



WEEK OF APRIL 11TH 2016 #14/52



Planting More Herbs
Every three or four years we need to replant the herb garden. We are now moving the herbs into the permaculture fields on the farm. They are being planted between the rows of fruit trees. Connie took this picture of thyme, which we never seem to have enough. We will be selling an increasing amount of all our herbs to stores as well as have them for your harvest shares.



Strawberry Days Coming Soon

It is beginning to feel like summer is on the way here with temperatures here at 90F last 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 will offer you a flight of berries to taste. Strawberry Days are on Sunday, May 1st; Sunday, May 8th; Saturday, May 21st; Saturday, May 28th We have a wonderful strawberry crop so please go to our website, www.eatwell.com/events and signup as soon as possible. There will be tours of the farm by myself and Jose. Make a great day of it and bring a picnic or order a farm lunch. If you have any question please call, text or email: (707)999-1150 or organic@eatwell.com.



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 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 wasted water. Up to 175 cubic feet per second can move along and we can order up to 3 for our farm. We only use drip irrigation and sprinklers, so we have to increase the pressure with pumps. The water tender, Robert, allowed us to start drawing from the canal ahead of time last Thursday, so long as we turned it off when they were running their tests. Josesito will be found driving around in a Mercury Le Sable checking on all the sprinklers and drip lines from now until the fall. The car was donated to the cause.



Tomato Crop Update

Ramon and Leonardo spent Monday afternoon cultivating the heirloom tomato crop for the first time this year. We had a local farmer check out our finger weeder when the designer, Christian, from Germany, was here last week. Jim grows hundreds of acres for Muir Glen as well as Garlic for Christopher Ranch, all organic. He is overwhelmed with all the weeding and the 110 people he needs to keep his crop clean. He had heard a rumor about this crazy farmer down the block who rarely hoes his crops by hand.



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 five 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 Strawberry Days. We now have 26 goslings.



Recipes and Menu Suggestions

- Spring Peas and Garlic Egg Drop Soup; Serve as a starter followed by the Chard with Lentils and Feta
Uses: Onion, Garlic, Peas, Chard
- Chicken Terrine; Serve with a Salad
Uses: Onion, Garlic, Stir Fry Mix, Lettuce, Dandelion Greens
- Sage Pesto on Roast Pork; Serve with Rice Pilaf and Sautéed Kale
Uses: Sage and Sage Flowers, Kale

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

Chicken Terrine

Farmhouse Kitchen
Serves 4

This was a dish prepared and served to us by some Swiss friends who visited a few years back. Nigel and I both loved having this for lunch, a small slice or two with some salad, and olives, or maybe some pickles or sauerkraut. It was delicious. So I searched my cookbooks and the inter webs for a recipe I could work with. I followed the basic principle and took it from there. Mine is in the fridge chilling, so we won't have it until tomorrow.

4 TB Olive Oil, divided
3 Spring Onions, sliced (Bottoms only, save the tops for something else)
1 Stalk Green Garlic (Use entire stalk if you can, finely chopped)
1/2 lb Mushrooms, sliced thin (I used Cremini)
1 bag of Stir Fry Mix, chopped small, trim off any tough ends, stems finely chopped
1/2 cup White Wine
1 1/4 cups Eatwell Chicken Stock
2 packets of Gelatin
1 pack of Eatwell Sous Vide Chicken Breast (about 20 oz of cooked breast meat)
10 slices of Prosciutto
Put 1/2 the oil into a skillet set on medium heat, warm, then add the onions. Cook the onions a couple of minutes until they soften. Remove the onion and set aside. Put the rest of the oil into the pan, turn the heat up to medium high and add the sliced mushrooms and garlic. Stir often, cook until the mushrooms are about 1/2 way done then add the greens. When the greens are past wilted, add the white wine and put the onions back in. Turn the heat down a bit, put a lid on the skillet and cook on medium-low. Then remove the lid and cook until the liquid is about gone. Chop the chicken breast very small. Heat the stock. While it is heating mix the gelatin in 1/4 cup of water, then add to the heated chicken stock. Line a loaf pan with plastic wrap, then layer up and over the sides with the slices of prosciutto. You want the prosciutto to hang over the sides. Wet the bottom of the loaf pan with a drizzle of stock. Spoon in one layer of chicken meat, drizzle with a bit of stock, then spoon in one layer of mushroom/greens mix. Sprinkle with salt and pepper and a bit of the stock. Repeat until the pan is filled to the top or you are out of ingredients. Fold the prosciutto over the top, covering with the plastic wrap. Push down gently, and refrigerate overnight. Before serving put the terrine into the freezer to firm, about 20 minutes. Just before serving, lift it out of the dish and slice carefully.

Sage Flower Pesto

Recipe by Peggy Trowbridge Flippone found on home cooking.about.com

1/2 cup chopped Pecans or Walnuts
2 cups mixed Sage Leaves and Flowers
1/2 cup Walnut or Sunflower Oil
1 clove Garlic, peeled and coarsely chopped
Green Tops from 1 Spring Onion, coarsely chopped
1/2 tsp Salt
1/2 tsp freshly ground Black Pepper
Toast pecans or walnuts in a hot skillet until fragrant. Let cool. Place nuts, sage and sage flowers, oil, garlic, green onion tops, salt and pepper into a food processor and pulse into a coarse paste. Use as a condiment or rub on roasted pork or chicken.

A Note From Lorraine

This past Saturday the Jr Chefs from Bay Leaf Kitchen did a cooking demo at the CUESA kitchen at the Ferry Plaza Farmers Market. Sadly I missed it, but I am sharing the recipe the kids made, since it featured many wonderful ingredients from the farm. The importance of nudging children into the kitchen to learn cooking skills can not be emphasized enough. I have seen time and time again, children enjoying food they would never eat at home just because they are tasting it in our fields. Or as in the case of Bay Leaf, they are cooking something at class. Camp registration for Bay Leaf's Summer program is open and all 5 sessions will spend their farm trips here at Eatwell. So if you have kids between the ages of 8 and 12, I really encourage you to check out their program. There are also spots for older kids to participate as Jr. Counselors in training, 13 to 15 years old, or a Sr. Counselor in training ages 16 to 18 and, lastly, there is the possibility of financial assistance.

Nigel and I hosted our final round of Barnraiser Thank You dinners this past Sunday. Pei-Ru Ko and her friends came up on Sunday and we all had such a great time. Pei-Ru is the founder of Real Food - Real Stories, whose mission is "To uplift the visibility and thrivability of pioneers in the sustainable food movement by teaching storytelling skills, rallying coalitions and providing ongoing support." If you are interested in attending one of their dinner/story telling events please visit the website (you will also see pictures of Nigel out in the strawberry field) realfoodrealstories.org.

Having Pei-Ru and her group here was the first meal event of the year for me. I so enjoy cooking for a group and really would love to get the Sunday Suppers rolling again, but this year I would like to change it up a bit. Firstly, rather than scheduling an open dinner, I would like to offer this to all of you to schedule a private Sunday Supper/Lunch with your own group of friends and family. The day would include a nice wondering around the farm, tastings out in the fields and a meal served in the farmhouse. We can handle groups of 8 to 20 people. If you are interested give me a call 530-554-3971 or email me at lorraine@eatwell.com.

Bay Leaf Kitchen Spring Peas & Garlic Egg Drop Soup

Recipe by Elian Friedman
Serves 4

1/4 cup Olive Oil
4 medium Carrots, peeled and chopped
6 small Spring Onions, bulbs only, coarsely chopped (About 1 1/2 cups, save tops for garnish)
3 medium Spring Garlic Bulbs, thinly sliced
8 cups Chicken or Vegetable broth - reduced to 6 cups
1 bunch medium Asparagus, sliced to 1/2" thick
1 cup fresh Peas
3 Eggs
2 TB Heavy Cream
Kosher Salt and Black Pepper, to taste
Reduce the chicken stock in soup pot over medium heat. In another large soup pot, drizzle enough olive oil to cover the bottom of the pot. When hot, add the onions, garlic and sprinkle with a little salt. Cook over medium-high heat until the onion begins to soften, stirring as needed. Add carrots and reduce heat to medium-low. Cook, stirring occasionally, until vegetables are soft, 15-20 minutes. Slowly add broth and bring to a boil. Add asparagus, peas and cook until vegetables are tender (but not mushy). Meanwhile, lightly mix eggs in a small bowl with 1 pinch of salt and 2 TB heavy cream. Reduce heat to low and drizzle in egg mixture in 4 or 5 spots around pot. Let stand for 1 minute so egg can set, then gently stir. Serve by gently scooping soup into bowl so as not to break up egg. Drizzle with olive oil, if desired, and top with finely chopped onion greens.

Swiss Chard with Lentils and Feta Recipe and All Other Recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."