



WEEK OF JULY 31ST 2017 #31/52



Care Share

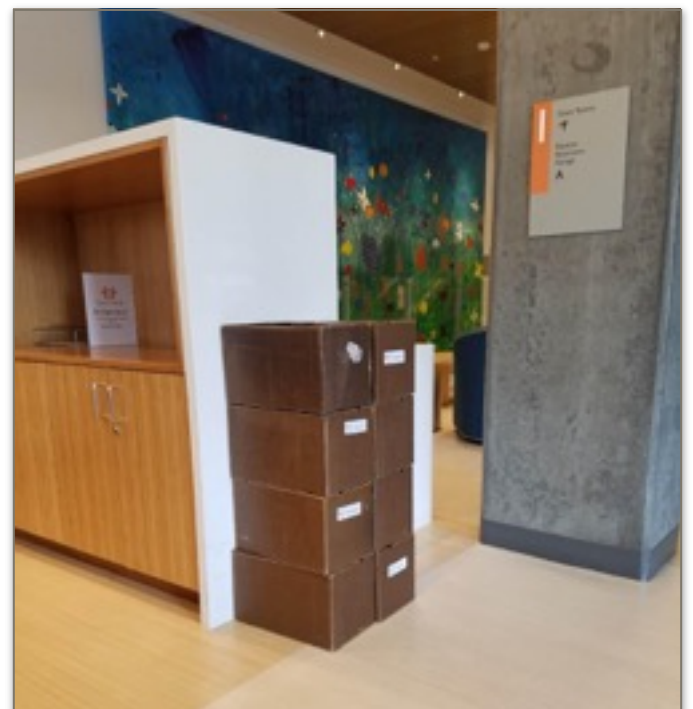
We have received a lot of donations to the Care Share program, and so many of you have donated your boxes rather than putting them on hold. I can't thank you all enough, this is a beautiful start to creating a program that can make such a difference for people fighting cancer and other serious illnesses.

I wanted to let you all know how the shares are currently being distributed. Yes, we have individuals who have signed up, but not nearly enough, so if you know of anyone please let them know about this program. Last week we dropped off 5 boxes to the Potrero Hill Neighborhood House. They serve lunch to seniors everyday. We have committed to sending 5 boxes each week for them to share with the seniors. We will also be supporting the Dixon Family Center with a donation of boxes every two weeks. But the latest drop is the one I am most excited about, The Family House near UCSF Mission Bay is now receiving 8 boxes each week. This gives them one box for each of their 8 kitchens.



"Family House serves as a home away from home for families of children with cancer and other life-threatening illnesses by providing physical comfort and emotional support, free from financial concerns."

I can not think of better way to honor Nigel's memory than by supporting the Family House. Thank you all so much for your donations. I am committed to growing our Care Share Program into something worthy of our great farmer!



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Lorraine's Soapbox

The trucks are zooming down the road fully loaded with tomatoes, destination is the Campbell's cannery in town. I know Nigel has written and spoken of the tomatoes that go into that soup can, explaining how they are picked for primarily for color. Those industrial tomatoes are not grown for flavor. It's added later. Fields are harvested in one go, which means the crop needs to be uniformly ready. To achieve this rather unnatural uniformity, you can spray the plants with high concentrations of ethylene gas. This is the gas the plants naturally produce that causes them to ripen.

From one season to the next, farmers typically grow nothing else on the land. This means the ground is bare during the winter. Of course no one wants weeds taking over the fields, so they spray RoundUp a few times during those months. RoundUp is also used on their wheat fields several days before harvesting. It works as a desiccant.

Walnuts and almonds are dusted with kaolin to protect them from sun damage. Who knew nut trees would get sunburnt? Kaolin is a white mineral clay, so it works as a physical block, similar to the zinc we use in sun products. In addition to the sun protection, walnuts are also sprayed for husk flies. Most of the farmers don't like anything growing under their trees, so *more* RoundUp to the rescue.

I bring all this up because yesterday I listened to a short segment on NPR about the Poison Papers. This is an enormous collection of documents that exposes the collusion between the chemical companies and our regulatory agencies, you know the people who are there to protect us. Having worked in the natural foods since my early 20s, I have argued with people for decades about the safety of these chemicals. My point very often was how can you trust the science when the companies who manufacture the product are paying for that science? How independent is independent? Apparently not very.

I cling to my dream of chemical-free agriculture. The fact is we live in a time when the dependence on those chemicals has gotten out of control. We don't know the true effects on our health. I *do* know that Multiple Myeloma is listed as one of the cancers that is shown significantly higher in agricultural communities, so I feel this all has touched me in a very real way.

What can we do about any of this? Well you are already doing it, Every time you renew your subscription, you support a farm that does not spray. When we buy any organic food we tell the non-organic food producers that we don't support you. There is a reason Heinz now makes an organic ketchup and Best Foods makes an organic mayo. I don't expect any of us to be 100% perfect, even I go out to eat sometimes to restaurant that isn't using organic ingredients at all, but most often I save my money so that I can support the restaurants that do.

I realize this might sound like a rant, but I am angry. The cost of cheap food has cost me dearly. Thank you for being my sounding board.

RECIPES AND IDEAS FROM LORRAINE

Eggplant, zucchini, tomatoes, cucumbers, oh my! Summer in full swing is so amazing. For us, where it is hot and the day is long, there is just so much yummy goodness that requires very little, to no cooking! Last night for dinner, I just sautéed a little onion, a few zucchinis, two tomatoes, and some peppers we had cooked earlier, threw in a little salt, fresh basil, and grate parmesan. Served it with corn on the cob, and some fried potatoes. We had a little smoked fish on the side and what a simple, yet fantastic meal it was.

This morning we are using the leftovers for a frittata.

Basically every night we eat fresh tomatoes. I personally love the heirlooms sliced, with a drizzle of good olive oil, then a sprinkling of Eatwell's Lavender Salt. Really that is all you need. Of course we enjoy the Schopska Salad almost daily, and it's a great way to use the cucumbers and the tomatoes. If you want the recipe you can find it on the farm's recipe page, I have posted it often.

Creamy Courgette with Tarragon Cream

Soooo my hero, Yotam, always comes through! He recently did an article for the Guardian of Zucchini recipes. Courgette is what the English call Zucchini. Yotam Ottolenghi, as many of you know, is one of my all time favorite chefs and most definitely one I turn to all summer long. I am hoping we can make this tonight. Since we have basil in the box I am planning on doubling the basil cream and omitting the tarragon.

4 TB Olive Oil
8 TB Butter
5 cloves Garlic, thinly slice
*10 Courgettes (zucchini), trimmed, and thinly sliced
Salt and freshly ground Black Pepper
1 oz Basil leaves
1 oz Tarragon
*3 large potatoes, peeled and cut into chunks
7 TB whole Milk
1/3 cup grated Parmesan Reggiano
1/4 tsp freshly ground Nutmeg
1 Egg, beaten
2 oz Walnuts, roughly chopped

Heat the oven to 390 F. Put an extra-large sauce pan for which you have a lid, on a medium-high heat, and melt the oils and 3 TB of the butter. Once the butter start to foam, fry the garlic for a minute or two, just until it starts to brown. Stir in the courgettes, a teaspoon and a half of salt and plenty of pepper, and cook for seven to eight minutes, until the courgettes have shrunk a little and started to take on some color. Turn down the heat to medium-low, cover and leave to simmer gently for 40 minutes, stirring every once in a while, until the courgettes are completely soft and breaking apart. Stir in the herbs, then spoon the mix in to a 20cm X 30 cm (8 x 12") ceramic baking dish. While the courgettes are cooking, bring a medium saucepan of salted water to a boil. Drop in the potatoes and boil for 17-18 minutes, until cooked through, then drain. Return the potatoes to the pan with 2 TB butter, the milk, parmesan, nutmeg, egg and half a tsp salt, then mash until very smooth. Spoon the mash into a piping bag, then pipe cycles of mash over the top of the zucchini mix, to cover it completely; make sure the circles sit close together, but stay distinct from each other. And don't worry if you don't have a piping bag; use two tablespoons to shape the mash, spoon follow on the zucchini and level out the top with a palette knife or spatula. Melt 1 TB butter in a small saucepan, brush this all over the top of the mash, then bake the cobbler for 30 minutes, until the potato is golden-brown and the zucchini underneath is bubbling. Remove from the oven and leave to rest for five minutes. Melt the remaining butter in the saucepan until it starts to froth, cook until it darkens and smells nutty. Stir in the walnuts for just 10 seconds, spoon all over the cobbler and serve.

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."

Roasted Eggplant with Saffron Yogurt Sauce

Recipe by Yotam Ottolenghi from Ottolenghi

This is one of my all time favorite go to recipes. I love roasted eggplant, but the yogurt sauce is good with a wide variety of roasted vegetables. Yotam's recipe is for 3 medium sized eggplant, which clearly we do not have in the box. I would recommend making the full proportions of sauce, you can use it on fish, zucchini, tomatoes, just about anything. I have altered the eggplant proportions already.

1 Eggplant, cut into 1/2" slices
Olive Oil for brushing
1 TB toasted Pine Nuts
Pomegranate Seeds
7 Basil Leaves
Coarse Sea Salt and freshly ground Black Pepper

Preheat the oven to 425 F. Place the eggplant slices on a roasting tray, brush with plenty of olive oil on both sides and sprinkle with salt and pepper. Roast for 20 to 35 minutes, until the slices take on a beautiful light brown color. Let them cool down. The eggplants will keep in the fridge for 3 days; just let them come to room temp before serving.

Saffron Yogurt Sauce

A small pinch of Saffron Strands
3 TB hot Water
6 or 7 oz of Greek Yogurt
1 clove Garlic, crushed
2 1/2 tsp Lemon Juice
3 TB Olive Oil

Infuse the saffron in the hot water in a small bowl for 5 minutes. Pour the infusion into a bowl containing the yogurt, garlic, lemon juice, olive oil and some salt. Whisk well to get a smooth, golden sauce. Taste and adjust the salt, if necessary, then chill. This sauce will keep well in the fridge for up to 3 days.

To serve, arrange the eggplant slices on a large plate, slightly overlapping. Drizzle the saffron yogurt over them, sprinkle with the pine nuts and pomegranate seeds and lay the basil on top.

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 and use discount code "CS@Member" for 50% off your ticket.

You can also text Lorraine with any cooking questions, (530) 554-3971.

