



WEEK OF JANUARY 12TH 2015 #2/15



Our First Eggs Go Into The Incubator This Week.

Agustin has the incubators ready to receive the first eggs. The blue trays hold the eggs in place as they are turned every hour just like a mother hen would in her nest. There are six trays in this incubator giving us a capacity for about 250 eggs. The temperature needed is 100F which the incubator is able to do so long as the air around it is at 70F+. The white plastic tray on the top shelf is to regulate humidity. We need 50% during the incubation phase, and increasing later during the last three days when the eggs move to the hatcher. The tray has water in it, and by adding more sponges to wick up the water into the air, we can increase the humidity. As this is our first hatch we are looking to learn a lot as with everything the right equipment is important but there is a skill and art to the process too.



Happy Chickens And Sheep

The grass is growing and the chickens are eating it fast. We are moving these houses twice per week to keep up with them. The sheep look like they will be back on the farm later this week as we have lots for them to eat. The ground is firm so their weight will not damage the soil structure. If you see some white marks on your eggs it is extra calcium deposits. The balanced organic feed that we use in addition to the pasture, veg waste, wheat and whey has a standard amount of calcium in it year round. As the



weather and condition of the girls changes throughout the year, so does their need for calcium hence the excess at the moment. We have a flush of Romanesco which we took to the farmers market on Saturday. The size is good, not too big. The heads can go from the size of a baseball to a football in just three days so we have to watch them very carefully. These would have been way too big for your boxes this week if we had left them in the field to pick now.



Preparing Beds For Potatoes

In just two or three weeks a truck will arrive from Colorado with our certified organic potato seed on board. I have ordered 5,000 lbs. We will plant as soon as we can, weather permitting. Ramon is mowing the sudan grass cover crop from last summer in preparation for Roberto to cultivate the beds. The soil is just about perfect for cultivation, and with a little rain forecast over the weekend we hope we can prepare a wonderful tith in a couple of weeks.

Yes it is the middle of January and the rest of the country is freezing cold but this is California and we work with our Mediterranean climate at every opportunity. In past years we have had late rains which can cause problems for tree fruit blossom and with spring plantings. So it is a nice change to have early rains and be able to cultivate in the middle of the winter.



Barn Raiser Update

The thank you gifts and cards for the barn raiser are going out this week and and next. Our apologies for the delay. It is amazing how much time it takes to coordinate all of this. A big thank you to the amazing Paige for taking this task on. Agustin and I have all the family houses set up. He is recording who is laying the eggs, and the incubator room is getting a new door to help regulate the temperature better today. All of us on the farm want you to know how much we appreciate your support in our journey to raise our own flock of chickens. Thank You.

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, 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!
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Recipes and Menu Suggestions

Thai Style Red Curry and Peanut Butternut Squash and Spinach, served with Rice

Uses: Butternut Squash, Tatsoi, Spinach and Cabbage

Celeriac Soup served with good crusty Bread with a little Daikon and Carrot Salad on the side

Uses: Celeriac, Onion, Daikon, Carrot, Grapefruit

Broiled Clementine and Mizuna Salad served as part of a larger meal like Lemon Baked Chicken and Roasted Romanesco

Uses: Mandarins, Tangerine, Mizuna and Romanesco

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

Thai Style Red Curry and Peanut* Butternut and Spinach

Eatwell Farmhouse Kitchen

Believe it or not, we don't have one single Thai restaurant here in Dixon. Although I do not claim that my Thai-like dishes are highly authentic, they are fast and easy to make and satisfy (at least mostly) my craving for the flavor of Thai food. This is one of my favorites for this time of year because it takes advantage of the sweetness of butternut squash and the lovely green spinach. I would add the tatsoi to it since it is in the share this week. If you are allergic to peanuts you can make this with just the red curry and not go the peanut flavor route, equally delicious. Also you can add strips of meat or tofu if you like, but when I use the peanut butter I don't find a need for extra protein, the dish as it is satisfies us plenty!

1 Butternut Squash
Spinach, trim just the very bottom tips and wash well in salty cold water
Tatsoi, washed and chopped
1 cup Cabbage, chopped rather large chunks
1 Onion, chopped
2 cloves Garlic, minced
1 TB Thai Kitchen Red Curry Paste, temper this according to how spicy you prefer it. I actually use more
Fish Sauce or Soy Sauce
1 can Coconut Milk
2 TB Peanut Butter
1 1/2 cups Eatwell Farm Chicken Stock or good Vegetable Stock
Salt - I used our Smoked Chili Salt in this dish and it really gave it a nice extra something yummy!
Fresh Ginger, grated at least 1 TB, but do it to taste

Wash the butternut squash then roast in the oven preheated to 350, for 10 minutes. This will soften the squash enough to make it easier to peel, seed and cube. Let it cool enough to handle, then peel and cube to bite sized pieces. Heat the stock in a large skillet and add the butternut squash, onion and garlic and cook covered for 5 minutes. Then add the the spinach, tatsoi, cabbage, fish sauce and red curry paste, mix well and cook over medium heat until everything is cooked to your preferred doneness, butternut squash should be nice and tender. Add coconut milk and peanut butter, cooking over medium-low heat, stirring to incorporate it all. Serve over rice noodles or rice.

Sweet Vinegared Daikon and Carrot - Namasu

From *Japanese Farm Food* by Nancy Singleton Hachisu

It is rare to have carrots and daikon in the share at the same time. I think these two root vegetables are perfect together and was confident (and excited) that I would find a simple raw recipe using them together in this wonderful Japanese Farm Food cookbook!

Find the recipe at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Creamy Celeriac Soup

By Georgeanne Brennan, SF Chronicle January 10, 2015 - Serves 6
Georgeanne Brennan and her husband Jim Schrupp are old friends of Nigel's. Nigel refers to Jim as his mentor and the man he calls every time Nigel is stumped by a problem and needing a creative solution. Georgeanne has written many cookbooks, writes for the Chronicle, Sunset Magazine and Edible. They grew celeriac this year from starts Nigel gave them. In the article she lists lots of ways she enjoys using celeriac, including crudite topping for shepherd's pie, in salads or in chicken pot pie. I know I have listed Celeriac Soup in the past but this is such a delicious, simple recipe and a great use for this vegetable.

3 TB unsalted Butter
2 lbs Celery Root, peeled and cut into 1 inch cubes
3 stalks Celery, including leaves, chopped
4 Leeks, white parts only, chopped
1 Shallot, peeled and chopped or use some of the fresh Onion from this week's share
1 tsp Sea Salt
Pinch Red Pepper Flakes or Cayenne Pepper, to taste
1/2 cup dry White Wine
5 cups Eatwell Farm Chicken Stock or a good Vegetable Stock if you prefer vegetarian
1 cup Heavy Whipping Cream
Optional garnishes: chopped chives, or chervil, minced crisp bacon or pancetta

In a heavy-bottom stock pot, melt the butter over medium-high heat. Add the celery root, celery, leeks and shallot and stir until the leeks and shallots are translucent, about 2 minutes. Sprinkle with salt and red pepper flakes or cayenne pepper. Add the white wine, bring to a boil, and cook, stirring and scraping the bottom of the pot until most of the liquid has evaporated, about 5-7 minutes. Add the chicken broth and reduce the heat to medium-low, cover and simmer until the celery root is tender to a fork, 15-20 minutes. Puree until smooth with an immersion blender or in batches in a standard blender. Return to a clean pot, stir in the cream and simmer gently until the soup reaches a creamy consistency, about 5 minutes. For an exceptionally smooth as silk soup, strain through a Chinoise, return again to a clean pot and gently reheat again to just a simmer. Garnish, if desired, and serve hot.

These recipes will help you use everything in your box

Butternut
Red Mizuna
Daikon
Cabbage
Romanesco
Onions
Celeriac
Spinach
Tatsoi
Carrots
Mandarins and Tangelos
Grapefruit

Broiled Clementines and Mizuna Salad

Liz Hafalia, SF Chronicle January 3, 2015 - Serves 4

I love it when I am perusing recipes in magazines or newspapers and find a great one for the newsletter and then posted next to it I find yet another. I realize this recipe is made with Clementines, but I am suggesting you use the mandarins or tangelos in this week's share. Broiling slices of clementines brings out both the sweetness of the fruit and bitterness of the peel in a most pleasing way, especially when paired with the peppery kick of mizuna or arugula leaves. Most of the slices are chopped and worked into the dressing, but some are left whole to use as a garnish. The dressing is rather thick, so serve the salad immediately after tossing it or it will wilt.

5 Clementines - or use the mandarins or tangelos in this week's share
3 TB Extra Virgin Olive Oil
1/4 tsp fine Sea Salt
5 cups Peppery or Strongly flavored greens like Mizuna, Arugula or hearty chopped Kale
Preheat broiler. Cut 1 clementine in half and juice it. Discard the shell and reserve the juice. Cut off and discard the ends of the remaining 4 clementines, then thinly slice them, remove seeds, if necessary. Lay the slices on a baking sheet and broil until just browned on the edges, turn slices over and broil to brown on the other side. Timing will vary with the power of your broiler. Watch carefully so they don't burn. Let cool. Set aside 5 to 6 of the prettiest slices for garnish. Finely chop the remaining slices and put them in a large salad bowl. Add the oil, reserved clementine juice and salt. Stir to combine. Add the greens, toss gently just to coat and serve immediately, topped with reserved clementine slices.