



WEEK OF FEBRUARY 5TH, 2018 #6/52



### Potatoes!

The seed potatoes arrived last week. Nigel was always so excited when potatoes arrived, it was one of his favorite crops. These beauties will be ready late May early June, and I have to admit they are some of my favorites as well. We plant potatoes this time of year because the summers are so hot they don't do well during those months. That is unfortunate because it would be lovely to have Eatwell potatoes for Thanksgiving. We tried it a few years back but the yield was quite low. And since then it seems that our summers have gotten hotter with each year. We do have a good sized bed in the orchard, perhaps we can give it a try in there in the future. During the summer months we can check the temperature and compare it to other areas around the farm to see if being tucked in between the trees helps keep it cooler.



### Tea Party On The Farm

Last week the weather was glorious. Low 70s, sunny, beautiful blue skies and the hills and orchards are green. Sometimes I wish I could share these special days with all of you, and then I realized I could, at least with a few of you. I decided to have a last minute Tea Party. One of my favorite things about England is afternoon tea. I love clotted cream, finger sandwiches, scones, lemon curd and little pastries. Sitting around the table enjoying a proper tea, and glorious weather, was the perfect way to spend an early Saturday afternoon. By the end of our event season I am pretty exhausted, but by this time I am really missing the chance to visit with you all. So watch for an email letting you know that Lorraine is having a little afternoon party on the farm. And if you are interested in having your own private party, please keep us in mind. The farmhouse can easily handle a sit-down for 18, and we can push it to 24 if we squeeze everyone in. One last thought, I would love to learn how to make marmalade and jam. Would anyone like to come to the farm and teach a class to a small group? Let me know, you can text me at 530-554-3971.

### Appreciating CSA

Written By Ashley Hathaway, CSA Member since 2011

One of the primary reasons I choose to get my weekly supply of eggs and fresh produce from Eatwell Farm's CSA membership is for the wonderful health benefits that come with eating properly grown, fresh, nutrient-dense, local organic foods. Food plays one of the most critical roles in determining our health and well being. I have been studying the effects of nutrients on the body for over 10 years and as I continue to learn about this complicated, fascinating and important subject, I appreciate Community Supported Agriculture more and more. I discovered Eatwell Farm foods at a health conference several years ago and I've been hooked ever since.

I'm grateful to live close to a farm like Eatwell that provides this beautiful food. Each week I thoroughly enjoy reading about life on the farm and what goes into growing the food in my box.

Thank you to everyone at Eatwell Farm for your hard work and dedication to organic farming!



### Visitors From Spain

Sometimes you meet people and immediately connect with them, and that was how it was with Paul and Mar. Originally they found us at the Market, saw all that we are doing and spoke with Natasha at the stand about Eatwell. Paul and Mar own an Ecolodge in Andalucia - Al Limon, and they are traveling around Northern California visiting places they feel resonates with what they are doing in Spain. Eatwell was a perfect place to stop for a visit on the way up to Sierra Hot Springs.

We had a great talk about the importance of supporting local producers and eating seasonally. They were commenting on the abundance of organic produce coming from half way around the world. At their breakfast that morning they were served lovely organic fruit but it had traveled from Chile and New Zealand. While we all appreciate farm land being converted to organic, how does that align with an ecological principal if we demand summer fruits in the winter? Definitely kindred spirits. We all are trying to make our little parcels in this world a better place. Seeing the photos of Al Limon, it is clear there is much love for their land and their place. If any of you has an interest in visiting Spain, please consider staying at Al Limon.

Paul originates from Nottingham, England, not far from where Nigel grew up, so his English is pretty good:) Mar is from Spain. They are passionately committed to creating a beautiful, restful space that embraces the natural beauty that surrounds them. Take a look at their website and you will see allimonecolodge.com. And if you do go, please tell them you are from Eatwell Farm!

# RECIPES AND IDEAS FROM LORRAINE

## Cameron's Breakfast Hash

Every Monday morning Cameron cooks up a pound of sausage that we pick up at the market from Root Down Farm. We usually cook up a large batch of roasted veg and that ends up in the mix for Cameron's Monday through Friday Breakfast. If you store the meat and veg separately you can use either for other purposes if you like.

This week's Roast Veg happened like this:

1 Romanesco, washed and cut into small, bite-sized florets  
1 bunch Turnips, washed, tops and tails removed, cut into bite-sized pieces

OR if you have Radishes you can use those, they are delicious

2 Leeks, washed and cut into 1" rounds

1/4 lb or less Feta, go less if it is a stronger flavored Feta, we use Bulgarian and that is quite mild

Olive Oil

Eatwell Smoked Chili Salt

Preheat oven to 425 F. Put all the veg and the feta into a mixing bowl. Pour on a good glug of olive oil, and a nice sprinkling of Smoked Chili salt, regular salt is fine if you don't have our Chili Salt, then add some freshly ground Black Pepper. Spread the veg out on to a shallow rimmed baking sheet. I typically use parchment to help with clean up and keep my pans in better shape. Roast for 10 minutes. Using a spatula carefully toss, and roast a few minutes more until done. They should be slightly tender- not mushy, and just starting to brown. That's that! Now you can eat this as a side dish or use it in the Breakfast Hash, or add to broth and Ramen, or top the Tofu with Mixed Grains recipe included here in this week's recipes.

For The Hash:

Cameron always has his sausage meat precooked so we can use it throughout the week. He usually cooks up 1 lb and that is perfect for many days of breakfasts.

Use your preferred flavor of Sausage, we typically go with a mild Italian or Breakfast. You can use sausage in casings, but you will have to take them out of the casing. Fry up in a pan until nicely browned and crumbly.

Mix whatever amount of the sausage and veg that you need for your meal. Heat in a fry pan with a touch of oil, at medium temp. Once heated through, make a small dimple and crack an egg into each dimple. Add a couple of tablespoons of water to the pan around the edges of your hash. Cover and allow your eggs to steam until done. Check them to make sure you catch them at the level of doneness you enjoy. When your sausage and veg are prepped ahead of time, this will be a very fast and easy breakfast. With all the veg I find I don't miss bread at all, so it is also a great low carb meal that sticks with me much of the morning.

### This Week's Box List

*\*Items in Box for 2*

\*Butternut Squash  
Romanesco

\*Radish or Turnips

Fennel

Arugula

\*Mizuna

\*Lettuce

Bok Choy

\*Leeks

Pomelos

\*Apples (*From Hidden Star Ranch*)

\*Carrots (*From Terra Firma Farm*)

## Baked Tofu

Recipe from Epicurious by Nava Atlast

I realize this recipe does not include any items from the box, but sometimes what you need is the something that goes with what is in the box. So homemade baked tofu seemed like an excellent addition to a Brown Rice Bowl with Roasted Veg. Then all you need is a bowl of hot rice and some yummy roasted vegetables, or quickly saute some arugula or mizuna or bok choy and drizzle on a bit of the marinade for extra flavor and you have a meal! You could use this marinade on chicken if you prefer that to tofu.

One 14 to 16 oz tub firm or extra-firm Tofu

1/4 cup Soy Sauce

1/4 cup White Wine, Cooking Sherry,  
Vegetable Broth or Water

1 TB Toasted Sesame Oil

1 TB Agave Nectar or other liquid  
sweetener (I would use honey)

2 TB Rice Vinegar or White Wine  
Vinegar

1 to 2 cloves Garlic, crushed or minced  
(optional)

Fresh or dried Thyme leaves or Oregano  
leaves

Drain the tofu and cut into 8 slabs crosswise. Blot well between paper towels or clean kitchen towels, or use a tofu press. Cut each slab into strips. Combine the remaining ingredients in a small bowl and whisk together. Arrange the tofu slices in a single layer in a shallow container or baking dish and pour enough marinade over them to cover. Let stand for an hour or two, the longer the better. Shortly before you'd

like to bake the tofu, preheat the oven to 400 F. If this is the only thing you're making, use a toaster oven, it's the perfect size. Remove the tofu slices from the marinade and transfer to a parchment lined baking pan in a single layer. If you're using the full size oven, you can use some of the marinade on veggies and roast them at the same time. Bake for 20 minutes, then turn the strips and bake for 15 to 20 minutes longer, or until the tofu is firm and starting to turn light brown along the edges.

## Grated Carrot and Yogurt Salad with Cumin

Recipe from *Yogurt* by Janet Fletcher

1 lb Carrots

2 TB Extra-Virgin Olive Oil

Kosher or Sea Salt

1 cup Plain Yogurt

1 large clove Garlic, grated or finely minced

Scant 1/2 tsp Roasted and ground Cumin Seeds

Freshly Squeezed Lemon Juice

Chopped fresh Parsley or Cilantro, for garnish

Peel the carrots and grate them coarsely, on the coarse holes of a box grater. You should have about 4 cups. In a heavy skillet, heat the olive oil over high heat. Add the carrots, season with salt, and cook, stirring almost constantly with a wooden spoon, until the carrots soften and wilt slightly, 3 to 4 minutes. They should no longer be crunchy. Transfer the carrots to a large bowl. In another bowl, whisk together the yogurt, garlic, cumin, and salt to taste. Add the yogurt to the warm carrots and stir to blend. Taste and add more salt if needed; brighten the flavor with lemon juice to taste. Scatter parsley or cilantro over the top and serve at room temp.

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