



WEEK OF AUGUST 7TH 2017 #32/52



### Poblano Peppers?

Here's the thing about peppers, there is no true marker for spicy, therefore what is a hot pepper to one person is a mild pepper to someone else. I love the poblanos, but for many people, they are too hot. This creates a problem when it comes to deciding whether or not to put them into the share, do we or don't we? And of course those of you who don't mind the heat will tell me they aren't hot at all, and those of you who have a low tolerance for spice will tell me they are WAY too hot. I'm not sure how much we have planted and if we will have enough to go into the boxes, but how about a compromise? We add them to the add on's list and if you love them you can order them as an extra. We will check with Jose and find out if we have enough to put into the boxes for at least two weeks. If we do I will consider that. It would help to get your feedback though, sooooo let's have a vote, text me yay or nay on Poblanos and we will take it from there, 530-554-3971.

### The Pond

Many of you who have visited the farm this summer have asked about the pond. It is dry, dry, dry. And yes, we did that on purpose. A few years ago Nigel was reading up on ways to seal a pond naturally. We have already put a pond liner, and used clay, but nothing has worked for us. The fact is we have no clay in our soil, a bit of a problem when you are looking to seal a pond! What he read was the goose and duck poop does a very good job of sealing ponds, so we got geese and ducks. The pond still leaks. But now the water is yucky and no one wants to swim in it anymore. I decided to let it drain and dry out completely. I am hoping to fill it up in a week or so and keeping my fingers crossed that it seals or at the very least we will have clear water, beautiful enough to swim in.



### Looking To Fall and Beyond

Walking the farm recently we came across a partial field of Celeriac. At first glance, it is hard to distinguish these young plants from celery, but when you get up close you can see the root bulb. It is hard to imagine during these very hot days that I will enjoy a delicious, roasted celeriac. But before you know it, the season will

change, the days will get colder and shorter and certainly, that comforting cold weather food will be thoroughly enjoyed. For the moment though they are a reminder of what's to come, as well as the weight of all I don't know.

Nigel juggled a lot of things in his head - seriously a lot. It is truly daunting. How we wish we had had just a little more time together so we could ask him about a million questions, but alas that possibility is no more. We are working on a seed list, a Headstart list, and a harvest list, praying we aren't missing anything important. It is what keeps me awake at night, the not knowing, but seeing celeriac in the ground is rather comforting. And we will keep plodding along with our giant lists.



### Rogue Chard

On this same walk, we found an enormous chard plant growing in the middle of the peppers. Not sure if it is just a remnant from an earlier planting or perhaps a few seeds jumped into the the pepper seed bag. Either way, we find it amusing and thought I would share it with y'all. Out on the farm, life is something you just can't stop as is proven to us by this gigantic chard.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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# RECIPES AND IDEAS FROM LORRAINE

## Salbitxada Sauce

Recipe found on LA Times,  
adapted from a recipe by Jose Centeno

This sauce tastes great with Summer Squash garnished with toasted almonds.

2 TB whole Almonds  
1/2 Serrano Chile, seeded, diced  
6 cloves Garlic, minced  
2 ripe Tomatoes, cored, seeded and diced  
Zest of 1/2 Lemon  
2 TB thinly sliced Italian Parsley  
1 TB Sherry Vinegar  
Olive Oil  
Kosher Salt  
Freshly ground Pepper

Toast almonds in a sauté pan over medium-high, shaking frequently, until golden and fragrant, about 5 minutes. Combine the almonds, chile, garlic, tomatoes, lemon, parsley, vinegar and one-half cup olive oil in a medium bowl. Season with 1/4 tsp salt and a couple grinds of black pepper, or to taste, and adjust consistency with additional olive oil if desired. This will keep for two days, refrigerated.

## Tangy Cucumber Avocado Salad

Recipe Eatwell Farmhouse Kitchen, inspired by a recipe by Jessie Welch found on [allrecipes.com](http://allrecipes.com)

2 medium Cucumbers, cubed  
1 large Avocado, cubed  
1 small clove Garlic, minced  
1/2 small Onion, minced  
3 to 5 fresh Lemon Verbena leaves, we used 3 but definitely felt it could handle more, finely chopped  
3 big Basil leaves, finely chopped  
Pinch of Salt to start, add more if you like  
Black Pepper to taste  
Juice from 1/4 Lemon and 1/2 Lime

Combine all the ingredients except for the avocado, and mix well. Then, add the avocado and mix it in. Cover and refrigerate at least 30 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](http://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.**

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

## Moussaka

Recipe by Lilly, inspired by a recipe found on BBC

Lilly offered to cook dinner the other night, and thinking of everything that was in the share last week, I asked if she was game for trying out a Moussaka. She was, she did and it was AMAZING! I had thirds, almost went for a fourth serving, Cameron did have four servings, and by the end of the meal there was very little left over. All of us wanted the leftovers for lunch the next day. I am definitely making this again very soon, it was that good. Traditionally Moussaka is made with ground lamb and includes potatoes. I am not the biggest fan of lamb, plus we have access to amazing pork, so she made it with ground pork, and we served steamed potatoes on the side. Typically this dish uses more eggplant, so if you have one leftover from last week you can use two. If you want more veg in it, fry up some of the summer squash. When Lilly made her version there wasn't enough to do multiple layers, so she did one layer of meat, one of eggplant, another layer using the rest of the meat, then topped it with the sauce.

### This Week's Box List

*\*Items in Box for 2*  
\*Basil  
Lemon Verbena  
Potatoes  
Onions  
Zucchini  
\*Cucumber  
Eggplant  
\*Peppers  
Cherry Tomatoes  
\*Heirloom Tomatoes  
\*Red Slicer Tomatoes  
Peaches or Nectarines  
\*Plum

1 Eggplant, cut into 1/2" slices  
1 TB fine Sea Salt  
1 lb Ground Pork, you can use Lamb which is how this is traditionally made  
1 Onion, finely chopped  
3 Garlic cloves, crushed  
1 tsp Italian Seasoning  
2-3 sprigs fresh Mint  
2 Bay Leaves  
1 tsp Cinnamon  
1 TB All Purpose Flour  
1/2 tsp Sea Salt, plus extra for seasoning  
7 oz Red Wine  
1 lb chopped Red Slicer Tomatoes  
7 TB Olive Oil  
Sea Salt and freshly ground Black Pepper

Place the eggplant pieces in a colander and sprinkle with salt. Set aside for 10 minutes. Put the ground pork, onions, garlic, Italian Seasoning, mint, bay leaves and cinnamon in a large heavy-based frying pan and cook over a medium heat for 10 minutes, stirring with a wooden spoon to break up the meat. Stir in the flour, salt and plenty of freshly ground black pepper. Add the wine, tomatoes and bring to a simmer. Cook for 30 minutes, stirring occasionally until the meat is tender and the sauce has thickened. Season with salt and pepper to taste. Getting back to the eggplant, rinse the pieces under cold running water and pat dry. Heat three TB of the oil in a skillet and fry the eggplant pieces for 2 to 3 minutes on each side on medium high heat. Add more oil when you need to. Drain the eggplant on paper towels. Preheat the oven to 350 F.

### For the White Sauce

4 TB Butter  
4 TB All-Purpose Flour  
14 oz Milk  
1 tsp grated Nutmeg  
1 oz grated Parmesan  
1 Egg, beaten

Melt the butter in a saucepan, then stir in the flour. Cook for a few second then slowly whisk in the milk. Add half of the parmesan and the grated nutmeg. Simmer the sauce on gently for 4 to 5 minutes, stirring regularly. Season to taste with salt and pepper. Remove the sauce from the heat then whisk in the egg. Spread out half of the meat sauce in the bottom of the baking dish. Next is the eggplant, then the rest of the meat sauce. Cover with the white sauce, spreading it around to make sure it is all covered. Top with the rest of the parmesan cheese and bake in the preheated oven for 45 minutes or until bubbling and deep golden brown. Serve.

