



WEEK OF APRIL 4TH 2016 #13/52



### Field Mushrooms

On Monday I was working with Ramon and Leonardo cultivating. We came across a mushroom. This is exciting, as it shows how biologically active the soil is. I am no expert in identifying if it is edible or not. We only have found them in undisturbed soil not in cultivated beds. We are proud that we cultivate the soil minimally while growing great crops. This proves we have an organic soil.



### Canal Water

We have a well on the farm which provides us with water for the farm year round. From April 15th to October 15th the canal is full of water from Lake Berryessa and is available to us. This last week the engineers were filling it with water and testing the new automatic gates and controllers. This will enable the canal to be controlled much more precisely, minimizing waste water. Up to 175 cubic feet per second can move along. We can order up to 3 for our farm. We only use drip and sprinklers so we have to increase the pressure with pumps.



### Team in Training

Last Saturday was the third year in a row we have welcomed fifty riders on the farm for rest stop. They are always a fun group of supporters and cancer survivors. We would also like to remind you that there are free boxes for cancer patients provided by the farm and members of the farm. Contact us for details.



### Girls on the Move

These girls were not so patiently waiting while we set up the moveable fence on a new pasture. I locked them in their house the night before. Ramon hooked up the trailer to the tractor and took them to their new address. Jose and the rest of the crew took care of all the fence and belongings. They will move along onto fresh pasture every week. This fall we will plant more trees here.



### Strawberry Days Coming Soon

It is beginning to feel like summer is on the way with temperatures here at 80F earlier in the week. The strawberry patch (almost 2 acres) is in great condition. There are three varieties which helps us spread the flushes of fruit. Having consistent fruit is not the easiest task. When you come to one of our strawberry days you will be able to see that each week the flavor and sweetness changes. The varieties respond to the weather differently. So we offer you a flight of berries to taste. Sunday, May 1st; Sunday, May 8th; Saturday, May 21st; Saturday, May 28th.



We have a wonderful strawberry crop so please sign up as soon as possible. There will be tours of the farm by myself and Jose. Make a great day of it, bring a picnic or order a farm lunch. If you have any question please call, text or email. Tickets and information on events can be found at [eatwell.com/events](http://eatwell.com/events)

### Goslings are Thriving

It amazes me how fast chicks grow after hatching, but they have nothing on Geese. We are housing them in a low trailer as they do not need the height for roosts like chickens. This will enable us to tow the house. We have a heat lamp to keep the goslings warm during the first couple of weeks. The back of the house is covered with black plastic



to protect them from cold winds. In about six weeks, we will move them into the orchard to start their job eating the grass under the trees. Please visit the chicks and the goslings when you are here for a strawberry day.





## Recipes and Menu Suggestions

- Chicken Salad; Serve with some good bread  
Uses: Lemon, Apple, Red Cabbage, Spring Onion, Sugar Snap Peas, Carrots
- Stuffed Chard Leaves; Can be enjoyed as a starter or an entree  
Uses: Chard, Spring Onion and Green Garlic, Mint
- Spice Roasted Vegetables with Chickpeas and Chermoula; Serve with your choice of a whole grain  
Uses: Beets, Carrots, Spring Onion, Mint, Green Garlic, Lemon
- Aromatic Wilted Greens with Coconut-Milk; You might enjoy this with the Spice Roasted Vegetables or a grilled Fish  
Uses: Stir Fry Mix, Spring Onion
- All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."**

## Basic Chicken Salad

Farmhouse Kitchen

I made this last week for lunch and it was great! You could consider this more of a basic recipe, to which you could add your own personal touch, such as dill or capers, some finely chopped mint from this week's share, whatever sounds good. We ate it, just like this, last night for a lite supper and it hit the spot. I kept the chicken salad separate from the vegetables, but that isn't necessary. I thought it gave me more flexibility if I wanted to make a sandwich with the chicken later.

- 3/4 lb Eatwell Farm Sous Vide Chicken Breast
- Smallest Spring Onion, finely chopped (Red portion, but save the green tops for the vegetables)
- 1 Green Garlic, finely chopped (Use 1 TB in the Chicken and the rest in the vegetables)
- 3 TB Mayonnaise
- 2 TB Sour Cream OR Yogurt - optional, I find it keeps these types of salads a little lighter
- 1 tsp Prepared Mustard
- 1/2 tsp Celery Seed
- 1 tsp Paprika
- Salt and Pepper
- Tobasco, to taste

\*Depending on how saucy you like it, you can add less mayo, sour cream, mustard  
1/2 head of Red Cabbage, finely shredded  
2 Carrots, chopped small, you can dice, grate or julienne

Sugar Snap Peas, as many as you are willing to part with, tops removed and cut into chunks  
Onion tops and rest of Garlic from above  
1 Apple, cored and chopped  
Juice and Zest of 1/2 Lemon  
Chop the chicken into small pieces. In a bowl mix the mayonnaise, yogurt, mustard, salt, pepper, and Tobasco. Add the chopped chicken and mix well. In a separate bowl combine all the vegetables and the apple. Add the lemon juice and zest, and mix well. When you are ready to serve, plate up a nice bed of vegetables and top with chicken salad. You can garnish with a bit of finely chopped spring onion green tops.

## Aromatic Wilted Greens with Coconut Milk

Recipe from Bon Appetit March 2016

- 2 TB Virgin Coconut Oil
  - 4 Garlic Cloves, lightly crushed
  - 1 small Spring Onion, bottom portion only, chopped
  - Green Tops from 1 Spring Onion, thinly sliced, divided (1/3 and 2/3)
  - 1 Red Chile (such as Fresno), thinly sliced
  - 1 1" piece ginger, peeled, thinly sliced, divided
  - Kosher Salt
  - 1 bag of Stir Fry Mix, tougher ribs and stems removed
  - 1/2 cup Unsweetened Coconut Milk, divided
  - Lime Wedges for serving
- Heat oil in a large skillet over medium. Cook garlic, stirring, until golden brown, about 3 minutes. Add onion, chile, ginger, and two thirds of the green onion tops. Season with salt, cook, stirring often, until softened, about 5 minutes. Add stir fry mix a handful at a time, letting them wilt slightly before adding more. Cook, tossing occasionally, until greens are crisp-tender, 6-8 minutes. Add half the coconut milk and toss to coat. Transfer greens to a serving bowl and top with remaining coconut milk and scallions. Serve with lime wedges.

## Spice Roasted Vegetables with Chickpeas and Chermoula

This recipe was sent to us by one of our CSA Members, Ashley who adapted it from a recipe by Emma Galloway - My Darling Lemon Thyme

- 1 1/2 cups cooked Chickpeas, freshly cooked or one 14 oz can, rinsed well
- 3 TB Extra Virgin Olive Oil
- 2 TB finely chopped Cilantro Stems
- 2 Garlic Cloves, finely chopped
- 1 tsp ground Coriander
- 2 tsp Cumin Seeds
- 1 tsp Paprika
- 1/2 tsp Cinnamon
- 1 tsp Honey
- 1 tsp Sea Salt
- 1/2 tsp freshly ground Black Pepper
- Zest from 1 Lemon
- 1 bunch Beets
- 1 bunch Carrots
- 2 small Parsnips, cut into quarters\*
- 2 Small Potatoes
- Mint Leaves, to serve
- 2 cups cooked whole grains such as Quinoa, Millet, Brown Rice etc

For the Chermoula:

- 1 small bunch Cilantro
- 1/4 cup Extra Virgin Olive Oil
- Juice of 1 Lemon
- 1 Stalk Green Garlic
- 1/2 tsp ground Coriander
- 1/2 tsp ground Cumin
- Sea Salt

Drain the chickpeas well. Preheat the oven to 375 F. Place olive oil, cilantro stems, garlic, spices honey, salt, pepper and lemon zest in a large bowl and mix well. Cut the beets and potatoes in half so they are about the same thickness as the carrots and parsnips. Add the chickpeas, carrots, parsnips and potatoes to the bowl and toss to coat. Transfer to a baking sheet in a single layer. Toss the beets in the remaining marinade and tuck them to one side of the baking sheet (beets stain and will turn everything pink so this is for aesthetics, if you don't mind all pink vegetables, by all means toss everything at once). Roast for 35 to 45 minutes, stirring everything once, until golden and tender. Meanwhile, cook your grains and keep them warm. To make the Chermoula, put all the ingredients in a blender or food processor and blend until a rough sauce is formed. Season to taste with salt. Serve the grains topped with the roasted vegetables and chickpeas, scraping up all the spices left on the tray. Drizzle with Chermoula and sprinkle with mint leaves. \*Ashley made this last week and substituted Eatwell radishes for the turnips, so if you want to switch turnips out for something else you have on hand that will probably work just fine.

## Chard Leaves Stuffed With Rice and Herbs

I was thinking this morning that stuffed chard rolls sounded really good. I googled it and it is a thing. I found several intriguing recipes. I am, sadly, completely out of tomato sauce, so I opted for this recipe because where I am lacking in tomato sauce I have an abundance of drained yogurt! Gilda De Laurentiis has a really delicious looking recipe found on the Food Network website, her version is Goat Cheese, Lentil and Brown Rice Chard Rolls. Her's is baked with marinara sauce.

**Lorraine's Chard Leaves Stuffed with Rice and Herbs recipe and all other recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."**

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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