



WEEK OF FEBRUARY 24TH 2015 #8/52



Two Weeks Old

Can you believe that our first heritage flock hatchlings are 2 weeks old? Here's a peek at one of the chicks.

The feathers on their wings are starting to come in, quickly replacing the downy chick fluff, and they have a sharp look about them. Each chick I handle inspects me warily, and they're still small enough to fit in my palm. -

Emily



Check the blog at www.eatwell.com for updates.

Lombardy Poplar

When I planted these as unroofed pencil cuttings in 1999 I had one idea in mind; that they slow down the wind to protect the young plants and us while we were farming. Simple, yet since my adventures into broadacre permaculture, I have had to take a second look at them. My first thought was complete removal. That would have been expensive. Then I found out we could grow mushrooms on the logs. We cut down a row and last year lots of new shoots grew ten feet or more tall. The part of the trunk that is too big for mushrooms will be milled into timber or serving plates. While not an amazing wood it has its uses. The shoots we thinned out were mixed but could be use to fire up a rocket stove. So after one year, the poplars already are tall enough to offer us some wind protection.

Changing the farm to broadacre permaculture is as much about expanding our thoughts as it is practical actions. The poplars now have many roles to play. In about five years the shoots we have selected will be large enough to cut again into mushroom logs.



Windy Weather

The wind is blowing fiercely as I type this on Monday, and I find that I have been creating tasks that take me outside. The poplars that Nigel shows above are bending and swaying, creating such a noise that if I close my eyes and tilt my head to catch the sun's rays, it's almost as if I am at the beach. The array of sounds from the ducks and heritage flock are close enough to that of seagulls that I'm almost convinced. All that's missing is the sharp salty scent on the breeze. - Emily

Now I know...

Cancer has a reputation of clearing the decks of life's clutter and focusing everyone from the recipient of the 'gift' to their loved ones and friends. I have always known how blessed I am even before my cancer diagnosis. I have spent my working life doing what I love and surrounded by amazing family and friends. Now, I am not saying the road has been smooth, I have scars from life too.

I consider myself a lucky man. Take for example last November when I did two weeks radiation at 7am at UCSF. I was given a spot early so I could get in before traffic and be home to continue working on the farm. Each morning while I was being treated they were setting up for the children. Seeing a three year old waiting with their mother broke my heart every single day. It still makes me tear up just thinking about it.

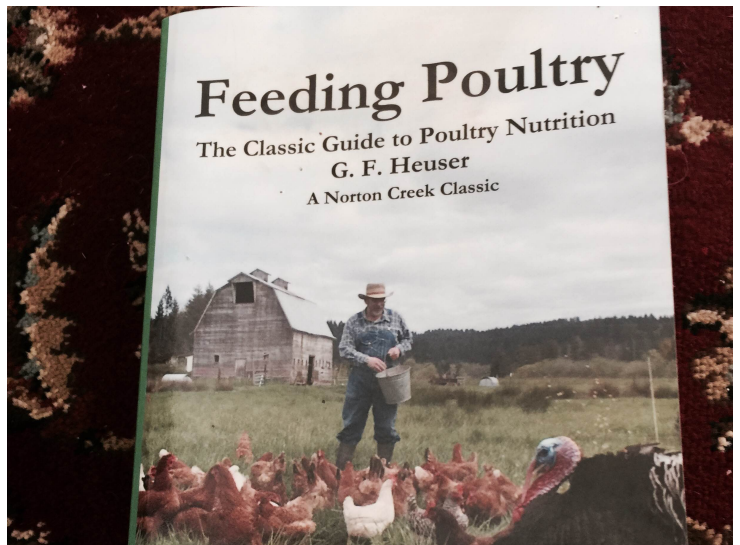
So when I am in UCSF and members who work here pop in to say hi I certainly feel taken care of. I know I am getting the very best care, and with advocates like you, how can I not feel loved? On my first hospitalization I was greeted by a long time member who said in no uncertain terms 'you have fed my family for the last ten years now it's my turn to take care of you'. Now if that is not community I do not what is. I do know it makes me cry three years later. - Nigel

Bed Time Reading

Those of you who got a harvest share last week will have read my article about our organic feed coming from everywhere but the U.S. now. Over the last week I have been studying my feeding poultry book from 1955. This was when most chickens were still partially outside and their nutrition was understood. I am trying to find a way to use local wheat and another source of protein to replace soybeans from India.

There are some suggestions in this book, and I am working on this. I was planning to work on our poultry feed once we finished setting up the breeding flock. It looks to me that working out the feed has taken on a new urgency.

I will let you know as I study more and progress with this. - Nigel



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WE WELCOME YOUR COMMENTS AND QUESTIONS!

ORGANIC@EATWELL.COM

TEXT/VOICE 707-999-1150

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Recipes and Menu Suggestions

Cauliflower Cheese Pie serve with Roasted Beets & Turnips with Balsamic Glaze

Uses: Cauliflower, Beets, Turnips, Dill

Kale and Mushroom Lasagna - Serve with a Green Salad with a Dilly Lemon Citronette

Uses: Kale, Lettuce, Lemon, Onion, Pomelo, Dill

Sausage with Potatoes and Cabbage

Uses: Cabbage, Mustard, Spinach, Turnip Tops

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

Roasted Beets & Turnips with Balsamic Glaze

From Vegenista.com

4 Beets, washed and peeled, cut into chunks
2 Turnips, washed and peeled, cut into chunks
1 Yellow Onion, cut into chunks
3-4 cloves of Garlic, coarsely chopped
1 TB Spanish Rosemary
3 TB Balsamic Vinegar
1/2 cup Olive Oil
Sea Salt and freshly ground Black Pepper
Place beets, turnips, onion and garlic on a lightly oiled baking sheet. Toss with olive oil, balsamic, rosemary, salt and pepper. Roast at 400 F. For about 1 hour or until edges are crispy. Top with chopped fresh parsley or use some dill from this week's share!

Cauliflower Cheese Pie

Mossewood Cookbook by Mollie Katzen
Serves 4 to 6

Just found out that we may not have enough Cauliflower for all of your shares this week and some of you will be getting Broccoli instead. Broccoli and Cheese is a natural so I am thinking this recipe will work with broccoli as well as the cauliflower. I would cook the broccoli less though.

2 cups, packed, grated raw Potato
1/2 tsp Salt
1 Eatwell Farm Egg, beaten
1/4 cup grated Onion

Set the freshly grated potato in a colander over a bowl. Salt it and leave it for 1 minute. Then squeeze out the excess water (which can be used for soup stock) and add it to the remaining ingredients. Pat it into a well-oiled 9" pie pan, building up the sides of the crust with lightly-floured fingers. Bake for 40-45 minutes - until browned. After the first 30 minutes brush the crust with a little oil to crispen it. Turn oven down to 375 F.

Filling:

1 heaping, packed cup grated Cheddar Cheese
1 medium Cauliflower, broken into small florets
1 medium clove Garlic, crushed
1 cup chopped Onion
3 TB Butter
Dash of Thyme or use Eatwell Farm Thyme Salt
1/2 tsp Basil
1/2 tsp Salt
2 Eatwell Farm Eggs
1/4 cup Milk
Freshly ground Black Pepper
Paprika

Sauté onions and garlic, lightly salted, in butter for 5 minutes. Add herbs and cauliflower and cook covered, 10 minutes, stirring occasionally. Spread half the cheese into the baked crust, then add the sauté, then the rest of the cheese. Beat together the eggs and milk and pour over the top, dust with paprika. Bake 35 - 40 minutes, until set.

Kale & Mushroom Lasagne

From Veg Hugh Fearnley-Whittingstall Serves 6

1 bunch Kale, trim bottom tips, roughly shred
2 TB Butter
1 lb Mushrooms, sliced
Sea Salt and freshly ground Black Pepper
2 Garlic cloves, finely chopped
A few sprigs of Thyme or use Eatwell Farm Thyme Salt
6 oz Lasagne Noodles, fresh is best, but dried is fine
2 TB Parmesan
A little Veg Oil

For the Béchamel Sauce:

3 cups Whole Milk
1 Bay Leaf
1 onion, coarsely chopped
1 Celery Stalk, coarsely chopped
A few Black Peppercorns
3 1/2 TB Unsalted Butter
6 1/2 TB All-purpose Flour
2 tsp Dijon Mustard
Sea Salt and freshly ground Black Pepper

Preheat oven to 350 F. For the béchamel, heat the milk in a saucepan with the bay leaf, onion, celery and peppercorns until just below simmering. Remove from the heat and set aside to infuse. Put kale into a large saucepan and just cover with cold water. Add salt. Bring to a boil, lower the heat and simmer for 2 to 3 minutes, until just tender. Drain well and set aside. Heat half of the butter in a large, wide frying pan over medium heat. Add half of the mushrooms and some salt and pepper. Increase the heat and fry, stirring often, for 5 to 10 minutes, until the liquid released by the mushrooms has evaporated and they are starting to shrink, concentrate, and caramelize. Stir in half of the garlic and half of the thyme, cook for a minute longer, then remove to a bowl.

Repeat to cook the remaining mushrooms and set aside. Gently reheat the infused milk, then strain. Heat the butter for the béchamel in a large sauce pan. Stir in the flour to form a smooth roux and cook gently for a minute or two. Remove from the heat. Add about a quarter of the hot milk and beat vigorously until smooth. Repeat with the remaining milk, adding it in 2 or 3 lots, until you have a smooth sauce. Return to the heat and cook for a few minutes, stirring often, allowing the sauce to bubble gently until thickened. Stir in the mustard, then add some salt and pepper.

Stir about 1/2 the sauce into the kale; put to one side. Spread half the remaining béchamel over the bottom of a 9 x 11 ovenproof dish. Layer a third of the lasagne noodles in the dish, then spoon the kale over the top. Add another layer of lasagne, then the mushrooms. Finish with a final layer of pasta and the remaining béchamel. Scatter over the cheese and add a trickle of oil. Bake for about 30 minutes, until golden. Serve straight away.

Sausage with Potatoes and Cabbage

From *Full Moon Feast* by Jessica Prentice

I think this is the only cookbook I have ever read from cover to cover. It really is more of a story book with wonderful recipes playing an essential role in the story. Jessica is a local, one of the founders of Three Stone Hearth in Berkeley and former Education Coordinator for CUESA years ago. If you are not familiar with this wonderful book and you love history related to food and tradition I would highly recommend you add it to your collection!

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

These recipes will help you use everything in your box

Spinach
Lettuce
Tokyo Turnips
Red Kale
Beets
Green Cabbage
Red or Green Mustard
Cauliflower or Broccoli
Pomelo
Dill
Onions
Lemons (Twin Girls)