



WEEK OF MARCH 21ST 2016 #11/52



Goslings

These are just minutes old, they are still covered in the egg contents. Now they are three times the size with their dry fluffy down. There are five who have a special home in the old farm office where we keep the incubators. Agustin has the incubator filled with Austrororp eggs and every other space possible filled with Goose eggs. Some even have to be turned by hand twice a day.



Mixing It Up

We have been experimenting with mixing crops in beds. This will provide different harvest times, shade by one crop, or the ability of one crop to climb another. We have one other



advantage of mixing crops and that is money. When we order plants from the nursery we pay by the thousand. If we want five varieties of Cauliflower/Romanesco we pay \$130 per thousand but if we mix up the seed and order five thousand of the mix then we pay \$60 per thousand saving us a total of \$350. That does mean that not every

plant is ready at the same time in the row. We will see how this affects the harvesting speed this year. The bed in the picture above has a row of mixed Cauliflower, another of Fennel and the furthest row is mixed Cabbage. This is an experiment for a new moving harvest rig that is being made in Nebraska for us this week. Describing how this will work will be much easier when I can show you it in place on the farm. We should get it by the middle of April.

The First Ladybugs

Our Fava Beans are a magnet of Aphids every spring. I was very happy to find that the first ladybugs are starting to consume them. Normally, the ladybugs take some time to catch up to the aphids. The ladybugs overwinter in the Sierras and move down to the farm late March. The warm February has made it possible for them to move sooner this year, alas, it has also given the aphids a head start. We will see how they duke it out.



Strawberry Days

It is not long now until our first Strawberry Day Event. The first flush of berries are filling out nicely. We hope to have fruit for your box in three weeks. We are pleased with the crop and the beds are full of plants. There are three varieties; Albion, Camarosa, and Seascape. The different varieties will spread the production over many weeks.



We hope to continue coppicing the Lombardy Poplars over the next two weeks. They are cut down to around one foot tall. New shoots will grow this summer and by the fall, we will select three new stems per stump. They will be about eight feet tall. If we left the tall trees in place, they would shade the strawberries and the roots would take moisture and nutrients from the berries. The trees will provide

lumber, firewood, mushroom logs and mulch for the farm. We are very happy with our garlic crop. Last Saturday, Ramon was able to cultivate the soil to remove any weeds present. This also aerates the soil after the heavy rains we have had. On the 18th of June we will have our annual Solstice Party Sleepover where we pick and braid Garlic. This is a sleepover event with camping in the garden and orchard. A potluck supper is followed by a campfire and star gazing. In the morning, we will all enjoy breakfast in the farmhouse followed by a walk around the farm.



Some of you will have our Tangelos in your harvest share this week. We need to plant more of these trees as they do well here. We need much more of this delicious fruit. There are still some Grapefruits, Navels and Pomeles for the rest of us. There will be a mixture of citrus provided in the boxes this week. For more information on the Farm Events and to purchase tickets go to <http://www.eatwell.com/events/>

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Beans and Greens served over Creamy Polenta or on Toast

Uses: Onion, Garlic, Kale, Chard

Ricotta and Greens Cannelloni or Crepes with Creamy Walnut Sauce, serve with Salad

Uses: Mustard, Spinach, Garlic, Lemon, Lettuce

Red Cabbage Slaw with Baked Tofu serve with a Vegetable Soup made from anything you have left in your share

Uses: Red Cabbage, Garlic, Onion Tops, Mint

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

Beans and Greens served over Creamy Polenta Or Toast

Farmhouse Kitchen

I made this for lunch today. Nigel and I have been enjoying a lot of beans lately from Rancho Gordo. In this recipe, I used their Marcella Beans, which are a white bean, very creamy and delicious. We enjoyed it on toast. Since I have been playing with baking bread, we seem to be eating it a lot, and this recipe made for a very satisfying lunch.

1 Onion, finely chopped, save greens for topping

4 TB Olive Oil, divided

1 clove Garlic, minced

Few dashes of Tobasco

1 TB (more or less) Worcestershire Sauce

1 tsp Mustard Powder

3 cups cooked White Beans

1/2 to 3/4 cup Tomato Sauce

1 tsp Salt

1/2 to 1 bunch Green Kale, washed and chopped

1/2 to 1 bunch Chard, washed and chopped

For the Greens:

Heat oil in a sauce pan over medium heat, then add the garlic and onion. Sauté onion and garlic about 2 minutes. Then add the Tobasco, Worcestershire sauce, mustard powder and beans. Mix well, then add tomato sauce. Cook on medium low. While the flavors in the beans are getting to know each other, heat the remaining 2 TB olive oil in a skillet. Add the kale first, sauté while tossing until it just begins to wilt. Add the chard and cook, tossing until all is wilted. Add greens to the beans. Check seasoning and adjust if necessary.

Red Cabbage Slaw with Baked Tofu and Peanut Dressing

Vegetarian Times Oct/2005

This recipe was actually sent to me by one of our CSA members, so it comes highly recommended. This recipe uses the mini-chopper attachment, but you can also add the dressing ingredients into a blender jar. I have often saved myself time and cleanup by using a regular-mouth mason jar on my blender rather than the regular blender glass.

Peanut Dressing:

1 stalk Spring Garlic, bottom trimmed, chopped

2" piece fresh Ginger, cut into 8 pieces (peeling unnecessary)

1/3 cup unsalted Peanut Butter

1 1/2 TB Tamari or Soy Sauce

2 tsp packed light Brown Sugar

For the Slaw:

1 8 oz pkg Oriental-style Baked Tofu, cut into 1/2" dice

6 cups shredded Red Cabbage

1 medium sized Carrot, peeled and grated

1/2 cup thinly sliced Green Onions (use tops of Spring Onions)

Freshly chopped Mint leaves, for garnish

To make Peanut Dressing:

Place garlic and ginger in mini-chopper beaker - or blender jar, and pulse until finely chopped. Add peanut butter, Tamari, brown sugar, vinegar and 1/4 cup water, blend until smooth. Thin with 1 TB of water or more, if necessary, so that dressing is pourable.

To make Slaw:

Combine all ingredients. Pour dressing over salad, and toss to coat. Season to taste with salt and pepper. Top with mint leaves and serve.

Crepes or Cannelloni Stuffed with Greens and Ricotta in a Creamy Walnut Sauce

Greens The Cookbook By Deborah Madison and Ed Brown
Serves 4 to 6

I was hoping to make this last night but with Crepes rather than Cannelloni. I think either way it is going to be delicious. If you go with cannelloni you can buy fresh lasagne pasta sheets or make your own egg noodle recipe. You can also stuff big pasta shells.

For the Filling:

3 lbs mixed Greens, I am using a combo of Mustard and Spinach

2 cups Ricotta

1/2 cup each grated Parmesan and Romano OR 1 cup Parmesan

3 stalks Spring Garlic, finely chopped

4 TB Parsley, chopped

4 Eggs

Zest and Juice from 1 Lemon

Nutmeg

Salt

Pepper

Bring a large pot of water to boil for the greens. Cut the leaves away from the thick center stems and wash them well. Save the chard stems to cook separately or for soup stock. If using a mixture of

greens, cook them separately - some will take longer than others. When the water comes to a boil, add salt, and cook the greens until they are tender, 3 to 5 minutes. Scoop them out and set them in a colander. Press out as much moisture as possible with your hands or the back of a wooden spoon. Then set the greens on a cutting board and chop them finely. Combine them with the ricotta, grated cheeses, garlic, parsley, eggs, and lemon peel, and mix well. Season to taste with a few scrapings of nutmeg, salt, freshly ground pepper, and lemon juice - make the seasoning lively and bright. Preheat the oven to 375 degrees F and generously butter one 9-by-13-inch rectangular baking dish. If you are stuffing shells, follow the cooking directions on the package. If you are making crepes or cannelloni, then place one in the baking dish, add filling along one side and carefully roll. Continue until all the filling is used. Cover with 1/2 the sauce

and bake for 20 minutes. Before plating, you can scoop a little sauce on the dish and then place a serving on top with a little extra parmesan and chopped parsley.

For the Walnut Sauce:

1/2 cup fresh Walnuts, chopped very fine

3 cups Milk

2 cloves Garlic, peeled and smashed with the flat side of a knife

2 small Bay Leaves

1 1/2 TB Butter

1 1/2 TB Flour

Salt

White Pepper

Nutmeg

Slowly warm the milk with the walnuts, garlic and bay leaves. When the milk is near boiling, turn off the heat, and set it aside for the flavor to steep. Melt the butter in a saucepan and stir in the flour to make a roux. Gently cook it for 2 minutes, stirring frequently, until it is lightly colored. Remove the bay leaves and the garlic cloves from the milk and then add the milk all at once to the roux, and stir with a whisk. Season to taste with salt, freshly ground white pepper and a scraping of nutmeg. Slowly simmer the sauce, stirring frequently for about 25 minutes. Makes 3 cups.

Please Continue to Return Your Used Produce Boxes

The waxed cardboard boxes we use should make three journeys to your home and back to the farm before we use them for mulch around trees. Maysam and Cory are recording how many boxes we drop off at each location and how many return each week. We are running a contest and will have prizes available to the sites that have the highest percentage of returned boxes by the end of April.

This Week's Box List

Lettuce
Spinach
Spring Onions
Green Garlic
Mint
Red Kale
Red Cabbage
Chard
Green Mustard
Apples (Hidden Star Orchards)
Citrus Mix
(Tangelos, Lemons, Grapefruits,
Navels or Pomelos)