



WEEK OF JANUARY 15TH, 2018 #3/52



Marmalade!

The Sevilles are in, and that means marmalade season. I wonder though, do any of you use the Sevilles for anything besides marmalade? I am not a jam/jelly/marmalade maker, and have often thought I would love to learn. Maybe this is the year. Any tips on what/how you do your's would greatly be appreciated. Perhaps you could post something on the Eatwellers' Slack page? bit.ly/EatwellSlack

Growing Our Community

The holidays are behind us, kids are back in school, and we have to get down to the business of growing the CSA. Last Friday we sent out an email explaining a change in the way we gift you for referring people. For every person you encourage to join our CSA you will now receive 20% of their initial order in your cash account. Credit in your cash account can be used for anything you like the next time you go to order. Besides referring friends and family, there are a couple of other ways you can help us with this endeavor.

#1 Get the Word Out - do you belong to a group where you could distribute our post cards? Or perhaps we could do a presentation? Nigel used to get out there a lot, doing talks and tastings at churches, synagogues, preschool classes. Do you belong to a Mommies Group? Or a cooking/food group? Maybe your gym promotes healthy eating, and might consider letting us set up a table with our CSA Share and talking to members? There are many options with this category of assistance.

#2 Help us with Social Media by either posting on your account or the farm's. A picture says a 1,000 words, so posting photos of your fabulous meals featuring Eatwell produce, tagging the farm, maybe even including a link to our website, anything to make it easier for people to click and join, is also really helpful. When you see a post of our's that you like, don't just like, please share. Sharing helps increase our visibility tremendously.

#3 Send us a little story, that we can put on our website and FB page, about what brought you to the CSA, why being a part of this community is important to you, or simply what you do with your share every week when you get it.

Knowing that your dollar keeps this oasis of agriculture alive and thriving means we are 100 acres that stays organic, stays in production year round, working hard to grow soil, not deplete it, keeping our crew working year round, and offer you, your family and friends a place to connect to the land that feeds you. The work we are all doing here, and I include you all in that we, is incredibly important. We are the change we long to see. So let's spread the word, and make that change happen!

Herbs

A few years back Nigel invested in the woven plastic for our main herb bed. Most herbs are perennials, so they stay put for a few years. His thinking was the cover would work as a sufficient weed barrier. It hasn't really, many weed seeds blow in on the wind and will sprout right on top of the plastic. They are determined to live.

We do have a few of options, one is to rip all the plants out, and pull up the plastic and start over somewhere else. We could, in that case, treat herbs more like annuals and re-plant every year or so. The other option is to hire someone to come in and do a lot of weeding.



The third option is to put the geese out there and let them eat it all down. Unlike the area where they are currently weeding, this plot is a bit of an experiment because of the woven plastic. My guess is they will not destroy the plastic. I am hoping they will eat everything down, cleaning it up enough, and open it up for the herbs to come back strong. After all, they have a well-developed root system, so I am hoping that come late spring the herbs will come back strong. Perhaps at that time it will be easier to go through and clean out what is left of the weeds. Time will tell.



Birds of Prey

When I first came to the farm, I remember Nigel was quite excited because we recently had a couple of hawks nesting in our trees. Over the years, we have watched the variety of birds living or visiting the farm has grown tremendously. On our walk Friday morning, flying overhead was this beauty. Unfortunately I am not much of a birder, so I am not sure which bird this one is, he or she was quite large, with a beautiful white underside, and broad wingspan. I wonder, do we have any birders in our community? If you belong to a bird watching group, perhaps you might consider a trip to the farm? As we walk the farm, we are seeing a lot more nests way up in the tops of our poplars. Given the problems we have with ground squirrels and rabbits, I consider the hawks a positive addition to the farm.



RECIPES AND IDEAS FROM LORRAINE

Oh my goodness, another week has come and gone, and it is time to do recipes once again. I spent almost the entire week in bed last week. This chest cold I came home with is a dooooozy! The worst thing is it has knocked by taste buds out of whack, so not much flavor in the food I am eating at the moment. And with a low appetite, it is a little hard to get in the kitchen to do much. I did manage to make one of the best chicken soups I have ever made, and I could taste it! Since I don't have any celery in the house, I used Bok Choy for green and crunch, and it was the perfect way to use the Bok Choy. The truth is my chicken soup was InstantPot magic, and I just have to say, if you don't have one, seriously consider it. Using pressure, this soup was done, delicious and healing in less than 1 1/2 hours, and that was starting with a whole, raw bird. The InstantPot makes managing the weekly share a snap; when you are at a loss for what to cook, or you have a load of bits and bobs left in your CSA box, throw them in with some good stock, hit the soup button and voila, 40 minutes later it tastes like it was on the stove slowly simmering all day. I roughly followed the recipe (see below) from Mellisa Clark's new book *Dinner In An Instant*. If you have an IP, or are thinking of purchasing one, her book is chock full of great recipes. Ok, enough evangelizing. Let's jump into this week's share.

We have lemons this week. Lemons are such a great boost to so many dishes, and really under utilized. Before you go slicing into one though, remember to grab your zester and zest away. Lemon zest brightens the flavor of many dishes, sprinkled over a plate of arugula piled high with some roasted chicken and pan drippings, yum. On a salad or in the dressing, you can use the juice and the zest. Sauté spinach, with a handful of raisins, pine-nuts and a bit of ham chunks like they do in Spain and Sicily. The lemon zest will definitely make that dish pop. And don't forget, a little lemon zest over the top of steamed broccoli (I love it with some melted butter, because I love butter) is the ultimate in delicious simplicity.

Chicken Soup With Dill

Recipe from *Dinner In An Instant* by Melissa Clark
I did not have dill in the house, so I skipped it. I did however, have some herbs leftover from Thanksgiving! Can you believe they were still good, stored in the special plastic herb bags in my fridge! I added the bag of Stir Fry mix because I like more greens in my soup, if you want a simpler broth style soup, leave them out. I am doing the instructions for a regular pot or slow cooker, but if you would like the directions for the Instant Pot send me a text and I will shoot it off to you! 530-554-3971.

4 lbs Chicken, bones and skin on
1 Qt Eatwell Chicken Stock
1 to 4 cloves Garlic, smashed
1 tsp Peppercorns
1 Bay Leaf
5 large sprigs fresh Dill, plus chopped dill for garnish
3 large sprigs fresh Parsley
3 large sprigs fresh Thyme
Fine Sea Salt, as needed
1 to 2 TB Unsalted Butter, Schmaltz or Olive Oil
2 Leeks (white and light green parts only) thinly sliced
2 Carrots, thinly sliced
1 bunch Bok Choy, stalks separated from greens, both cut into appropriate soup size
1 bag of Stir Fry Mix, greens rough chopped
Cooked Egg Noodles or Rice, for serving (optional)

Sauté the leeks and carrots in the fat. Put the chicken into a large pot or slow cooker, cover with stock and water. Add the garlic and sautéed leeks and carrots, plus raw bok choy. Put the peppercorns, bay leaf, and the dill, parsley, and thyme into a bit of muslin and tie it to secure the herbs inside the bag, add to the pot. Season with salt. Cover, and cook on high for 4 to 6 hours in a slow cooker, or on a low simmer on the stove top. When your soup is finished, adjust the seasoning with more salt or pepper. To serve, put a portion of cooked noodles or rice into a bowl and ladle the hot soup over it.

Mustard-Roasted Broccoli Pate With Leeks & Lemon

Recipe from *The First Mess* by Laura Wright

Cameron shared this on the Eatwellers Slack group. It is so perfect for this week's share, hope you enjoy it!

3 cups Broccoli florets (You can also use Romanesco)
1 Leek, white and light green parts only, rough chopped
1 TB Oil, good for high-heat cooking
1 TB plus 2 tsps Grainy Mustard, divided
2 sprigs fresh Thyme, leaves removed - you could replace the fresh thyme and plain salt and use Eatwell Thyme Salt instead
Sea Salt and Ground Black Pepper, to taste
1 TB Lemon Zest (and there is that zest!)

1 1/2 TB Lemon Juice

2 TB Parmesan OR Nutritional Yeast
1/3 cup Extra Virgin Olive Oil, plus extra for the top layer
Flaky Sea Salt (such as Maldon) to finish

Preheat the oven to 400 F. Line a baking sheet with parchment paper. Toss the broccoli florets and leeks with the high-heat oil, 1 TB of mustard, thyme leaves, salt, and pepper. Once everything is coated, spread the mixture out on the baking sheet. Roast the vegetables until lightly browned and tender, about 15 minutes. Transfer the roasted vegetables to a food processor. Pulse the mixture until the broccoli is finely chopped. Scoop up a spoonful to garnish the tops of your pate. To the food processor, add the remaining mustard, lemon zest, lemon juice, salt, pepper and parmesan/nutritional yeast. Pulse until everything is combined. With the motor running, drizzle the olive oil in through the feed tube. Continue to run the motor until you have a smooth, lightly chunky paste. Remove the bowl from the food processor and check the mixture for seasoning and adjust. Scrape the pate mixture into your serving vessel and scatter the reserved fine chopped broccoli bits over the top. Pour a solid layer of more extra virgin olive oil on top. Cover and place in the fridge for 2 hours, or until the pate and oil layer are firm (but still spreadable). The pate can rest in the refrigerator for up to 4 days if you are making it ahead. Sprinkle a bit of flaky sea salt on top of the pate before you serve it with sliced bread, crackers, olives, pickles, vegetables, etc.

This Week's Box List

*Items in Box for 2

*Spinach
Lettuce

*Stir Fry Mix
Arugula

*Bok Choy
Radishes
Broccoli

*Romanesco
Leeks

*Lemons

*Pomelo

*Apples (From Hidden Star Orchard)

Join us on Slack!

Go to bit.ly/EatwellSlack to sign up.
You'll be able to share recipes and
chat with the Eatwell Community.