



WEEK OF APRIL 18TH 2016 #15/52



**Connie & Heirloom Wheat**  
 We have been growing wheat for almost 8 years now. It all started when we were able to rent forty acres to the East of us to grow wheat for our chickens. We now grow much less acreage and mill it into flour for you. The variety has changed to heirloom Sonora. This was brought over to the New World by the Conquistadors from Spain. The varieties many farmers grow are modern ones, which are mutant hybrids. We have true wheat; delicious, flavorful and freshly milled.



## Harvest Rig

A couple of things are really starting to affect us here on the farm. The first is cheap organic produce arriving from Mexico, masquerading as local produce. These are in the stores with local farm labels, and on the back is a little stamp hardly visible saying Produce of Mexico. Competition is great, but when the farms in Mexico pay only 10% of the wages we do here it makes it very difficult for us to compete and pay everyone here a decent living wage for California. This is getting increasingly difficult for all farmers. We have to produce more from everyone's time here each day. One way is to use labor saving devices. This harvest rig makes it more comfortable to pick many of the vegetables that we harvest and quicker. We are leasing it over four years at a cost of \$630 per month. More details when we get it fully assembled in the next couple of weeks.



The second thing we are aware of is that with the Codex changes to food safety, we will no longer be allowed to have our harvest crates touching the soil. Now the last time I checked your delicious food was grown in the soil, even so, in the future once it is picked it must never come into contact with soil again. This harvest rig will carry the crates as we move along the beds harvesting it.

We strive to bring you the very best from our fields produced in the most ethical and safe way possible for everyone involved and we thank you for your support!



## Citrus Blossoms

The Citrus Trees are in bloom. The blossoms' scent is filling the air throughout the farm. It is a true sign of the changing seasons. The

scent is very distinct; sweet, floral, and refreshing.

## Strawberry Days and Clams

**Sunday**  
 May 1st  
 May 8th  
 11am to 4pm  
**Saturday**  
 May 21st  
 May 28th

**STRAWBERRY DAYS AT EATWELL FARM**  
 Ticket Info [eatwell.com/events](http://eatwell.com/events)

It is beginning to feel like summer is on the way here with temperatures near 90F this last week. The strawberry patch (almost 2 acres) is in great condition. There are three varieties, which help 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. **Strawberry Days on the Farm 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](http://www.eatwell.com/events) and sign up 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](mailto:organic@eatwell.com).

The strawberries in your harvest share this week will be packed into the recyclable clams. In the past, we have used green plastic baskets. We have had significant problems with these, as the plastic cuts the fruit and causes breakdown of the fruit. No one wants moldy fruit. We pick delicious, fully ripe fruit. That is why ours has such great flavor as well as being sweet. Please put them in your recycling bin. Unfortunately we cannot reuse them as they do not clean easily.



## Swiss Food Innovators

Last Wednesday, Connie and Lorraine hosted a group of visitors from Switzerland. They all work in the food industry, and by industry that

is what I mean, food scientists, technologists, supply chain specialists, a professor of nutrition from the Medical University in Geneva. They came to the farm for a lunch and a quick walk out into the fields. Mostly to take a break from the technical side of their visit and to have a chance to see how food is grown on a small scale. *Continued on next page.*

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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## Recipes and Menu Suggestions

Red Kale Quiche and Pea, Carrot and Cabbage Salad  
Uses: Red Kale, Radishes, Garlic, Peas, Cabbage

Cauliflower Steaks with Red Pepper Romesco Sauce; serve with Salad and Roasted Potatoes  
Uses: Cauliflower, Lettuce

Leek, and Oregano Salmon Pasta; serve with a salad or if you have stir fry mix, a quick sauté or steam veg  
Uses: Leeks, Garlic, Oregano, Lettuce or Stir Fry Mix

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

## Cabbage, Peas and Carrot Slaw

Farmhouse Kitchen

This is the type of salad that you put together in proportions according to your personal taste. So if you love loads of cabbage, add more cabbage, if you want loads of carrots, well...

1/2 head Cabbage, finely shredded  
Peas, at least 1/2 a bag, topped and cut in half or thirds depending on their size  
4 to 6 Carrots, finely chopped or shredded  
Radishes, a few thinly sliced  
Juice and zest from 1/2 Lemon  
1 to 2 tsp fresh Mint, finely chopped  
1 small stalk Green Garlic, bottom only, finely chopped  
Spring Onion, the green top finely chopped  
2 TB Mayo - homemade is far superior  
1 TB Sour Cream  
Salt and Pepper, to taste

Mix the peas, carrots, radish, cabbage, lemon juice and zest, salt and pepper. Massage it a bit and let it sit for a couple of minutes. The salt and lemon juice will start to soften the cabbage just slightly. Add the mayo, sour cream and mint. Taste and adjust seasoning.

## Red Kale & Bacon Quiche

I can't claim this as mine, as I kind of follow Jacques Pepin and Julia Child. But I did find this great tip online somewhere, the basic ratio of cream and egg for quiche - 1 egg: 1/2 cup cream and take it from there. I do what Jacques does for his "messy quiche which is using pastry that is not blind baked. This saves loads of time and I find it tastes just as good.

1 Eatwell Farm Savory Pastry Dough, rolled out in a tart pan that has been well buttered  
3 Eatwell Eggs,  
1 1/2 cups Cream  
Salt and Pepper  
1/2 bunch Red Kale, trim the bottom of the stems, chop the rest of the stems very small, chop the leaves pretty small too  
1 Spring Garlic  
Zest from 1/2 Lemon, optional  
4 oz Bacon, chopped small  
1/4 cup Gruyere Cheese, grated  
2 TB Butter, cut into pea sized pieces

Preheat oven to 375 F. In a skillet add 1/4 cup of water and heat over medium then add the bacon. Cook until the water is evaporated and the bacon is cooked through, but not crispy. Then add the spring garlic, stir and cook a minute or two to soften. Add the kale and cook until the kale is tender, you can add the lemon zest here if using. When the kale is done - it should be pretty dry, spoon the kale bacon mixture evenly over the pastry dough. In a bowl break the eggs and mix a bit. Add the cream and mix well. Add the salt and pepper. Sprinkle the cheese over the kale then pour on the egg cream mix. Dot the butter pieces around. Put the tart pan onto a cookie sheet and bake until golden brown and the center is fairly set, not dry. In my oven, I baked it for 20 minutes, turned it around because my oven doesn't bake evenly and then baked another 15 minutes or so.

**Lemon-Oregano Salmon with Leek And Pasta 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."**

## Cauliflower Steaks with Romesco Sauce

Recipe from The Vegetable Butcher by Cara Mangini

We received this new book from the publisher this week. When I saw this recipe, it looked so appetizing, particularly as I love cauliflower, and thought how nice to have a meal that features this delicious veggie as the "main".

1 head Cauliflower  
4-5 TB Extra Virgin Olive Oil  
Coarse or flaked Sea Salt  
Freshly ground Black Pepper  
1 cup coarse fresh Breadcrumbs  
Red Pepper Romesco Sauce - Loads of simple recipes for this sauce can be found online

Preheat oven to 450 F. Line a plate with paper towels. Cut the cauliflower into steaks and carefully transfer them to a rimmed baking sheet. Brush them evenly on both sides with 2 to 3 TB of olive oil, and season generously all over with salt and pepper. Roast, turning halfway through cooking, until the steaks are browned on both sides and tender, 20 to 25 minutes. Meanwhile, heat 2 TB of olive oil in a small skillet over medium heat. Add the breadcrumbs and cook, stirring often, until they become golden brown and toasted, about 6 minutes. Sprinkle them with salt and pepper to taste. Transfer them to the lined plate to drain and let them cool completely. Divide the steaks among plates and top each with a dollop of warm or room-temp Romesco sauce and a sprinkle of toasted breadcrumbs. Serve immediately with extra Romesco sauce for the table.

### This Week's Box List

Oregano  
Peas  
Leeks  
Spring Cabbage  
Cauliflower  
Red Russian Kale  
Stir Fry Mix or Lettuce  
Green Garlic  
Spring Onions or Radishes  
Strawberries  
Blood Oranges (Twin Girls Farm)  
Apples (Hidden Star Orchards)

## Oregano Salad Dressing

Found this recipe on [detoxinista.com](http://detoxinista.com)  
3 to 4 Servings

1/4 cup fresh Lemon Juice - about 1 1/2 lemons  
2 TB Apple Cider Vinegar  
1 tsp Dijon Mustard  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
3/4 tsp Garlic Powder  
Fresh Oregano, finely chopped to taste, start with 1/2 tsp  
1/4 cup Extra Virgin Olive Oil

Combine everything, except for the olive oil, in a mini-food processor or blender, and blend until thoroughly combined. Add in olive oil and blend until emulsified. Store in the fridge for up to a week.

## Swiss Food Innovators

*Continued from previous page.* The conversation around the very long table in the farmhouse was rather exhilarating and generally the consensus was - people need to cook and eat real food. The irony of course, and even they were laughing about this, is this is rather contrary to the work most of them do. The only descending voice was from someone who brought up the valid point of no time for cooking. He was asking, how would you choose between spending time with your family or helping your kids with homework and cooking a meal? The basic conclusion around the table was that most people can rearrange their time to work in this most vital activity. Include the entire family in food prep, not everyone has to play a huge role. Designate one person to put everything away, or have kids wash greens, top peas, or teach them knife skills to do some simple chopping. This is an opportunity for family time, as well as putting a meal on the table. And really it all comes down to our attitude about cooking, do we consider it drudgery or quality family time? It is what we make it. Meals don't have to be complicated. The luncheon I made for the Swiss Group was very Eatwell-centric, Nigel's sauerkraut, a delicious salad of carrots, cabbage and peas, cooked white beans with sage flowers, and kale and bacon quiche. Before the group left, they told me the Eatwell lunch was the best meal they had on their trip. So here's to the fresh food we all get to enjoy every week! Thank you all for being the people who do make it a priority and who understand the importance of cooking.