



WEEK OF JANUARY 5TH 2015 #1/15



Last Friday Jose and I were walking the fields and taking a look at the Radicchio trials. The seed was provided to us by Georgeanne Brennan, the cookery book writer. We decided that we needed to plant most of the varieties a week or two earlier and give them just a little bit more space. In his hands he has Castle Franco and in his arm a green variety called Pan Di Zucherro. I have ordered more seeds from Italy to play with this year.



Ruby Red Grapefruit

It is such a thrill for me to grow any citrus. Sure we had lots of different oranges etc to eat growing up but I was never thrilled with how they tasted. It was not until I worked on a Moshavim near Nazareth that I got to taste what a real orange should be. What a difference! They all flower in the spring and grow for a long time before we pick them so it makes sense that organically grown they have time to really develop flavor. These Ruby Red Grapefruit are only fertilized with Blue Bottle Coffee grounds about once per year. The coffee from your latte still has valuable nutrients which the citrus can use. We just tip the bio degradable bags under the trees move them around a bit with our boots and walk away. The worms do the rest. This year we did move a few chicken tractors through the citrus grove as an experiment and so we will see of the next year how the growth of the trees changes.

Everyone has one grapefruit this week along with Tangerines and Tangelos. We picked the later two over the weekend because of the frosty mornings. Last year just before the Holidays we lost much of our citrus to a very cold spell. Jose and I were concerned that after the rains stopped temperatures would drop. They did and we decided that they had had enough cold and tasted just great so we called in the crew a few days early to pick them all.

Our fields were laser leveled back before we bought the farm in 1998. The slope about 2% from West To East. The citrus on the West side do much better than those on the East. Just that little bit of slope taking the cold air away is making a big difference. I will make sure when we plant more they will always go on the west side. No point in fighting gravity.



We Loved The Rain But...

Just as the buds of these broccoli flowers were forming was right in the middle of all of those rain storms. So many of them have rain damage which means very little in terms of flavor and food value but they do not look good and occasionally one will go bad after we pick it. We decided not to pick it but instead will cut away the main head to encourage the side shoots to grow. The plants are strong so we should get some delicious bunches of broccoli in a month.



Our garlic crop is growing nicely. Ramon is not so happy because during all the pre holiday rain storms was just the time he wanted to cultivate the final time. There are a few too many weeds for his liking. It will not take us long to whip through this field with hoes.



Being a part of Eatwell Farm is way more than just a great box of fruit and vegetables each week. You and your family and friends get to visit the farm and truly connect with soil, place and the people who grow it. This is better than any fancy certification or propaganda in the stores. If you are concerned about how the chickens live, well come and take a look. We hope to have a list of all the events this year posted by the end of the month.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150



Recipes and Menu Suggestions

Broccoli Romanesco Casserole - Serve as a side dish with chicken or roast beef or add cooked ribbon noodles and make it more of a main dish and serve with Cabbage and Spinach Salad

Uses: Broccoli, Romanesco, Onion, Cabbage and Spinach

Fennel and Celeriac Soup - Serve with good bread and butter

Uses: Onion, Fennel, Celeriac and Tangerine or Tangelo or Grapefruit Zest

Butternut Squash and Kale over rice or use it as a quesadilla filling - Serve with some quick light slaw on the side

Uses: Butternut and Kale Stir Fry

Cilantro Grapefruit Smoothie - Enjoy anytime of the day!

Uses: Grapefruit and Cilantro

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Greetings 2015!

We hope everyone had a healthy and happy New Year's. Hard to believe the Holiday Season has come and gone. It has been an interesting two weeks for Nigel and I, certainly not what we anticipated. That being said, it has been a time for us to reaffirm our commitment to providing as many people with fresh, nutritious food. For much of the past two weeks it has been mostly just the two of us, so there really wasn't great need to cook lots of food, particularly as a couple of our angels sent up several quarts of soup, and we got this gorgeous smoked ham from our friends at Damn Fine Bacon, and we stocked up on Smoked Salmon from Sally and Mike at Cap'n Mikes. We have enjoyed many breakfasts of spinach/smoked salmon scramble with our home made creme fraiche, lunches of soup with Cowgirl's Mt. Tam brie and sliced ham, and Kimchee from our friend Josh. Today Nigel made some quick slaw with our home made mayo and creme fraiche and that, paired with Bocalone's Salami, made for a super simple, yet satisfying little lunch. Had some home made yogurt with banana for dessert and there you have it.

Sometimes I get such a craving for foods we enjoyed back in the 70's. Sadly most everything was made with ingredients like cans of Campbell's creamed soup! The other morning I work up wanting a cheesy creamy broccoli casserole. So I grabbed my iPad and searched for a decent workable recipe. Pioneer Woman had a great one, which I have adapted a bit and made with Romanesco instead of the called for Cauliflower and Broccoli. It was so delicious I have now made it again, and the leftovers were terrific too! I was thinking you really could use this recipe as a base for a few different dishes, Romanesco/Broccoli Cheese Pot Pie, or a Romanesco/Broccoli Noodle Casserole with or without meat (cooked chicken breast or good tuna both would work well). Tonight we are enjoying ours with baked potatoes and a couple of slices of Stephen's delicious ham. Bon Appetit!

Grapefruit, Cilantro Smoothie

From the 18hour Kitchen Blog

So I googled cilantro and grapefruit expecting to find salad dressing recipes or straight up salad recipes, but instead I find tons of recipes for a grapefruit and cilantro smoothie! Who'd a thought?

3/4 cup Cilantro (stems and all)

1 Grapefruit, peeled (perfect, you can use the zest in the soup!)

1/2 banana

1/4 cup Almond Milk

1/2 cup Water

1 TB Coconut Oil

1/4 tsp Stevia (optional)

1 tsp Cinnamon

Pinch o' Salt

Add all ingredients into a blender in the order listed. Blend until completely smooth. Enjoy immediately!

Romanesco/Broccoli Casserole

Adapted from a recipe found on thepioneerwoman.com - Serves 8

1 head Broccoli

1 head Romanesco

6 TB Butter

1 Medium Onion, diced

2 cloves Garlic, minced

1/4 cup Flour

2 1/2 cups Vegetable Cooking Water

4 oz Cream Cheese, softened or Creme Fraiche

1/2 tsp Eatwell Farm Smoked Chili Salt

1/2 tsp freshly ground Pepper

1/2 tsp Paprika

1 1/2 cup Grated Jack or Sharp Cheddar

1 TB Butter

1/2 cup cubed old bread (to make croutons) or 1/3 cup

Breadcrumbs (I used homemade croutons and I think it was nicer than breadcrumbs)

Preheat oven to 375 F. Cut the broccoli and romanesco into bite-sized florets. If there are any thick stems peel them and chop them up and use them. Steam the broccoli for about 3 to 4 minutes. Put the Romanesco in a pot with enough salted water to cover all of the florets and bring to a simmer. Cook until just barely tender. It takes longer to cook than broccoli and by simmering it you can use the cooking water for the sauce. Save the romanesco cooking water. Set

the broccoli and romanesco aside. In a large skillet, melt the 6 TB of butter and sauté the onion and garlic until the onion starts to turn translucent, about 3-4 minutes. Sprinkle the flour over the top, whisk to combine, and cook on medium low heat until a very pale golden color. Add the warm romanesco cooking water, (alternatively you can also use Eatwell Farm Chicken Stock or a good vegetable stock) whisking constantly, then cook until the sauce thickens. Reduce the heat to low and add the chili salt, paprika, pepper, and the creme fraiche or softened cream cheese. Stir well and cook until the sauce is smooth. Taste and adjust seasonings. If you are using breadcrumbs, put them into a small bowl and stir in the melted butter. Or if you are making croutons, melt butter in a skillet and toss the cubed bread in and cook until nice and crunchy.

In a smaller casserole dish layer half the veg, then pour on half the cream sauce, and sprinkle with half the cheese. Repeat with another layer of veg, sauce and cheese. Top with the breadcrumbs or croutons and if you like grate some parmesan cheese on top. Bake at 375 F for 25 to 30 minutes until cheese is melted and bubbly.

Fennel and Celeriac Soup with Orange Zest

HFW Veg

2 TB Butter

1 TB Olive Oil

1 medium Onion, sliced

About 1 1/2 lb Fennel bulb, rimmed and sliced, reserve feathery fronds

9 oz Celeriac, peeled and cubed

Finely grated zest of 1 orange OR use zest from the grapefruit or tangerines or tangelos

About 2 cups Eatwell Farm Chicken Stock or good Vegetable Stock Salt and freshly ground Black Pepper, to taste

4-6 TB Creme Fraiche, to finish

Heat the butter and oil in a large saucepan over medium heat. Add the shallots or onion and sweat gently for a few minutes. Add the fennel and celeriac, stir well, then cover and sweat for about 10 minutes. Add the zest, stock and some salt and pepper. Bring to a boil, then simmer for about 15 minutes until all the veg is tender. Puree the soup in a blender until completely smooth, adding a touch more stock or water to loosen the consistency if necessary. Reheat the soup if necessary, check the seasoning, and serve with a good blob (his terminology, not mine) of creme fraiche on top, a few fennel fronds and plenty of freshly ground black pepper.

These recipes will help you use everything in your box

Grapefruit
Bag of Tangerines and Tangelos
Onion
Cilantro
Romanesco
Broccoli
Spinach
Cabbage
Celeriac
Fennel
Butternut
Kale Stir Fry Mix