or Nectarines

*Strawberries

Cabbage

Collards

*Zucchini

*Potatoes

*Tomatoes

Onions

*Parsley

Basil

Storage tips and all other recipes be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "This Week's Box" or "Recipes"

