



WEEK OF FEBRUARY 22ND 2016 #07/52



Earth Covered House
 Those of you who have visited the farm could not have failed to miss our farmhouse. We built this ourselves over two years and finished it almost five years ago. It is covered with 2,000 cubic yards of soil. Every bank refused us a loan as we do not make enough money. Fortunately The Farm Service Agency did think we had a good case and lent us \$300,000. They got the money from the Federal Funds Window, tacked on some to pay for the program and we got a house. It was a lot of work but very well worth it.



Critical Bees

This is Don Erwin who has hives on the farm year round. Bees perform such a vital role in pollinating so many crops. We do have many native bees also, we need them all. Some years Don has honey to sell, which we have sold with your box.



At the end of the week we will be moving some chickens to the area when Don and his Son Gary keep their honey and supplies. Around these two buildings there are lots of ants. The chickens will eat down the vegetation then go for the ants. It is the best way we have found to rid an area of ants without using chemicals. The work Don does on the farm is another example of all the people and work that is needed to make sure you get your harvest share every week.

Ten Geese are Laying

Steering clear of Monsanto owned seed companies is not an easy task these days. They seem to be buying up every heirloom seed businesses. Vilmorin is a French seed company founded in 1743. These summer squash seed are for planting now. It is a little early, as the soil has not quite warmed up. I am happier to plant these varieties, as they are open pollinated and way cheaper than the hybrid varieties. Just a note 'Hybrids' are crosses of two parent lines, they are not genetically modified in any way. Hybridization is a traditional practice of horticulturalists.



The geese are laying and their eggs are going into the incubator. We need up to 100 goslings to eat the weeds in our orchard. The main weed we have left to deal with on the farm is Johnson Grass. It arrives each year in the irrigation water. Geese love Johnson grass so we will move them around the orchard and they will devour this grass. We will then have delicious Holiday Goose. Once we have enough goslings we will sell the eggs. The Black Australorp

chickens are laying nice medium sized eggs. These first eggs are rich and creamy. They are much loved by bakers and quite frankly make the best soft boiled eggs.

Farm Events Announced

Your Friday afternoon email has all the details of the main events this year. Connie has set up the links to sign up for these events. Please note we have reduced the amount of spaces to all the Strawberry Days from 400 to 250. We want to make sure there are plenty of delicious berries for everyone and 400 is a lot of people to have on the farm at any one time. We do set a nominal charge for these events, which covers the costs for help and setting them up. Plus our insurance went up \$5,000+ once the underwriter understood what we were doing. If you have never visited the farm, especially those of you who have been members for a long time, please come on down. Find more details at <http://www.eatwell.com/events>.

Twin Girls Farm

The citrus in your harvest share this week comes from our good friends at Twin Girls Farm. They are organic growers and also pack for a wholesaler in San Francisco, Purity Foods. You may at times see a sticker on the fruit in your box. Sometimes they wash and label everything before our order is packed.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Celeriac and Chard "Lasagne" One Dish Meal

Uses: Celeriac, Onion, Parsley, Green Garlic, Chard, Lemon

Spinach and Garbanzo Stew; Serve with Rice or Potatoes or Crusty Bread

Uses: Spinach, Green Garlic

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

A Note From Lorraine

This Saturday I trekked into The City to join the Bay Leaf Kitchen Jr Chefs at Bernal Cutlery for a knife skills class. As I have no actual culinary training, I thought it would probably be really helpful, plus, I could see what the Bay Leaf kids are experiencing in their classes. It was amazing! I learned a lot and so did the Jr. Chefs. Sam at Bernal Cutlery was very informative and the kids asked intelligent questions. They definitely have an excellent culinary



foundation. Once our knife skills class was over, we got a surprise bonus, a private back door tour at Tartine (which is just across the street from Bernal Cutlery)! We literally filed in through the back door, into a very tight space, where the pastry and bread action happens. We passed trays of pastry about to go into the ovens, saw them pounding the layers of butter and croissant dough, then we went on into the back room where they work on bread dough. The work area was so small and narrow, I honestly don't know how Tartine does it all. There was so much to see! It was like being a kid in a candy shop, or better yet, a kid who already has a passion for baking, in the back of a bake shop! What an experience we all had and I was the very lucky recipient of a container full of their sour dough starter. All in all, it was a fantastic morning. How I wish I had had the opportunity and exposure these kids have when I was their age. If you have a young one or two or three, who show any interest in food and cooking, the programs Bay Leaf Kitchen offers would really be worth their (and your) time. Everyone needs to eat and when kids are given the opportunity to learn about food and how to prepare it, they eat better. Plus they learn math skills, some science, time management, and generosity - because almost no one eats alone. This year all four sessions of summer camp will spend their farm portion of camp here at Eatwell Farm. Early registration starts this Thursday the 25th. Bernal Cutlery is actually owned by some of our CSA members, they are located at 593 Guerrero St, open 7 days a week. They also teach you how to sharpen your own knives and sell the equipment you need to do that. If you have questions for them their phone number is 415-355-0773.

What to do with Leftover Vegetables?

After I made the "lasagne" today, I had a little chard leftover and I know I am not using all of the spinach. I cooked up a bit of spinach and chopped it pretty small. Then, I mixed it with what was left of the cooked chard. I added some green onion from the tops of the onion I had used earlier, along with the green tops from the garlic I had used. I mixed it all up, chopped it some more, and squeezed as much liquid out of it as I could. I made a double batch of the Cashew Cream, so I put the second batch in along with 1/3 to 1/2 cup of chopped walnuts and mixed well. With this mixture I made cheating ravioli, cheating, because I used wonton wrappers. I put a shy TB of filling close to one corner and folded it over to make triangles. I gently put the ravioli into salted, simmering water and cooked it for about 3 minutes. I tested one to see if it was to my liking and I served these with just some butter.

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

Spinach and Garbanzo Stew

Recipe from spanishsabores.com

1 18 oz jar of Garbanzo Beans
10 oz Spinach, washed well
2 thick slices of day old Bread, crusts removed and cut into cubes
15 blanched unsalted Marcona Almonds
1/4 cup Tomato Sauce
3 Garlic Cloves, chopped
Extra Virgin Olive Oil
1 tsp ground Cumin
Ground Cayenne Pepper, to taste
Salt
2 TB Sherry vinegar (or red wine vinegar if sherry vinegar is hard to come by)
Smoked Spanish paprika (I use pimentón dulce, but you could also use pimentón picante)

Coat a large saucepan with extra virgin olive oil (about 2TB) and heat to medium high. Before the oil gets too hot, add the spinach (in batches if necessary). Sauté the spinach until just wilted and remove to strain in a colander. Re-coat the pan with olive oil and add in the bread cubes and raw almonds. Fry until the bread and almonds are browned and crispy on each side. Add the chopped garlic, cumin, cayenne and black pepper and sauté for a couple of minutes, until the garlic is fragrant and turning brown. Transfer the ingredients to a blender/food processor and add the sherry vinegar. Blend the ingredients together until you have a thick paste (don't over blend and make it goey). Return the paste to the saucepan and add your garbanzo beans and tomato sauce. Stir gently until the chickpeas are fully coated by the sauce and add a bit of water to thin things out. Add the spinach and stir gently until it is evenly incorporated and hot. Season with salt and pepper. Once plated, drizzle a swirl of extra virgin olive oil on top of each dish, then sprinkle a small amount of smoked Spanish paprika on top.

This Week's Box List

Head of Lettuce
Spinach
Onions
Green Garlic
Italian Parsley
Radishes
Chard
Arugula
Celeriac
Lemons (Twin Girls Farm)
Navel Oranges (Twin Girls Farm)
Fuji Apples (Hidden Star Orchards)

Pizza with Garlic Cream & Arugula

Food and Wine Magazine
Makes 2 - 12" Pizzas

2 TB unsalted Butter
1 or 2 bulbs Green Garlic, depending on size, white and tender green parts only, thinly sliced
1 TB dry White Wine
1/4 cup Heavy Cream
Semolina, for dusting
Two 8 oz balls of Pizza Dough
6 oz Buffalo Mozzarella, sliced
Salt and Freshly ground Pepper
4 oz of Arugula
2 TB Extra Virgin Olive Oil
Shaved Parmigiano, for serving

Place a pizza stone on the bottom rack of the oven and preheat the oven to 500° for 30 minutes. Meanwhile, in a small saucepan, combine the butter with 1 tablespoon of water and bring to a simmer. Add the green garlic and cook over moderate heat until softened, about 5 minutes. Add the white wine and cook for 2 minutes. Add the heavy cream and simmer over low heat until reduced by half, about 5 minutes. On a semolina-dusted work surface, stretch out one of the pieces of dough to a 12-inch round; transfer to a semolina-dusted pizza peel. Spread half of the garlic cream on the dough, leaving a 1-inch border all around. Top with half of the mozzarella and season with salt and pepper. In a medium bowl, toss the arugula with the olive oil and season with salt and pepper. Mound half of the arugula on the pizza. Turn on the broiler. Slide the pizza onto the stone and broil for about 5 minutes, until golden brown and bubbling. Transfer the pizza to a cutting board and garnish with shaved Parmigiano. Repeat to make the second pizza.