



WEEK OF AUGUST 14TH 2017 #33/52



Connecting While Disconnecting

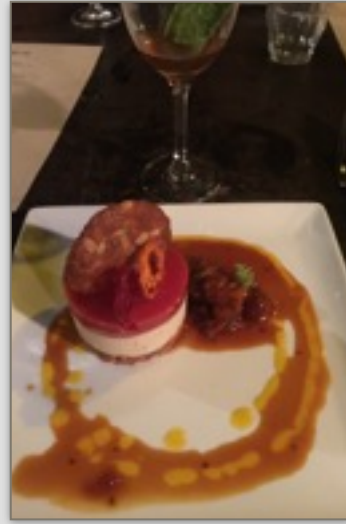
Last week was the final week of Bay Leaf Kitchen's summer camp program, and we ended with teen week. This week is the last of the Tomato Sauce Parties, the last official overnight on the farm for the year. When I watch the kids running around the farm getting dirty, making new friends, exploring, having fun playing with sticks and

old tires, eating mulberries, I realize this is type of carefree experience is almost non-existent these days. I recently read an article on the importance and necessity for children to become bored. It is at that time the imagination kicks in and has a chance to develop. Bay Leaf has a pretty strict no cell phone policy, with the rare exception to take a couple of pictures on a sunset walk. Memories can be kept in our head, they don't always have to go into the Cloud or FB. Two weeks ago at the Sauce Party there was one group playing games, another group set up their camp chairs on the farm road at the end of the Event Center to watch the moon come up. They were sitting there for a couple of hours, enjoying the sky, talking, and connecting with one another, while disconnecting from today's world. The farm does that to people, it allows us to relax into ourselves in a way we seldom have the opportunity to do. That is regenerative and is as important as the nutritious food the farm provides us weekly. It is important for each of you to understand the farm is your farm, and it is here for you, it is your place to come to, to camp for a few days, to escape our hectic technic lives, it is here for you. When you need it or want it, just let us know you want to come up so we know in advance, but seriously take advantage of your own, peaceful place to escape the crowds, find some sunshine, lounge in the shade to read a book, build a campfire in the fire pit, and breathe.

Eatwell is Now On Slack

At our last Sauce Party a couple of members told me the only reason they made it up was because their roommate has a car. I remember at farm events years ago you would see many zip cars, which we don't see much anymore at all. That got me thinking, does that mean many of you have no way of getting up here? And that brought me to the idea of setting up a Slack group for the Eatwell CSA Community. Cameron jumped on it, it is called Eatwell's Community. There is a channel for "Rideshare" and another for "Recipes" and of course the general. We can add more channels if the need arises, but I think this would be an excellent way for CSA members to reach out and connect with other members as well as the farm, for dinner/recipe ideas, and hopefully to get some ride shares happening. I really want to see more of you up at the farm. We would love any ideas you might have, or feedback. Please take a look at the Friday email we sent out last week for the link or go to bit.ly/EatwellSlack. From there, you can click and join! If you can't find it, please let me know and I can send you an invite to the group directly. The more members to join the better the experience!

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Annual Tomato Dinner At Millenium

For years now Eric Tucker, the amazing chef/owner at Millenium, brings his team up to the farm to taste, select and pick tomatoes and other goodies from the farm for their Tomato Dinner. This year's dinner is August 24th and part of the proceeds will go to help support the Nigel Walker Care Share Fund. I will definitely be there with a big group of family and friends. I would love to see

lots and lots of our CSA members as well. If you have never had the chance to enjoy a meal at Millenium, let me tell you it is an extraordinary experience. This dinner is particularly amazing, 5 courses all featuring our tomatoes. It takes incredible imagination and talent to create an innovative, delicious meal, each course featuring the tomato, and vegan to boot. Each year, it is one of the best meals I have ever enjoyed. Millenium is very conveniently located in Rockridge, just two blocks from the Rockridge BART station, and if you have to drive, parking is not impossible. I will be down there by 5:30 to set up a nice display of tomatoes and CSA goodies. Make a reservation, enjoy a fantastic meal, help support our Care Share fund, and please come by the farmer table to say hi!



Kids Grow Up, People Move On - Market Helpers Needed

Each and every week Eatwell Farm has had a stand at CUESA's SF Farmers Market. Nigel was so proud of the fact that no matter what, babies being born, farmers getting married, trucks breaking down, even cancer and death, our farm has never once missed a market. I can tell you that is quite an achievement. Many wonderful friendships have developed at our market stand. It is a very fun day. Yes it is work, and it is an early start on a Saturday, but so worth it. We are looking for a few new people to join us. Some of our market crew help out every week, some are regular every other week helpers. Do you love your farm? Food? Lavender? Teens are very welcome! Send me a text if you are interested 530-554-3971.

Poblanos - Update

You voted, YES. They're in the box this week!

RECIPES AND IDEAS FROM LORRAINE

Looking back at some older newsletters I decided to pull out a couple of recipes from the past. The one I have been looking forward to making is the Lazy Chiles Rellenos, I remember how delicious this dish is, and can't wait to make it this week!

Lazy Chiles Rellenos

From Tasty Kitchen: A Happy Recipe Community by Ree. The original recipe serves 9 so I have cut it in half to be more appropriate to the amount of peppers in your share. The original version uses a 9 x 13, obviously it will need to be much smaller than that, you might even try a loaf pan. I had this in the newsletter a year ago, and since then I have made it several times, twice in the last couple of weeks. Aside from taking some time roasting the peppers, it is a very simple and quick meal and we all love it. The last batch was a bit undercooked, but we fried up some fresh corn tortillas the next morning and scrambled the leftovers in the pan with the tortillas and enjoyed them for breakfast. It was super delicious!

4 whole roasted, peeled and seeded Poblano Chiles*
3/4 cup Monterey Jack Cheese, grated
3 Eatwell Farm Eggs
1 cup whole Milk
Salt and Pepper to taste
1/4 tsp Paprika
Pinch of Cayenne
Preheat oven to 325 F. Mix together eggs, milk, salt, pepper, paprika and cayenne. Cut chiles in half and add a single layer of chiles on the bottom of baking dish. Top chiles with half the grated cheese. Repeat with another layer of chiles and another layer of cheese. Pour egg mixture all over the top. Place into a larger baking dish or rimmed baking sheet. Pour in 1/2 inch of water and bake for 35 to 45 minutes, or until completely set. Cut into squares and serve with warm corn tortillas. *I have written about roasting peppers in the last two newsletters, but in case you missed that it is quite simple: Clean peppers, put on a baking sheet (I like mine lined with parchment paper) and put into an oven preheated to 500F. Roast for 10 minutes, turn peppers over and roast another 10 minutes. Remove and immediately put into a bowl and cover tightly with cling film. Let rest/steam/cool for about 30 minutes, remove stems, peel, seed and you are good to go!

Summer Chickpea Salad

An Eatwell Farmhouse Kitchen adaptation of a Jamie Oliver recipe

1 small Onion, peeled and thinly sliced
6 to 8 Lunchbox Peppers, seeded and chopped
1 basket Cherry Tomatoes, roughly chopped
1 Lemon
3 TB Walnut Oil, I like our local Glashoff Farms
Good Salt and freshly ground Black Pepper to taste
1 can organic Chickpeas
1/4 cup fresh Parsley, chopped
1/4 cup fresh Basil, finely ripped
Crumbled Feta Cheese, to taste
Finely slice the shallot, the put into a small bowl and cover with water, a good pinch of sugar and a splash of vinegar. Let this soak in vinegar water for a few minutes while you are working on everything else. Mix peppers and tomatoes in a bowl and add the walnut oil, zest from the lemon, and juice from half. Season with salt and pepper. Jamie suggests heating the chickpeas, and mashing just a few to make the salad a bit creamy. Add the chickpeas, basil, parsley and chopped shallot to the bowl, mix well, and allow to marinate for a little while. Right before you serve, toss on some crumbled feta. Taste for seasoning, adjust if necessary, serve room temp.

Summer Vegetable Lasagne

Recipe by J Kenji Lopez-Alt from Serious Eats
Lasagne definitely takes a little work, but it is so delicious, even leftover! So put the kids to work and embrace your time together in the kitchen and make a delicious meal!
1/2 cup Extra Virgin Olive Oil, divided
1 1/2 lb Summer Squash, ends trimmed, thinly sliced crosswise between 1/8-1/4" thick
Good Salt
3/4 lb Eggplant, ends trimmed, thinly sliced crosswise 1/8-1/4" thick
15 no-boil Lasagna Noodles (1 box)
3 TB Butter
3 TB All-purpose Flour
1 quart Whole Milk
2 oz fresh grated Parmigiano-Reggiano cheese
1 qt Homemade Crushed Tomatoes, use slicers and heirlooms!
3/4 lb fresh Mozzarella Cheese, torn into rough chunks

Handful of Basil Leaves

In a large skillet, heat 2 TB olive oil over high heat until shimmering. Working in batches and being sure not to crowd the pan, add zucchini/summer squash, season with salt, and cook, turning, until just tender and browned in spots, about 4 minutes per batch. Add more oil as needed to prevent pan from drying out, and adjust heat as needed throughout to maintain a very hot, but not heavily smoking pan. Transfer each batch to a baking sheet and spread in an even layer to cool, then transfer cooled slices to a second baking sheet or plate. Repeat until all the squash and eggplant are lightly browned. Place lasagna noodles in a 9x13" casserole dish and cover with hot water. Let noodles soak while you prepare the white sauce, agitating them every few

minutes to prevent sticking, about 20 minutes total. Heat butter in a medium saucepan over medium heat until melted. Add flour and increase heat to medium-high. Cook, stirring butter and flour with a whisk until pale golden blond, about 1 minute. Whisking constantly, slowly drizzle in milk. Continue to cook, whisking frequently, until mixture comes to a boil and thickens. Remove from heat and add Parmisiano-Reggiano. Whisk until smooth. Season to taste with salt. Set aside. Season crushed tomatoes to taste with salt. Preheat oven to 375 F and adjust rack to center position. Transfer noodles to a clean kitchen towel or layer with paper towels to dry them. Dry the casserole dish carefully and brush with olive oil. Spread a thin layer of crushed tomatoes on the bottom of the baking dish. Layer with 3 lasagna noodles. Top with 1/4 of browned squash and eggplant, 1/5 of crushed tomatoes and 1/5 of white sauce. Repeat layers three more times. Place the final lasagna noodles on top and spread with remaining crushed tomatoes and white sauce. Scatter mozzarella evenly over surface and add basil leaves. Drizzle lightly with olive oil. Cover dish tightly with aluminum foil and place in oven. Bake for 30 minutes, uncover, and continue baking until lightly browned on top. Remove from oven, let rest 10 minutes, slice and serve.

Roasted Heirloom Tomato Soup

Eatwell Farmhouse Kitchen

We all know Heirloom Tomatoes are fantastically delicious! However, they don't necessarily make great sauce or soup, except when you roast them first!

Heirloom Tomatoes, core removed and thickly sliced
Shallots or Onions, sliced
Salt and Pepper
Good Olive Oil
Basil

Cream or Creme Fraiche

Preheat oven to 375 F. Put the onion slices into a roasting dish, then top with the tomatoes. Drizzle over a decent amount of oil, sprinkle on a bit of salt and pepper. Roast for about an hour. When it is done puree everything. Adjust seasoning. If you like you can add a bit of cream or creme fraiche and top with finely chopped basil.

This Week's Box List

*Items in Box for 2

*Potatoes

Plums

*Peaches or Nectarines

Heirloom Tomatoes

Red Tomatoes

Cherry Tomatoes

*Basil

Cucumbers

Eggplant

*Zucchini

*Onions

Poblano Peppers

*Lunchbox Peppers

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."

