



WEEK OF APRIL 13TH 2015 #15/52



## Strawberry Days

May 2nd  
May 10th  
May 16th  
May 24th

Tickets are now on sale for CSA members and our Good Eggs customers!

Purchase tickets for yourself, friends and family at:  
<http://strawberrydays2015.bpt.me>



## Billiard Table Beds

As I have written here before, our farm crew has a dislike of hoeing. Ramon and Miguel are able to almost eliminate this activity with the use of two weeding machines we imported from Europe 8 years ago. To ensure that these expensive machines work effectively we have to start with beds that are very flat. The crop has to be sown or transplanted accurately so that we can hoe it very close with these machines without damaging the crop. We use a bed shaper also known as a power mulcher to make these beds. It was born in Fresno and has served us well. Surprising to many, it is lined inside with a special plastic which does not allow the soil to stick to it. This keeps the beds smooth. It also allows us to cultivate the soil with a higher moisture content and get an even smoother bed as seen here without huge clouds of dust being created. The plastic does wear out and we end up spending about \$1,000 a year replacing it. Billiards is a game like pool from the old country.



## Planting Lavender

It is time to replace many of our lavender plants. They gave a life of about nine years at which time the stems shorten and harvest becomes more difficult. As it takes two years to establish a plant and achieve a decent yield only in the third year, timing is everything. We took delivery of rooted cuttings in late summer and fall last year which, after potting, are now ready for the field. They are being planted between and in rows of trees in our new permaculture plantings. As you can see from the picture some beds are just lavender. The other bed is a low growing pollinator mix into which we plant trees and a multitude of herbs and lavender. Once the trees are established we will no longer be able to harvest the lavender but at that point they will be at the end of their useful life. They will occupy a niche, produce an income, and protect the soil until the trees can take over that role. More on our transformation of the farm into a broadacre permaculture in future issues.



## Hasselblad

Last Sunday we hosted an English documentary photographer by the name of Peter Canton. He has been commissioned by Greenpeace to photograph organic agriculture around the world for an expo in Milan this summer. We showed him and his hasselblad around the farm. He was interested in the great variety of crops that we grow for you, our members. Greenpeace is very interested in farms like ours that have a very strong community involvement. That connection we all have through your financial involvement in the farm is still quite radical. The newsletter, website, social media and events on the farm where we all meet are very special. For the last 16 years Peter has been sponsored by Hasselblad with free use of their latest and greatest cameras and lenses. The one he was sporting on the farm cost as much as one of our tractors. You can see his amazing photos of which some were exhibited at the national portrait gallery in London at [petercanton.co.uk](http://petercanton.co.uk) You will see some of his pictures from last Sunday in the newsletter soon.



## Refer a Friend, Get Some Sauce!

Community Supported Agriculture (CSA) Farms thrive on word-of-mouth referrals, Yelp and Facebook reviews, and community outreach. Help grow YOUR farm by sharing the love of Eatwell with neighbors, friends and family. Share this code: **3YQYWUQ** for friends and family to receive their first 4 CSA box subscription for \$99. If they mention your name when they sign up, you'll receive some of Nigel's Homemade Naked Sauce. The only way to get it is referring a friend!

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

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## Recipes and Menu Suggestions

Potato Cakes with Chard and Taleggio - Serve with Green Salad or Slaw, both can have some Radish and a bit of Orange in them

Uses: Chard, Sage, Lettuce or Cabbage, Radish, Orange

Quinoa and Spinach Pilaf, serve with some Roasted Chicken or Fish

Uses: Spinach, Onion, Garlic

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

All this week I am at a soil analysis course; I am stepping in for Nigel but am really looking forward to this. The class is taught by Dr. Elaine Ingham from the Soil Foodweb Institute. When I was doing my research on lacto-fermentation years ago I actually listened to her tapes because it all ties in together. And it was all of this that brought us to soaking our chicken feed with organic whey. We are just one big circle of fertility here! So I apologize for the thin version of newsletter recipes, it has been difficult squeezing everything in this week!

It is a little tricky doing recipes for either Cauliflower or Artichokes, they are quite different. But fortunately artichokes are just so delicious steamed and eaten. When I was growing up they were always one of my family's favorite treats! Make your personal favorite dipping sauce whether it is straight Mayo, or a nice garlicky Aioli, or maybe even a yogurt sauce with some of the green garlic. The great thing is those would all pair really nicely with cooked cauliflower, which you can steam, boil or roast. Our friend Amie Bailey loves precooking cauliflower in water or best in good stock, until soft and then she roasts it in a very hot oven until golden. The subtle flavor of this really nutritious veg (it is surprising high in Vitamin C) comes out nicely when cooked this way.

## Quinoa and Spinach Pilaf

From Martha Stewart

1 TB Unsalted Butter  
1 finely chopped small Yellow Onion, or use the Spring Onion from this week's share  
1 minced clove of Garlic, or use some of this week's Green Garlic  
1 cup Quinoa, rinsed  
1 1/4 cups Water  
5 cups Spinach, washed well and bottoms trimmed  
1 TB grated Lemon Zest  
Salt and Pepper, to taste

In a large saucepan, melt butter over medium heat. Add onion and garlic, cook until soft, about 4 minutes. Add quinoa and cook 1 minute. Add water and bring to a boil. Reduce heat and simmer, covered, until water is absorbed, about 20 minutes. Stir in spinach and lemon zest, then season with salt and pepper.

## The Quick Slaw

For the two of us I used about 1/3 of a cabbage, fairly finely chopped. Put the cabbage in a bowl, sprinkle with salt, I used Eatwell Smoked Chili, and massaged it quickly for a couple of minutes. Added about 2 TB, probably a bit more, of plain yogurt and mixed it well. Peeled one orange and chopped that up into bite sized pieces and add that to the bowl. If you like you can fancy it up a bit by adding some radish and just a bit of spring onion. Serve the chili on the grits, slaw on the side, plus 1/2 an avocado each and we had an absolutely delightful lunch, plus the grits are all eaten up now!

Don't forget! You can add salts, heirloom flour, Drinkwell softers, pasture raised eggs and more to your deliveries! Log into your account and order extras for delivery with your next CSA box. Be sure to order by 4pm the Sunday before your next delivery.

## Potato Cakes with Chard and Taleggio

From *Tender* by Nigel Slater Serves 2

7 oz Chard, leaves and finer stalks  
1 to 2 tsp Sage, finely chopped  
1/3 of a cup Olive Oil  
2 tsp Lemon Juice  
5 oz Taleggio  
2 1/2 cups cooked Potatoes, coarsely mashed  
1 TB Flour  
4 TB Parsley  
6 TB Cornmeal  
Oil for frying

Wash the chard thoroughly then steam or boil until tender. Combine sage, olive oil, pinch of salt and lemon juice, and set aside. Coarsely chop the chard, leaving 4 leaves intact. Cut the cheese into small pieces and mix with the coarsely mashed potatoes. Season generously with salt and pepper, then stir in the flour, parsley, and chopped chard. Divide four ways and make into patties. Put the cornmeal onto a plate and dip the patties, both sides, coating well. Warm a thin layer of oil in a non-stick pan and fry for about 4 minutes on each side until golden. Serve topped with chard leaves and sage oil.

### This Week's Box List

Strawberries  
Lettuce  
Spinach  
Onions  
Green Garlic  
Artichokes or Cauliflower  
Green Cabbage  
Chard  
Radishes  
Herbs  
Navel Oranges (Twin Girls)  
Pasture Raised Two Egg Sample  
(Eggs laid day before delivery. Please refrigerate. Like them? Add them on to each delivery.)

## We're Getting The Word Out!

In the past month or so I have written some about the importance of supporting organic, local food producers. And the importance of saying "no" to a food system that relies on heavy use of a wide variety of chemicals and gmo crops. I have asked for your help in spreading the word, not just to support your CSA, but *all* of us who are fighting this fight. I have asked that you let your friends and family members know about what we do and even if they live across the country maybe they might consider joining a CSA near them, or at the very least shopping their farmers market. Emily and I have both written about our desire to get out

there and tell our story. I am happy to say that in the last few weeks we have seen a noticeable increase in new membership, and it looks like many of them are referrals, AND Emily and I have had a couple of opportunities to go out and speak. So firstly a big thank you for all of your support. This is a good cause, and one that effects us all well into the future, so keep it up!

This week we spoke to two different groups on Thursday. The first was a lunch time potluck meet up in the Oakland Hills at Lake Temescal. What a beautiful place! There were about 25 folks who came to join us and we had such a fantastic time sharing what we do here at Eatwell. Thank you Lisa for organizing. The second was to a group of 8 and 9 year old Girl Scouts in Davis. What a knowledgeable and enthusiastic group of girls! Emily is really amazing with kids, I have to say, so if you would like us to come speak to your class we would love to do that too! Thank you Rebecca for organizing our visit with your troop.

## Off The Grid

This week is an exceptionally busy one for us on the farm. Lorraine is out of town at her seminar, Nigel is alternating resting with farm tasks and doctor's appointments, and I will be having my wisdom teeth surgically removed on Thursday. **You'll find that we're hard to reach this week, so please send an email.** I'll start to tackle those early Monday morning. - Emily