



WEEK OF JUNE 22ND, 2020 #26/52



### Summer Squash

I was thinking about Squash this morning and wondered where does it come from? One could easily assume the Mediterranean, I mean with a name like Zucchini it would have to be Italian. For some of us, it is hard to imagine the French and Italians weren't always eating squash. But like so many vegetables which have become staples all over Europe, squash comes from the Americas. I did a little search and found this little piece on the history of squash, which I thought you might find interesting:

*It is generally accepted that C. pepo is native to the Americas. Remains have been found in Central America and Mexico dating back as far as 7000 BC. From its southern origin, squash spread throughout North America. The name squash is apparently derived from the Algonquin askoot asquash, meaning eaten green. The plant found its way to Europe when the early explorers returned home. C. pepo is confusing because of the great diversity in its family which includes pumpkins, squashes and ornamental gourds. Flowering is monoecious, separate male and female flowers, so bees carry on the pollination. Because bees can carry pollen from any number of squash cousins, the crosses can be quite interesting if seeds are planted the following year.*

It is interesting that they produce male and female flowers. Did you know that the squash blossoms we enjoy stuffed with ricotta and fried are typically the male blossoms? They won't produce fruit. You can see the difference right away because the males have a very straight narrow stem under the flower, whereas the female has a small bulb just below the blossom that will become the fruit. Squash plants produce male blossoms first, with the females to follow several days or even a couple of weeks later, then they overlap. If you are growing summer squash and see blossoms but not squash, fear not, this is the reason.

### A Note From A CSA Member

The Tilles family has been coming up for the Tomato Sauce Parties for many years now. I have enjoyed Manhattans with Ted, baking biscuits with their girls in the early morning to serve to our campers for breakfast and had wonderful conversations with Naomi. This year they came up for the first weekend of Lavender Harvest. Ted graciously volunteered to

make the pizza dough and man the oven for dinner that night. He wrote a little something for our newsletter:

*Last weekend our family went up to the farm for lavender harvesting. While the sauce parties are the absolute highlight of our year, and we'll find one or two other opportunities a year to come say hello, we had never considered lavender harvesting before. It was a day of blissful weather, interesting company and a change of pace from city life. When you come to the farm, it is pretty much guaranteed you'll do something you've never done (light a pizza oven?), eat something you've never eaten (quail eggs?), see something you've never seen (banana tree in northern CA?) and meet people you'll never forget (Ian was low-key hilarious). And it turns out lavender harvesting is the more relaxing than taking a bath. As usual, the fact that we weren't nearly as productive as hoped was washed away with some boxed wine in the twilight. One of my favorite parts of the day was seeing the farm through the eyes of three pairs of first time visitors. Each pair had different Eatwell histories: one couple joined during the Pandemic, two teenage members ditched their parents to come, and a father and daughter made their first visit after 20 years. I know they learned about what goes into running the farm, and hope they experienced the joys we did. So come to the farm and celebrate your good decision to be part of it all.*



### Lavender Harvest Is A Wrap

This past weekend we finished up our Lavender Harvest for this year. Of course this was only for our drying bunches, we still have to get to our distilling lavender. I want to thank everyone who came out this past weekend and the weekend before. We literally could not have done it without you. We had a very small group this weekend, which ended up being so nice. As much as I love having loads of you here on the farm, it was a real treat to have a lot of time to hang out for long conversations with folks, which is never possible when we have large events with 50 or 100 people. Now, to figure out how we can get some of you up here to sauce tomatoes when they are ready. So let's start this exploratory process by calling or texting me and letting me know if you would like to come up this year to sauce, and with about how many folks, 530-554-3971.



# RECIPES AND IDEAS FROM LORRAINE

## Marcus Samuelsson's Quinoa with Broccoli, Cauliflower and Toasted Coconut

*From NYT Cooking*

I know we don't have broccoli this week, but we do have cauliflower and I thought you could use all cauliflower instead of half/half.

2 tablespoons unsweetened coconut flakes

1 cup quinoa

½ cup coconut milk

Kosher salt

2 tablespoons olive oil

½ cup small broccoli florets

½ cup small cauliflower florets

1 medium carrot, peeled and thinly sliced

2 celery ribs, finely chopped

4 scallions, thinly sliced

1 tablespoon minced peeled ginger

2 garlic cloves, minced

3 ripe tomatoes, chopped

2 tablespoons chopped fresh parsley

1 tablespoon chopped fresh mint

½ teaspoon smoked paprika

½ teaspoon Aleppo pepper or hot red pepper flakes

Freshly ground black pepper

Toast coconut in a small, dry skillet over medium heat,

stirring, until golden. Set aside.

Rinse quinoa well in a fine-mesh sieve, then drain. Combine

quinoa, 1 1/2 cups water, 1/2 cup

coconut milk and 1/2 teaspoon salt in a medium saucepan and bring to boil over high heat. Reduce heat to low, cover, and cook until quinoa has absorbed the liquid, about 15 to 20 minutes. Remove from heat.

While the quinoa cooks, heat olive oil in a large skillet over medium-high heat. When it shimmers, add broccoli and cauliflower and cook, stirring frequently, about 2 minutes. Then toss in carrots and cook about a minute longer. Add celery, scallions, ginger, and garlic and cook, stirring often, until fragrant, about 2 minutes. Place tomatoes in the skillet and mix well. Add parsley, mint, smoked paprika and Aleppo pepper and stir once or twice, until everything is heated through and combined. Season with salt and pepper. Spoon quinoa into a wide bowl. Add vegetables and coconut flakes and mix well. Serve hot.

## Bryant Terry's Sautéed Cabbage and Roasted Potatoes +

*Recipe found in Edible East Bay by Bryant Terry*

Makes 4 servings

I jumped on Slack this morning and read a post one recommending Bryant Terry's new book Vegetable Kingdom. CSA member Nathalie suggested we check it out to learn how to use leek greens. So I did a little research, and came across this recipe to share with you. And naturally I ordered his book.

2 lbs Potatoes, cut into ½-inch cubes

4 TB Extra-Virgin Olive Oil

2 tsp coarse Sea Salt, plus more as needed

Freshly ground White Pepper

1 lb Carrots, thinly sliced

1 tsp Red Wine Vinegar, plus more as needed

2 tsp Brown Mustard Seeds

¼ to ½ teaspoon Red Pepper Flakes

1 tsp Raw Cane Sugar

8 ozs Green Cabbage, cored and thinly sliced

6 TB Vegetable Stock or water

## Ginger-Habanero Vinegar

½ cup loosely packed fresh flat-leaf Parsley leaves, for garnish

Preheat the oven to 450°. Line a baking sheet with parchment paper.

In a large bowl, combine the potatoes, 1 tablespoon of the olive oil, 1 teaspoon of the salt, and a few turns of white pepper and toss well with clean hands to combine.

Spread the potatoes over the prepared baking sheet in one layer and roast until tender and starting to turn golden on the edges, 35 to 40 minutes.

While the potatoes are roasting, in a medium saucepan, combine the carrots, ¾ cup water, and ½ teaspoon of the salt. Bring to a boil over medium-high heat, stir, and quickly decrease the heat to medium-low. Partially cover and steam the carrots until tender, about 15 minutes. Drain the carrots in a colander and let them sit until they have dried, about 20 minutes.

Transfer the carrots to a blender, add the red wine vinegar and 1 tablespoon of the olive oil, and purée until smooth, adding a little water if necessary. Taste, add more vinegar to brighten the purée, if necessary, and season with salt and white pepper. Set aside.

Heat a large sauté pan over medium heat.

Add the remaining 2 tablespoons olive oil, the mustard seeds, red pepper flakes, sugar, and remaining ½ teaspoon salt. Simmer, stirring frequently to prevent the spices from burning, until the mustard seeds start to pop, about 2 minutes. Quickly add the cabbage and sauté, stirring often, until completely wilted, about 3 minutes. Add the stock and the roasted potatoes and gently toss to combine. Cover and cook until most of the liquid has evaporated, about 4 minutes. Season with salt and white pepper to taste.

To serve, slather the carrot purée over four plates, scoop a mound of the sautéed cabbage and potatoes on top, and generously sprinkle with Ginger-Habanero Vinegar. Garnish with the parsley leaves and serve.

## Kale With Leeks

*Recipe from fullcircle.com*

2 TB Olive Oil, divided (plus more to taste)

1 medium Leek, washed, halved lengthwise and sliced into 1/4" crescents

1 bunch of Kale, washed, dried and torn into pieces

1/2 cup Feta Cheese, crumbled

Salt and pepper to taste

Pomegranate seeds

1/4 cup Pine Nuts, toasted

Heat 1 tablespoon olive oil over medium high heat in a sauté pan. Add leeks and sauté until soft, taking care not to let them get too brown. Allow to cool. Place kale in a large bowl, sprinkle with the other tablespoon of olive oil and a pinch of salt, and massage the leaves until they are softened, and begin to turn a more vibrant green (about 2-5 minutes). Toss kale with cooled leeks and feta cheese, season to taste with salt and pepper, and another drizzle of olive oil if desired. Top with pine nuts and pomegranate seeds just before serving.

### This Week's Box List

\*Cabbage

\*Leeks

\*Cauliflower

Garlic Chives

Chard

\*Kale

Collards

Garlic

\*Potatoes

\*Summer Squash

Basil

\*Strawberries or nectarines

\* = Items in Box for 2