



WEEK OF FEBRUARY 1ST 2016 #05/52



Seed Potatoes
 Early Monday morning a couple of pallets arrived from Colorado. We have been buying our organic potato seed from Sheldon at Rocky Farms for almost 20 years. In November, Sheldon sends me a spreadsheet with his availability. I fill out his form and send it back as fast as I can, as his potatoes are in big demand. The truck was full of potato seed for organic farmers on our block (a farm block is about 50 miles here in the country).
 The seed is grown at high altitudes where aphids do not live.



Rent A Hive

Hives, like in the picture above, are being put into the Almond orchards around here. They live on pallets and once the almonds are pollinated, the bees move onto other crops. They are transported all over the country. This puts a big toll on the hives and spreads disease.
 Our bees belong to The Erwin family in Dixon, the same family that owns the 40 acres we lease. Their hives are doing well, but there is an ant issue. Rather than use a pesticide to control them, we will be fencing chickens around them to eat all the ants.

Our Chickens Are Workers

Our girls do so much more than lay eggs. I have always said that if I break even on the eggs, I am happy. They pay me back in so many other ways. They fertilize the fields and between the trees. In the picture above we have a permaculture planting of trees and lavender. The chickens are eating all the weeds and bugs. They will do all the work we have done in the past with a tractor and hand hoeing. We keep the houses moving down the field to get a good even coverage of their manure and weed control abilities. The chicken is an

amazing animal. Once our new plantings of trees grow tall they will be much happier, as they will have cover. They are a jungle animal and we aim to give them as near a natural environment as possible. The Solano Irrigation District SID, has been working to install solar powered valves to control the water we get from the canal each summer. In the past someone drove along the canal setting each valve. Now a person will program in our irrigation request. No doubt, I will be able to use my Iphone to open the valve



in the future. Along with this comes automatic billing!

Strawberries

These girls are eating up one acre of strawberries that have come to the end of their productive life. The old plants are in a mat on the surface. We use the chickens to eat the plants, so afterwards we can pick up the drip lines and the mulch fabric. If we did not have the chickens, this would have to be done by hand. The chickens do a much better job and we have more skilled work for the crew, such as pruning. Our new strawberry planting is doing well. We have a windbreak, which we will cut down and coppice in the next few weeks. The Poplar stumps will regrow. We will select the best shoots next winter and remove the rest. After eight years they will be coppiced again and the logs used for mushrooms, mulch, and lumber.



Aphids

This is the time our 'friends,' the aphids, take up residence on broccoli and romanesco. The crop provides the ultimate in protection for them. Soaking in salt water or a mild soap will loosen their grip, so they can be rinsed away. We do not spray them. It would kill the beneficial bugs even if we used organic stuff.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Sausage Rolls served with Steamed Broccoli and for a little crunch, sliced Daikon

Uses: Mustard Greens, Broccoli and Daikon

Poached or Baked Fish, served with Savoy Cabbage Gratin

Uses: Savoy Cabbage

Spinach or Arugula Omelettes served with a Simple Salad

Uses: Spinach and or Arugula, Lettuce, Apples or Pomelo in the Salad

Slow-Cooker Chicken Adobo with Bok Choy, serve over rice, with Gingered Collard Greens on the side

Uses: Bok Choy, Onions, Collard Greens

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

A Note From Lorraine

Pea Shoots are a sign that Spring is just around the corner! Those bright, tender green shoots are always a welcome treat from the field. This week, I didn't actually write up a recipe for them, but there are loads on the Internet, mostly for stir fry. Food52 has a very nice looking Pea Shoot and Arugula Salad that would be perfect with this week's box. Here is a link: <http://food52.com/recipes/17108-pea-shoot-and-baby-arugula-salad-with-meyer-lemon-vinaigrette>.

Savoy Cabbage Gratin

Sunset Magazine Kate Washington January 2015

Serves 6

1 small head Savoy Cabbage (about 1 1/2 lbs), cored and cut into 8 wedges

3/4 tsp Kosher Salt

1/2 tsp Pepper

1 clove Garlic, chopped

1 1/2 tsp chopped fresh Thyme, plus sprigs

1/4 tsp Nutmeg

1 TB Flour

1 cup Heavy Whipping Cream

3/4 cup shredded aged Gouda Cheese

1/2 cup fresh Bread Crumbs

Butter a shallow 2 qt baking dish (about 8" X 11") and preheat oven to 400 F. Melt 2 TB butter in a sauté pan or large frying pan over medium-high heat and add cabbage wedges cut side down. Sprinkle with 3/4 tsp salt and 1/2 tsp pepper. Cook, turning once, until lightly browned, about 5 to 7 minutes. Add 1/4 cup water to pan. Partially cover and cook cabbage until it is just tender, 3 to 5 minutes more. Transfer cabbage and any stray leaves to prepared dish, arranging wedges so they lie flat (they should fit snugly). Return pan to medium heat and melt remaining 2 TB butter. Add garlic, chopped thyme, nutmeg, and flour. Stir until thoroughly combined, add cream, and cook, stirring, just until thickened and bubbling, about 2 minutes. Pour cream mixture over cabbage. Top with cheese and bread crumbs. Bake until browned and bubbling, about 20 minutes. Garnish with thyme sprigs and season to taste with more salt and pepper.

Gingered Collard Greens

Recipe from Ike's Quarter Cafe in Nevada City

2 TB minced Garlic

2 TB minced fresh Ginger

Vegetable Oil, enough for sautéing

1 bunch Collard Greens, washed and chopped

Heat some oil in a skillet and sauté the garlic and ginger until just golden. Add the collard greens. Sauté quickly and add salt and pepper to taste. Add a small amount of water anywhere from 1/4 to 1/2 cup. Cover the skillet and cook for 2 to 10 minutes until tender.

Lorraine's Omelette Recipe and All other recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

For My English Husband - Sausage Rolls

Eatwell Farmhouse Kitchen

Serves 2-4

When we traveled around England a few years ago, I so enjoyed watching Nigel indulge in many of his favorite English foods. Greasy (and I do mean greasy) Fish N Chips, of course were at the top of the list, but new to me were the Sausage Rolls. Seeing how much Nigel enjoyed them, as he devoured an enormous roll with such enthusiasm and relish, I figured I had to work on making these at home. This is how I made one the other night and it was a super big hit with my Englishman! A great way to sneak vegetables into a dish where none would be expected.

1 pack frozen Puff Pastry

3/4 to 1 lb of good, bulk Sausage Meat, nothing too spicy, I used an Italian style

2 Eatwell Farm Eggs

1/2 to 1 whole bunch of Mustard Greens, washed and chopped well (stems removed)

Egg and a splash of milk for egg wash if desired

Thaw puff pastry according to directions. Preheat oven to 400 F.

Put the sausage meat and the eggs into a food processor and run until the meat is relatively smooth, about a minute or so, stopping to scrape down what is on the sides. Have your mustard greens

prepped, washed, shaken dry, and chopped. Put a piece of parchment paper onto a baking sheet and dust with a bit of flour. Lay out the sheet of puff pastry, so that the width of the pastry is longer, making sure to leave a good amount of parchment boarder all the way around (you will use the edge to make the roll). Spoon on about 1/2 of the sausage meat and pat it flat, covering nearly the entire width, but only a bit more than half of the depth of the pastry. Remember you want to be able to roll and seal. Put a layer of mustard greens on, pressing the greens into the meat a bit, so everything stays put as much as possible. Finish up with another layer using the last of the meat and the chopped greens. Pick up the edge of the parchment paper, the side with the meat and mustard greens, and gently roll it over, pulling the paper away as needed to create an actual pastry roll. Center the sausage roll on the parchment. You can use an egg wash if you like, brushing it on gently. Pop it into the

oven and bake at 400 F for about 8 minutes. Turn the baking sheet around, I find ovens never bake perfectly evenly on all sides (but if you have an oven that does, please let me know which one it is!). Bake another few minutes until dark golden. Remove from the oven and let it sit for another 5 minutes, then slice and enjoy!

Slow Cooker Adobo Chicken with Bok Choy

From allrecipes.com by Chris Denzer

2 Onions, sliced

4 cloves Garlic, smashed

2/3 cup Apple Cider Vinegar

1/3 cup Soy Sauce

1 TB Brown Sugar

1 Bay Leaf

Freshly ground Black Pepper to taste

8 skinless, bone-in Chicken Thighs*

2 tsp Paprika

1 large head Bok Choy, cut into 1" strips

2 Green Onions, sliced thinly

Combine onions, garlic, apple cider vinegar, soy sauce, brown sugar, and bay leaf in slow cooker. Season with black pepper.

Place chicken thighs atop mixture. Sprinkle paprika over chicken thighs. Cover and cook on low for 8 hours. Switch slow cooker to high. Add Bok Choy to chicken mixture, cook another 5 minutes. Garnish with green onion. *I made Chicken Paprikas in our new slow cooker using our Sous Vide Legs/Thighs and put them in frozen solid. I think that would work just fine here, too. Since they are already cooked, it doesn't matter that a chunk of the cooking time is in the thawing of the chicken. It literally was falling off the bone and I only had to cook it for 5 hours.

This Week's Box List

Pomelo

Bok Choy

Daikon

Green Mustard

Broccoli

Lettuce

Apples (Hidden Star Orchards)

Savoy Cabbage

Spinach

Onions

Arugula

Collards

BONUS ITEM: Pea Shoots