



WEEK OF JULY 24TH 2017 #30/52



To All the CSA Members From Nigel's Parents

Thora and I would like to thank you all for the wonderful way in which you, his many customers and friends and family, made his so welcome since he came to the US. All the heartwarming remarks shared on Sunday, July 9th, at the celebration of his life, made us very proud parents. We can't thank you all enough for the way in which you accepted him into your lives, especially Lorraine his wonderful wife, who has been a tower of strength, ensuring that he had the best treatment and care possible during his time fighting this horrible disease. His many customers and friends we are sure will give Lorraine and Cameron plus all the crew their support to maintain Eatwell Farm so that it can continue Nigel's life work, supplying you with high quality produce, for many years to come. As parents we are devastated and heartbroken by the loss of our son and help will always be in our thoughts.

— Don and Thora

The Beginning of Eatwell Farm



Nigel's parents sent me this article that was published in 1996 in the UK.

"I came out here first to have a look. I liked what I saw, and I saw opportunities that weren't available in the UK. And then I met my girlfriend Frances and decided I would stay. I had been organic farming for 14 years, but there was very little good land available in the UK and I wasn't my own boss. Now I lease

17 acres and grow fruit and vegetables which I then transport by truck to various farmers markets to sell. The customers here are much more appreciative too. They have the money to pay a little bit extra for quality. People in Britain appreciate quality but don't always have the money to pay for it. At home I pre-packed organic produce for Waitress and Safeway. I heard only once in three years that something was good. You would only hear if something was wrong. Here, customers tell us all the time what produce they like. Before, I was employed by a management company which had a client who wanted an organic farm, so I wasn't my own boss. I was reasonably paid, but it wasn't the same as running the show.

I am investing all my profits into new equipment at the present, but if I wasn't I would be much better off than I was in the U.K. It's sunny so we can grow lots of different things. There's so much more space here, our house could be much more grandiose and the cost of construction is a lot less. In Britain I lived in a 400 year old thatched cottage on half an acre. The romance of it wore off after one winter of heating bills! I felt much at home here from the start. The work involved the same skills but with different crops. There were different marketing structures that I had to learn about, but essentially wherever you farm there are different challenges you have to meet. I have more responsibility and am taking risks with my own money, which another difference. We grow apples, herbs, beets, squashes, cabbages and about 25 types of tomatoes, all outside. I run my own farm and I like the freedom of being my own boss. I have job satisfaction and sales are going up. Here it's a car culture so I do an awful lot of driving. The medical set up is much different to the UK. We have lots of friends, know all the local farmer and go to dinner parties. Plus our hot tub is becoming more popular with everyone. I miss BBC Radio 4, decent newspapers, the NHS, and my 6 year old daughter Eleanor, who is in the UK. We both miss our families as Frances' is on the East Coast, which seems as faraway as the UK. I telephone my family and parents every few weeks and see them every year. I also have a long email correspondence with a friend. There is lots of building work going on here, my business is growing and the farmers market at which we sell is expanding. I definitely want to stay on here and expand."



Our Strawberries Need Help

This photo clearly shows our strawberry field has been invaded by the poplars. Connie and I have been talking about why this is happening and we believe there are two factors. First, this patch is right next to the row of poplars we coppiced a few years back, so we think it sent runners out for regrowth. Secondly, the strawberry patch's soil has gone undisturbed for two years now. No tilling, no breaking the cycle. These trees growing all over the strawberries make harvesting very difficult, and I am sure it is reducing our yield.

I am wondering if we could get a small crew of people to help us do a little weeding and work on cutting these poplars down to the ground. Cameron and I looked at it and I don't think we can pull them out easily, particularly with the fabric down. We have two sauce parties coming up the last week of July and the first week of August. Would any of you be interested in volunteering for an hour? Maybe Sunday morning after breakfast? I think if we had a small group working together we could probably take out a good chunk. Soooo, if you are coming up for the first two Sauce Parties, AND you are interested in working on this project can you send me a text? 530-554-3971, let me know how many of your group can participate. Thanks ever so much!

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



RECIPES AND IDEAS FROM LORRAINE

Zucchini Parmesan

Recipe by Martha Rose Schulman from the NYT

I made this dinner a week ago for our friend Annie who has a farm about 10 minutes from us. She and her husband George raise heritage pork and fortunately for me they love to trade for vegetables. On this particular evening it was too hot to eat meat, but the Zucchini Parmesan served with some roasted Eatwell Potatoes and a cucumber salad on the side was so completely satisfying, it was not missed. Even though this recipe has you make the sauce from scratch it really is not complicated and actually didn't take long.

The Sauce

2 to 2 1/2 lb Tomatoes
1 TB Extra Virgin Olive Oil
1 small Onion, chopped
2 to 4 Garlic Cloves (to taste)
Salt and Pepper
1/8 tsp Sugar (I didn't add any sugar as our tomatoes are so sweet)
2 sprigs Basil
1 TB chopped Basil

The Zucchini

2 to 2 1/2 lbs Zucchini
Salt and Pepper
3 TB Extra Virgin Olive Oil
1/2 to 1 tsp Red Pepper Flakes, to taste
3/4 cup fresh grated Parmesan

If you have a food mill, quarter tomatoes. If not, peel seed and chop them. To make tomato sauce, heat 1 TB olive oil in a large, heavy skillet over medium heat and add onion. Cook, stirring often, until tender, about 5 minutes. Add garlic. Cook, stirring until fragrant, 30 seconds to a minute, and add tomatoes, salt, pepper, sugar and basil sprigs. Increase heat to medium-high. When tomatoes are bubbling briskly, stir and reduce heat to medium. Cook, stirring often, until tomatoes have cooked down and are beginning to stick to pan, 15 to 25 minutes, depending on consistency. Remove basil sprigs; taste and adjust seasoning. Heat oven to 450 F. Line sheet pans with parchment. Trim ends off zucchini and cut in half crosswise, then into lengthwise slices, about 1/4 to 1/3" thick. Season on both sides with salt and pepper and toss with 2 TB olive oil. Arrange zucchini slices on baking sheets in one layer and sprinkle with red pepper flakes. Roast for 12 minutes, until lightly browned and easily pierced with a knife. Remove from oven and reduce heat to 375 F. If using a food mill, put sauce through medium blade. If not pulse sauce in a food processor fitted with steel blade until just coarsely pureed. Stir in chopped basil. To assemble the dish, oil a 2 quart gratin with olive oil. Spread 1/4 cup tomatoes sauce over bottom of dish. Arrange a third of the zucchini in an even layer over tomato sauce. Spoon a third of remaining sauce over zucchini and sprinkle with 1/4 cup Parmesan. Repeat with 2 more layers, ending in 1/4 cup Parmesan. Drizzle on remaining TB olive oil. Bake 30 to 35 minutes, until bubbling and browned on the top and edges. Remove from heat and allow to sit for 5 to 10 minutes before serving.

Cooking Classes With Lorraine

Looking for more food inspiration or ideas? Join our luncheon with Lorraine and learn to cook from the box. You'll engage yourself in the farm, connect to the food you eat, and celebrate the land it comes from. Tickets must be purchased in advance. Go to eatwellluncheon17.bpt.me or email organic@eatwell.com for more information.

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."

Cucumber Salad

I don't follow much of a recipe because I don't typically measure with this one. It is pretty easy to do to your personal taste, just add small amounts of ingredients, you can always add more if needed. I try not to make too much to avoid leftovers since the cucumbers release so much water with time.

Cucumber
Pinch of Salt
Pinch of Black Pepper
Dash of a mild Vinegar
Dash of EVOO
1 Garlic Clove
Onion (to taste, amount is optional)
1 T Greek Yogurt or Sour Cream
Fresh Dill (to taste)

This Week's Box List

*Items in Box for 2

*Peaches or Nectarines
Green or Cherry Plums
Cherry Tomatoes
*Heirloom Tomatoes
*Zucchini
*Cucumber
*Chard or Cabbage
Potatoes
Onions
Garlic
*Basil

Cut the Cucumbers into chunks or thinly slice. I do it both ways depending on how I am feeling. Sometimes I take half the skin off by using a peeler and taking a thin stripe, turn a little take another thin stripe, turn a little etc. Sprinkle with a little Salt and Pepper, add a dash of a mild Vinegar (not Balsamic), a little Extra Virgin Olive Oil, a tiny clove of garlic finely minced and or a bit of thinly sliced onion. With the onion and garlic only use a small amount because you can quickly overpower the flavor. Add a good spoonful of Greek Yogurt or Sour Cream, and some chopped fresh Dill if you have it. I have made this often without the benefit of fresh dill. Mix well, taste and adjust.

Pickled Cherry Tomatoes

Last summer someone left a copy of this recipe at our stand, and for some reason it came back to the farm. The photo is beautiful and it seems like a great use for the crazy abundance of Cherry Tomatoes we face every summer! I am hoping to make these, can them and have them available as an add on item for you to order with your share. We used them as a side with lunch and of course in cocktails. I did a quick little googling and saw one suggestion of putting them into a blender to make a vinaigrette, hmmm that sounds delicious! Unfortunately I have no idea where this recipe came from, but there are several in the google-sphere.

1 tsp Mustard Seed
1 tsp Whole Peppercorns
1/2 tsp Fennel Seeds
3 whole Star Anise
8 whole Cloves
4 cloves Garlic, smashed
1 1/2 cups White Vinegar
3 TB Sugar
12 oz Cherry Tomatoes
4 sprigs Oregano (I am using Basil)

Put the mustard seed, peppercorns, fennel seeds, star anise and cloves in a medium saucepan over medium-high heat. Toast spices, stirring occasionally, until fragrant, 1 to 2 minutes. Add garlic and vinegar, sugar and 3/4 cup water and 1/4 tsp kosher salt. Bring to a boil, reduce to a simmer, and cook until sugar is dissolved, about 2 minutes. Remove from heat to cool. Using a skewer, poke a hole through each tomato. Place tomatoes in medium bowl with oregano or basil. Pour pickling mixture over tomatoes, covering them completely. Refrigerate in airtight container 24 hours before serving.

As a note, I have read several recipes and most recommend waiting longer than 24 hours to allow for the flavors to fully develop. These pickles can be canned in a waterbath for 15 minutes, then they can be stored at room temp, otherwise all of the recipes say they are good in the refrigerator for a few months.

