



WEEK OF MARCH 23RD, 2020 #13/52

So Much To Say, Week 2

I have a hard time using the word ‘pandemic’, as it sounds like the name of a far fetched movie but now we are living that reality. So, I am sticking with “so much to say” and honestly there really is so much to share with you. Life as we know it is changing at lightning speed, and what is true today, may not be true tomorrow. Y’all are amazing! I know if this goes on for weeks, or months, we are bound to get a bit punchy, so I ask for your continued patience and understanding. Please know that all of us here at Eatwell, are doing everything we think of to accommodate as many of you as we can, not make mistakes, handle the surge of new members, phone calls, emails and orders. And we are doing our best to stay healthy. I worry about my crew, all of us, actually. This could all fall apart quickly, so I ask you to keep sending us healthy thoughts.

We have had over 150 new members join the farm in about 9 days. That is an enormous increase for us, especially in such a short amount of time. As great as that is, it breaks my heart knowing that we had to turn it off and had to wait list many more. As I explained in the Thursday email, we are in between seasons so we don’t have tons of anything to accommodate many more boxes. I hope in a few weeks we will be able to welcome all of those folks to our community, so if you have friends who want to join please have them get on the list by emailing Andrew at organic@eatwell.com.

Orders for all the extras have shot through the stratosphere, and I am thrilled we are able to get you this amazing food, but it is also a ton of extra work. I am so grateful to Tam Proctor for stepping right in last week and working with us to get them all packed up. If you are missing an item please let us know so we can make sure you get it with your next delivery or alternatively we can credit your account.

Just A Thought To Share

As a person who did not choose to live my life single, I wanted to share this with you; now is particularly hard for those who have lost a partner/loved one. I am not bringing this up because I am needing sympathy or feeling excessively down, but to let you know, if you have people in your lives who are widowed, please check in with them. I can’t tell you how many times over the past week I have turned to Nigel to talk to him only to remember he isn’t here. I am so fortunate to have amazing support from family, friends, and all of you, but most people don’t live a life like mine. And I am sure many are scared and feeling especially lonely.

A Few Important Updates

Starting this week San Francisco Home Delivery is moving to Saturday. This is a very large number of boxes, and we have been using a third-party service to do this for us, but I looked at the amount of money we take in for the home delivery fee, compared to the bill I pay each month, and we are losing money. The bigger problem is that they make a lot of mistakes, and when they go to the pick up location to grab the orders they are parking in front of the neighbor’s

driveway and that has caused a lot of problems so we can’t use that spot anymore. Andrew and I looked at it and decided to move all home delivery to Saturdays, so that we can take over those deliveries. This will lighten the load on Wednesday which is our heaviest day. And Ignacio, who was doing the wholesale deliveries on Saturdays hasn’t been needed to drive on Saturdays because we lost all of those orders, so now we can keep him working full time. At 700 boxes, it will really help our guys to spread the deliveries out over the week. I know this might not be the best for some of you, but we thought since everyone is supposed to stay home anyway, for now it shouldn’t be too much trouble. Hopefully we will eliminate the mistakes. One last mention regarding home delivery, it is a lot of extra work, if you are in a position to switch to one of our pick-up sites, you would save the extra delivery fee, and it would help us too.

Chickens

The new flock is now outside and laying their first eggs. We are still quite limited with our regular large eggs that you typically order, and most likely will not turn those on too soon. Hopefully in another week or so we will have a decent amount of pullets available for you to order. Pullets are smaller, but more nutritious, and, in my humble opinion, taste the best!



We planted a lot of basil on Saturday, we will hopefully begin to harvest in early May.

RECIPES AND IDEAS FROM LORRAINE

Bok Choy & Pomelo Salad

Recipe from fromthegrapevine.com

Bok Choy raw in Salad? Yes, I promise you it works and adds so much delicious crunch to your meal.

Serves 4-6

Takes about 20 minutes

1 bunch bok choy
1 head lettuce
1 pomelo
1 orange
1 cup radish halved (or snap peas, or carrots)
For honey garlic ranch dressing:
1 cup mayonnaise
*homemade mayonnaise recipe below
½ cup coconut milk or soymilk
2-3 tablespoon honey
1 tablespoon green garlic, minced or dried
1 tablespoon spicy mustard (optional)
1 teaspoon salt
1/2 teaspoon pepper

Wash, dry and slice bok choy into thin slices. Place in a medium-sized salad bowl.

Separate orange and pomelo segments and add to salad, along with arils, radishes (or another crunchy vegetable).

Measure out a cup of mayo into a small bowl. Use a whisk or fork to beat it for a few seconds to achieve a smooth consistency. Add remaining ingredients and whisk again.

Dress salad lightly and toss just before serving.

Mayonnaise

Recipe from Alton Brown, Food Network

Mayonnaise and salad dressing making is another great kid kitchen activity. Often I switch out the traditional bowl and whisk for a mason jar, tight lid, and good shake to mix the ingredients.

1 egg yolk*
1/2 teaspoon fine salt
1/2 teaspoon dry mustard
2 pinches sugar
2 teaspoons fresh squeezed lemon juice
1 tablespoon white wine vinegar
1 cup oil, safflower or corn

In a glass bowl, whisk together egg yolk and dry ingredients. Combine lemon juice and vinegar in a separate bowl then thoroughly whisk half into the yolk mixture. Start whisking briskly, then start adding the oil a few drops at a time until the liquid seems to thicken and lighten a bit, (which means you've got an emulsion on your hands). Once you reach that point you can relax your arm a little (but just a little) and increase the oil flow to a constant (albeit thin) stream. Once half of the oil is in, add the rest of the lemon juice mixture. Continue whisking until all of the oil is incorporated. Leave at room temperature for 1 to 2 hours then refrigerate for up to 1 week.

Crispy Kale (and Radish Tops) Chips

Recipe Adapted from America's Test Kitchen KIDS

Crispy is my favorite food texture, so I like to bake my chips until there are almost burnt. You will know they are done when they start to smell like toasted cereal.

1 teaspoon extra-virgin olive oil

¼ teaspoon kosher salt

1 teaspoon of your favorite dried spice or spice mix (I used dried garlic this time)

Adjust oven rack to middle position and heat oven to 200 degrees. Set cooling rack in rimmed baking sheet. Use kitchen shears to separate stems of kale from leaves; discard stems. Tear leaves into 3-inch pieces (pieces can vary in size; you should have about 4 cups). Wash greens in salad spinner and spin dry. Spread out greens on clean dish towel, cover with second clean dish towel, and pat dry.

Transfer kale to large bowl and drizzle with oil. Use your hands to rub oil onto kale until it is well coated and shiny. Spread kale out in even layer on cooling rack. Sprinkle evenly with salt. Place baking sheet in oven and bake until kale chips are very crisp, 1 to 1¼ hours.

Use oven mitts to remove baking sheet from oven. Place the baking sheet on second cooling rack. Let chips cool completely, about 10 minutes. Serve.

Garlic Swiss Chard Fried Rice

Recipe from Playful Cooking

8 big Garlic Cloves
3 cups tightly packed chopped Swiss Chard
1 TB Oil
1 TB Chili Sauce
1 TB Soy Sauce
½ tsp Salt
3 - 4 cups cooked and cooled Rice
¼ cup chopped Cilantro, for garnish
2 Eggs

Clean the chard leaves and chop it finely. Peel the garlic and then, thinly slice it using a sharp knife. Take a big wok or a 9-inch deep saucepan and pour 1 tablespoon of oil along with the sliced garlic. Place the pan at medium heat on the stove. The oil will heat up slowly and the garlic will turn golden brown. Keep stirring in between. Take off ¼ of the fried garlic from the pan to a separate bowl. This would be used later for garnish. Once the garlic is fried, drop the chopped chard and sprinkle salt. Stir for 5 minutes and then, add the chili sauce and soya sauce. Scatter the cooked cooled rice and mix it properly so the sauce gets coated evenly with the rice. Cook for a couple of minutes and check for salt. Add any, if required. Take off the pan from the stove and pour fried rice in a serving dish. Put the same pan or a different one on medium heat and crack two eggs carefully. In about two minutes, the white will completely set and the yolk would still be runny. Using the spatula, carefully place the fried eggs on top of the fried rice. Sprinkle the fried garlic that was kept aside along with chopped cilantro. Serve immediately.

This Week's Box List

Rosemary
*Chard
*Bok choy
*Kale
Parsley
*Lettuce
Dill
*Green Garlic
Pomelos /Navel Oranges
*Lemons

* = Items in Box for 2