



WEEK OF SEPTEMBER 4TH 2017 #36/52



### Rose Hips

Walking the west side of the farm, you will find our mostly native hedge row. This includes a brambly rose that right now is covered in orange and red rose hips. The bushes are really lovely, but besides their beauty if made me think about all the benefits and uses of rose hips. Could this be something we could harvest? Or perhaps if anyone of you is interested in harvesting for yourselves, it could be another reason to come visit the farm? Rose hips are commonly used in jams and jellies, liqueurs, oils, dried for tea. They are incredibly high in vitamin C. Rose hip oil is commonly used in skin care. Something to consider for the future. Would love to know if anyone has any interest in them? Text me 530-554-3971 or comment on Slack.



### Pumpkin Parties & Events

Our pumpkins are coming along rather nicely. There are an awful lot of squirrels running around the farm so keep your fingers crossed they don't decimate this year's crop. If all goes well we will have a nice pumpkin party this year. It is the last event of the season, your final chance to come up with a group to have some fun on the farm. Nigel and I always found it rather amusing that the adults seemed to have more fun than the kids! Separate from actual farm events, I wanted to mention Wilderness Tora's Sukkot On The Farm will be at Eatwell again this year. I am really looking forward to the celebration of the harvest and to actually have the opportunity to experience it all. If you are interested tickets are available at wildernessstora.org.

### Saying Farewell To Connie

We met Connie at the annual California Farm Academy tour and dinner hosted here for its students. Shortly after she finished up their courses, she came to work here, taking over our herbs. When Emily left, Connie moved into the position of CSA manager. It was a role she wasn't fully comfortable taking on since she feels more at home out in the field, but she did, including managing all of the events. This is no simple task. There are many pieces to making sure everyone's share, eggs and extras end up on the right truck on the right day. Seasons change, produce changes, egg production goes up and down, members come and go. There is just a lot, all the time. Yet, the biggest challenge Connie faced was doing much of this work on her own, during the worst of Nigel's illness. We were gone so much of the time she was here, and I will never be able to thank her enough for the care and attention to detail she gave this job. Never did we have to worry about tasks getting done. Everything I asked of Connie, she did and did it without mistakes. She always asked what else she could do to help. During such a hard time in our lives, it was an enormous comfort knowing the CSA was in good hands.

With all of our CSA managers, one of the best things has been watching each one grow in their own special way. I know it was a stretch for Connie to take on the task of managing the events since she has always been a quiet person. The events are a pretty big deal here, but she did such a great job, all the way through our first big Sukkot on the Farm, with 300 people attending, and Nigel and I rushing off to the hospital. That says a lot about a person.

This coming weekend, Connie is packing up her car and moving back to the family farm in Illinois. I will miss her immensely. The farm made it through an incredibly challenging time because of her calm and steady way of handling things, and for that, I could never thank her enough. Thank you, Connie, we all wish you the best of luck, and truly hope you come back to visit!



P.S.: Connie was usually the one taking pictures, so I couldn't find any good shots of her. Fortunately, while we were walking the farm last week I snapped this one!

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150



# RECIPES AND IDEAS FROM LORRAINE

Well we have a rather interesting box this week; will be a little tricky but should be fun! And for those of you who hate spicy peppers, what are we going to do with those peppers? Quick little googling and I read that you can dry them by stringing them with a good separation between each pepper, then hang the string out in the sun. The dried peppers can be used in asian dishes later. OR you could make a fresh salsa, there is a recipe below. If you like to use chili paste, and don't want it super hot, you could mix the Lunchbox with the Serrano peppers in a recipe like the recipe I found for Nam Prik Pao on Inquiring Chef's website <https://inquiringchef.com/nam-prik-pao-thai-chili-paste/>. The beauty of making it yourself is you can determine the heat simply by playing with the recipe. Be daring, have some fun or if you really can't take the heat, put them in pretty bottles with olive oil and give them away as Christmas gifts!

## Essential Chopped Tomato/ Serrano Salsa

Recipe by Rick Bayles

12 oz ripe tomatoes  
Fresh Serrano Chiles to taste (roughly 1/2 to 1 oz total, more if you love the spice) stemmed  
12 or so sprigs of Cilantro  
1 large clove Garlic, peeled and very finely chopped (optional)  
1 small White Onion  
1 1/2 tsp fresh Lime Juice  
Salt, about 3/4 tsp

Core the tomatoes, then cut in half widthwise and squeeze out the seeds if you wish (it will give the sauce a less rustic appearance). Finely dice the flesh by slicing it into roughly 1/4" thick pieces, then cut each slice into small dice. Scoop into a bowl. Cut the chiles in half lengthwise (wear rubber gloves if your hands are sensitive to the piquancy of the chiles) and scrape out the seeds if you wish (not only will this make the salsa less rustic, but it will make it less picante). Chop the chiles as finely as you can, then add them to the tomatoes. Carefully bunch up the cilantro sprigs, and, with a sharp knife, slice them 1/16" thick, stems and all, working your way down from the leafy end until you run out of leaves. Scoop the chopped cilantro into the tomato mixture along with the optional garlic. Next, finely dice the onion with a knife, scoop it into a small strainer, then rinse it under cold water. Shake to remove the excess water and add to the tomato mixture. Taste and season with lime juice and salt, and let stand if you have a little time, for the flavors to meld before using or scooping into a salsa dish and serving.

## Tartiflette Toastie

Recipe by Hugh Fearnley-Whittingstall from River Cottage Everyday.

*This recipe is for 1 serving*

1 TB Olive Oil  
2 slices Bacon or a slice of Cold Ham, cut into small strips  
1 cold cooked Potato, thickly sliced  
1 to 2 TB Heavy Cream or Creme Fraiche  
Sea Salt and freshly ground Black Pepper  
1 large, thick slice Bread  
3 to 4 thick slices (about 1 oz) semisoft or semiarid Cheese, such as Brie or Cheddar

Heat the oil in a small frying pan over medium heat. If you are using bacon, add it to the pan and fry for a few minutes, until cooked. Add the potato and fry until it is heated through and starting to color a little. If you're using ham, add it now and stir until well heated through. Stir in the cream or creme fraiche and allow it to bubble and reduce for a couple of minutes. Remove from the heat and season to taste. Toast the bread, pile the mixture on top, then cover with the sliced cheese and put under a hot broiler. As soon as the cheese is melted and bubbling, whip out from under the broiler and transfer to a plate. Enjoy at once. A nice side to this dish would be sliced radishes, some sliced tomatoes or a cherry tomato salad with basil.

## Purple Plum Torte

Original Recipe from NYT by Marian Burros

This recipe was shared on our CSA Slack, by member Diego, so it comes highly recommended.

1 cup All-Purpose Flour  
1 tsp Baking Powder  
Large pinch of Salt  
1 cup granulated Sugar, plus 1 to 2 TB (depending on sweetness of plums)

1/2 cup (8 TB) unsalted Butter, softened  
2 large Eggs

12 smallish Plums, halved, and pitted - this is tricky with our plums as they do not pit easily, so I am trying to cut as much off of the pit as possible  
2 tsp fresh Lemon Juice  
1 tsp ground Cinnamon

Heat oven to 350 F. Sift or whisk together flour, baking powder and salt in a medium bowl. In a larger bowl, cream butter and 1 cup sugar together with an electric mixer until fluffy and light in color. Add the eggs, one at a time and scraping down the bowl, then the dry ingredients, mixing until just combined. Spoon batter into an ungreased 9" springform pan and smooth the top. Arrange the plums, skin side up, all over the batter, covering it. Sprinkle the top with lemon juice, then cinnamon, then remaining

sugar. Bake until cake is golden and a toothpick inserted into a center part of the cake comes out free of batter, about 45 to 59 minutes. Cool on rack. Once cool, leave it covered at room temperature overnight as this cake is even better on the second day, when those plum juices further release into the cake around it.

## Cold Cucumber Soup with Yogurt and Dill

Recipe by Andrew Zimmern

So a few weeks ago, our Andrew was working the market and actually got to chat with Andrew Zimmern while he was filming at the market. Cool as a cucumber, our Andrew, said it was "no big deal, just another one of those TV chefs". Their Dad would be so proud. So I couldn't resist including this recipe.

2 1/4 lb Cucumber, halved and seeded 1/2 cup finely diced, the rest coarsely chopped  
1 1/2 cups plain Greek Yogurt  
3 TB fresh Lemon Juice  
1 small Shallot, chopped  
1 clove Garlic  
1/3 cup loosely packed Dill  
1/4 cup loosely packed Parsley  
2 TB loosely packed Tarragon  
1/2 cup Olive Oil, plus more for drizzling  
Salt and freshly ground White Pepper  
1/2 Red Onion, finely chopped

In a blender, combine the chopped cucumber with the yogurt, lemon juice, shallot, garlic, dill, parsley, tarragon and the 1/4 cup olive oil. Blend until smooth. Season with salt and white pepper, cover and refrigerate for at least 8 hours or overnight. Season the soup again just before serving. Pour the soup into bowls. Garnish with the finely diced cucumber and red onion and drizzle with a little olive oil and serve.

### This Week's Box List

*\*Items in Box for 2*

Potatoes  
Red Tomatoes  
Cherry Tomatoes  
\*Heirloom Tomatoes  
\*Lunchbox Peppers  
Serrano Peppers  
\*Radish or Turnips  
Cucumber  
Melon or Zucchini  
\*Plums  
\*Grapes  
\*Basil