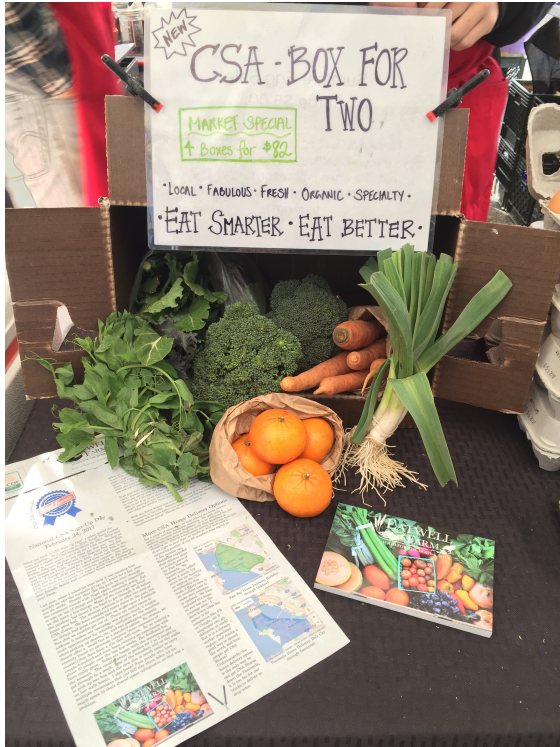




WEEK OF FEBRUARY 27TH 2017 #9/52



## A Box for 2 and A Family Box

In last Friday's email we introduced our new share size, the perfect Box for 2. I know many folks don't read the Friday email and some folks don't read the newsletter every week. Forgive us if we repeat things, but we want everyone to know what is available from the farm.

For some years now, members have told us they needed to give up the CSA because it was just too much food. When we looked at how members subscribe we found that nearly 70% of you get a box every other week. With these two factors it became very clear - we needed to make a serious effort to find a smaller box that works for us (the box company we currently use doesn't offer one). One of the simplest ways to increase our subscription numbers is to create a box that fits those of you who don't need as many fruits and veggies on a weekly basis. Ideally, this box will ensure you have your favorite farm produce fresh every week.

A few simple factors never really occurred to me, such as sharing space in the refrigerator with 5 roommates is a big problem with that much produce. A couple of our trial run folks told us how much easier it is to walk home carrying the smaller box. Farm life is really very different from City life. And a few of them also shared how much simpler it was to plan their weekly meals with fewer items, so they found they got through the box quite easily.

Connie has added both size shares, the Box for 2 and the original, (now referred to as the Family Box) as Add-on items. Now if you have folks visiting, or you are having a dinner party and would like extra fruit and veg, you can order a one time extra box. The Box for 2 in particular is the perfect extra bit. Save time shopping, get more of your favorite items, and it will come with your regular CSA box as an extra item. Really easy. And just as a reminder if you are going on vacation or out of town on business? No problem, you can still put your share on hold so you don't miss out.

Now is the time to invite your friends and family to join the farm! As a little incentive to help them make that decision, please pass along this coupon code for 15% off their first 4 boxes (and don't forget to have them put your name in the referral box so you get your goodie!) CSADAY17. Also, we have home delivery for Peninsula folks so they can join the farm now too!

## Chicken Update

A few years back we embarked on the journey of breeding and raising our own hens, and of course with hens come roosters. One of our members was at BarnRaiser and she suggested we get the ball rolling by raising the initial \$23,000.00 with the help of their crowd funding program. It was a great success, which got us started in the world of breeding the heritage "Black Australorp" chicken. Full of good intentions, we bought all of the breeder flock, hatching equipment, the breeder houses, and jumped in. Not too long into the project Nigel went through another round of cancer, which left Agustin, our top chicken guy, essentially on his own to run it all. We are now at the end of our second winter with the Australorps and find ourselves facing some really hard facts. Hybrid layers have been bred to produce eggs year round. Yes production goes down in the winter, but they still lay. In past years, Nigel always managed winters by bringing in flocks at precisely the right time to have enough eggs to cover the farm's needs (the CSA and Farmers Market). We knew the production would be even lower with the Australorps, but we didn't expect them to essentially stop laying from mid September to the beginning of March! With Nigel unavailable to help out and organize a hybrid flock in time we have really suffered this winter with a severe shortage of eggs.

Fortunately, our friends at Riverdog Farm helped out when we didn't have enough eggs for all of the CSA subscriptions. You can not imagine what a disaster it is when members don't get eggs!

The second half of hatching your own birds comes in the form of roosters. The roosters - aka meat birds have brought their own set of challenges. Unfortunately, as much as Nigel and I love the taste of our heritage meat birds, they don't put on weight very fast, which means they cost a fortune to feed and bring to maturity. We are a small producer so the cost of processing is \$4.00 per bird. That is strictly what we pay the processor, it doesn't include the time for the guys to load the roosters, someone to drive down and back twice (once for delivery and then again to pick up), and it certainly doesn't include the cost of feed. As crazy as it may sound, at \$9.00 a lb we are maybe breaking even.

Facing the reality of \$4000.00 feed bills every three weeks, we can't afford birds that don't lay eggs in the winter. But when you have committed so much energy and heart, not to mention time and money (the initial \$23,000 only covered the hatching end of things) we realize we must make the hard decision and step back from breeding, at least for the time being. We have a flock of hybrid layer chicks coming in the next few days. They should be in high gear for next winter. Nigel is determined to not let the shortage we have experienced these last two years happen again next winter. So onward we go, learning all the way and always, that is just life as a farmer.



## Going Green

As a former professional chef, it always gets me a little worked up when I see a plate of food that is practically longing for just a little something extra. A dab of sauce, a sprinkle of herbs or chopped nuts, something, \*anything\* to pull it all together and take it to the next level with next to no effort.

That said, I know that most sauce recipes make tons more than you need for that one dish, and can be inflexible in how they are used. How much hollandaise do you really need? Personally, I'll eat it on anything that isn't ice cream, and even then if it's the right flavor....huh...

Back to the issue at hand. As we rocket into Spring, I wanted to give you all some formulas for a few great sauces that do it all. These are usually referred to as "Green Sauce" around the world. In Argentina, it's Chimichuri. In Spain it's called Salsa Verde. In Germany, Grüne Soße. At their most basic, these are uncooked sauces based on herbs that do wonders for just about any dish.

Mix it with mayo (or don't) and spread it on a sandwich. Put a spoonful on top of (or under) roasted vegetables of any kind for a bright, herby surprise. Toss boiled potatoes in it, marinate your protein (beef, tofu, fish, chicken, whatever) in it. Thin it out with a little extra oil and use it as a salad dressing, or even toss cooked grains such as Eatwell Farm wheat berries or faro in it as a side or a salad topping.

I'm giving you three basics here, but the idea is that this will liven up your box and get you eating those carrots, romanesco, broccoli, radishes, turnips, and cabbage with renewed relish and a brightened palette of flavors. Best of all, these sauces hold for several weeks, so even if it feels like a lot, trust me you'll be using these on everything and anything and it won't last long.

## Chimichuri

From Francis Malmann's Seven Fires

1 cup water  
1 tablespoon coarse salt  
1 head garlic, separated into cloves and peeled (or use white and pale part of the green garlic in your box)  
1 cup packed fresh flat-leaf parsley leaves  
1 cup fresh oregano leaves  
2 teaspoons crushed red pepper flakes  
1/4 cup red wine vinegar  
1/2 cup extra virgin olive oil

To make the salmuera (brine), bring the water to a boil in a small saucepan. Add the salt and stir until it dissolves. Remove from the heat and allow to cool.

Mince the garlic very fine and put in a medium bowl. Mince the parsley and oregano and add to the garlic, along with the red pepper flakes. Whisk in the red wine vinegar and then the olive oil. Whisk in the salmuera.

Transfer to a jar with a tight-fitting lid, and keep in the refrigerator. Chimichurri is best prepared at least 1 day in advance, so that the flavors have a chance to blend. The chimichurri can be kept refrigerated for up to 2 to 3 weeks.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

All other recipes can be found at:  
[www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."



## Salsa Verde

Adapted from Nigel Slater

2 cups flat leaf parsley  
2 cups basil leaves  
1 tbsp capers  
6 anchovy filets (optional, but be prepared to add more salt if you skip these)  
1 clove garlic, or use the green garlic in your box  
1 tbsp lemon juice or red wine vinegar  
1/2 cup olive oil

Whack everything into a food processor or blender and whiz until pureed. Store in the fridge in a jar or container with tight fitting lid. Best if made a day ahead, and keeps for several days in the fridge. While traditional on boiled meats in Italy, it makes a delightful sauce for pasta primavera.

## Cilantro Jalapeno Adobo Sauce

Adapted from Christopher Kimball's Milk Street Kitchen

4 large jalapeno chilies  
6 large garlic cloves, unpeeled or use your green garlic from your box  
3 cups lightly packed cilantro leaves and tender stems  
2 cups parsley leaves and stems (or you can go all cilantro, up to you)  
6 tablespoons extra-virgin olive oil  
Juice of 1 to 2 limes  
1 teaspoon kosher salt  
1/2 teaspoon sugar

Heat your oven to 400.

Toss jalapeno's in a little olive oil and roast until they blister and get some color on them. Remove from the oven and let cool until you can handle them. Deseed and

destem them.

Whack everything into a food processor or blender and blitz until you get a pretty smooth puree. Scrape down the sides as necessary. Taste and adjust for salt and lime (don't be shy, this is a super flavorful sauce and should have a strong point of view).

This sauce will hold in a jar or other container for about a week in the fridge. Put it on everything.

And not for nothing: 177 Milk Street is Christopher Kimball's new project. After leaving America's Test Kitchen, Mr. Kimball has established a new project with a wider world view but with the same stringent expectations for quality and consistency. Debut issues are out now, and I strongly recommend picking them up when you see them.

