



WEEK OF NOVEMBER 29TH, 2021 #49/52

On The Move

A couple of weeks back, Agustin hooked up the “Casa de las Chicas” to the back of the tractor and



moved our newest flock out to their new home. We keep our babies parked up close to the house, where we have access to electricity to run warming lights at night. But after a couple of months they grow enough to keep themselves warm, and it is time for them to have access to the big outdoors. So off they went, on a nice ride all the way down the farm to the other end. Now they are outside, eating grass and bugs and feed of course. And they are so much happier. We have always believed that living their lives outside in the fresh air and sunshine keeps our girls healthier and happier.

Even though our ladies have pasture and bugs to eat, we still have to supplement their diet. And as I wrote a few weeks back there was a drastic drop in production when we couldn't get their wheat. The key to the wheat's importance is the fact that we soak it with whey and water for about 24 hours. This changes the enzymes and proteins a little, and of course gives the girls all those benefits probiotics. Their production had been in the upper mid 40 dozens per day. Without wheat for a few days that number plummeted to 22 per day. But I checked our numbers today and we are back to normal. In hindsight, I should have brought our latest flock in back in May. Had I done that, they would be laying right now; which would give us enough eggs to supply the CSA, have more eggs to sell at the market, plus have cases available for wholesale. I thought our girls would lay more now, than what they are actually giving us. Chalk it up to one more lesson learned, right alongside the importance of wheat.



Fall Cleaning

The guys have been taking advantage of little extra time. Recently they cleaned out the other half of our greenhouse. Then we ordered more gravel, which they spread out. Got the entire greenhouse covered and it looks amazing. This is not the busiest time of year for starts, but we are all set for when they do arrive. The situation in our greenhouse had been bothering me for a long time. We were using pallets on the ground to put the extra start trays on when they arrived from Headstart. The guys had to bend all the way over to place or pick them up, and walking in there was a little precarious. They did a great job and it looks fantastic!



The “Boys”

If you have been an Eatwell member for a few years or more, you might be wondering “What the heck are those Twins up to? Well, a lot actually, and I am thrilled to share their news with you. From Eric Walker:

I knew at some point I would be starting a farm with my brother, but I didn't know when. That time has come now as we are leasing five acres of land in Winters and starting a farm, Farmboy Organics. This opportunity was something we couldn't pass up as both of us were trying to figure out what we would be doing in the new year with our current jobs wrapping up in the next few weeks. This past year I have been working at Coyote Family Farm in Penngrove, after leaving my job in journalism in December 2020. It has been such an amazing

experience working on a small, intensive farm with great people and there is a lot I learned that I can see on our farm. Growing up on a farm I saw how important it is to have good, local organic vegetables available and I am grateful I had that every day. Now I want to grow veggies for everybody to enjoy. We have already spent countless hours getting set up and planning for what we will be growing and I am excited for everything we have planned!

RECIPES AND IDEAS FROM LORRAINE

Dill, Dill, Dill!

A few bunches have been making an appearance at the market the past couple of weeks. The aroma coming off of those bunches is heavenly! I planned ahead, snagged a bunch for myself, and used it in a salad dressing for our Thanksgiving feast. It was a delicious, creamy dressing made with Little Apple's Pinot and Apple Cider Vinegar, plus Sky Ranch Olive Oil and for the creaminess I added an avocado. I used the entire bunch of dill plus one of parsley. To season, I chose some Eatwell Rosemary Salt, and a bit of freshly ground black pepper. Dare I see it was a Green Goddess, and pretty darned delicious!

Red Russian Kale, Dill, Lemon & Leeks

Recipe by Rachel Rappaport from Coconut and Lime

3 cloves Garlic sliced
2 Leeks, whites and greens, chopped
2 Carrots, sliced into coins
2 stalks Celery, with any greens, chopped
1 bunt Kale, torn into bite-sized pieces
Juice and Zest of one Lemon
3 tablespoons chopped Dill
10 cups Chicken or Vegetable stock
Freshly ground Black Pepper
Salt
4 oz Farfalline or other small pasta
In a large stockpot, saute garlic, leeks, carrots, and celery until the carrots start to soften. Add the kale, zest, lemon juice, dill, stock, and spices. Stir. Simmer until the carrots and kale are tender, about 25 minutes. Meanwhile, cook pasta according to package instructions. Drain. Stir in the finished soup. Serve.

Persimmon-Ginger-Sweet n' Sour Chicken & Broccoli

Recipe found on Cooking With Laurie Figone

1.25 lbs Boneless, skinless Chicken Breasts, cut into 1" pieces
3 TB Cornstarch
Salt & Pepper, to taste
4TB Olive Oil
1 cup Persimmon-Ginger-Sweet n' Sour Sauce recipe to follow
4 cups Broccoli Florets, steamed
In a gallon size zip top bag add: chicken, cornstarch, salt and pepper to taste. Seal bag and shake to coat chicken evenly. Heat olive oil in a large skillet over medium-high heat. Add coated chicken pieces to hot oil in a single layer; cook until bottom is lightly brown. Turn chicken over and continue to cook until lightly browned and cooked through; about 5-7 minutes. While chicken is cooking: Place broccoli florets in a microwave safe bowl; add 3 tablespoons water and cover with plastic wrap. Cook in microwave 3 minutes. Uncover and immediately drain water. Set aside. After chicken has cooked through, reduce heat, and stir in sauce to coat chicken evenly. Next stir in steamed broccoli and cook over low heat until broccoli is heated through. Serve over steamed white rice.

Persimmon-Ginger-Sweet N' Sour Sauce

Recipe from Cooking with Laurie Figone

3 lbs Persimmon unpeeled, stems removed, cut into 1" chunks

2/3 cup Apple Cider Vinegar (Little Apple Treats)

2/3 cup Dark Brown Sugar

1/2 cup dried Cranberries

4 TB Soy Sauce

4 cloves Garlic, finely minced

2 TB fresh Ginger, finely minced

In a large saucepan add all of the ingredients and stir to combine. Bring to a boil over medium heat.

Reduce heat and simmer for 25 minutes; stirring occasionally. Remove from heat and let cool to room temperature. Add the cooled mixture to a food processor and pulse just until tiny bits of cranberries and persimmon skin are still visible. Note: You may have to do this in 2 batches depending on your food processor size. Bring the sauce back to a boil in the same saucepan you cooked it in, then ladle into hot, sterilized jars, leaving 1/4 inch headspace. Remove canning lids from simmering water and place onto hot sauce filled jar, immediately twist on the ring. Place

the jars upside down on a wire rack for 5 minutes. Turn jars right side up and listen for the jar to seal (there will be a 'pop' sound).

Steamed Fish, Chard, Fennel & Lemon Dill Sauce

Found this recipe on Sunbasket's website

They recommend an Arctic Char

1 bunch Chard

1 bunch Fennel

1 Shallot

2 lemons

2 4-ounce skin-on Fish Fillets

4 sheets parchment paper

Fresh Dill

Preheat oven 375°F. Destem chard by pulling leaves off from tip to root

end. Roughly chop leaves. Chop stems

into 1/4-inch pieces. Rinse and thinly slice fennel. Peel and thinly slice shallot. Slice 1/2 of lemon into thin rings. Season fish with salt and pepper on both sides. Cut 2 tablespoons butter into small cubes. Steam fish. Layer 2 sheets of parchment paper on counter or cutting board side by side for each fish. Evenly divide fennel, chard leaves and chard stems between two sets of parchment. Top with fish, followed by lemon slices, shallot and butter. Sprinkle with salt. To wrap each parcel, fold two opposite sides of parchment paper into the middle and fold together. Roll the other two sides into the middle several times to tightly seal into a small packet. Place on sheet pan and slide in heated oven. Cook 20 to 22 minutes. Fish should be opaque and flaky when done. To make the sauce, strip leaves off dill and finely chop. Mix together with juice of remaining 1 1/2 lemons, 2 tablespoons olive oil and 1/2 teaspoon salt. Stir well to combine. Season with salt to taste. Unwrap fish and serve on two plates. Drizzle with lemon dill sauce.

This Week's Box List

*Broccoli

*Fennel

*Chard

*Dill

*Persimmons Vacaville

*Lettuce

*Parsley

Celery

Red Russian Kale

Leeks

Radishes or Turnips

Tangelos

* = Items in Box for 2