



WEEK OF APRIL 22ND 2015 #16/52



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>



Water for the Farm

We get our growing season water via a canal in front of the farm that is fed from Lake Berryessa. When we bought this farm in 1998 some of my organic farmer friends in the Capay Valley were saying that we were paying too much for this farm. We bought really good soil but also a well and a reliable source of water. We have no restrictions on our water, and tragically many in the Capay Valley can get little water if any from Cashe Creek that is fed from Clear Lake and Indian River Reservoir. Farmers need water to grow food, and it does take quite some amount to grow all the food we produce. Many of us use drop irrigation and other ways that help us reduce the volume that we use. We are part way through a project that would eliminate any sprinkler irrigation during the day. This would save us about 30% of our water. To finish the project we estimate we need another \$100,000. No small sum to find from our operating profit. Last year we were able to complete two small parts of this which together cost \$10,000. We are hoping this can be completed within five years. Just saying that farmers should save water is a little more complicated than it first appears.



Freedom New Potatoes Next Week

We have these delicious spring gems for your box next week. They were irrigated last Saturday so are too wet to dig for this week. We planted the organic seed from Colorado at the end of January. This variety has a French name, Desiree, and we can attest to the superb flavor. You can order extra new potatoes online by logging into your account. If you get a box next week please make sure you place your order for extra potatoes by 4pm on Sunday.



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!

Plastic Strawberry Containers

While we strongly dislike using plastic in our CSA boxes, there are some produce items that hold up best when packaged in plastic. Strawberries are very fragile, and they do very poorly in the compostable containers and little green baskets. When packaged in plastic clamshell containers, the strawberries are better protected and last a little longer (still eat them ASAP, though). These clamshells are expensive, so we ask that you please rinse them out and return them when you pick up your next CSA box. We will reuse them until they need to be recycled.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150



Recipes and Menu Suggestions

Recipes and Menu Suggestions:

Cauliflower and Kale Pilaf serve with Broiled Steak

Uses: Cauliflower, Kale, Spring Garlic, Onion, Rosemary

Pockets serve with Salad

Uses: Spinach, Turnip Greens, Garlic, Lettuce, Orange, Cabbage, and maybe some Lemon Verbena

Sautéed Turnips as a side dish to almost any dinner

Uses: Turnips, Onions, Garlic

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

Spent a little time in the Kitchen Today!

Spinach with Turnip Green Pesto Hot Pockets

Not really sure how I came up with this but it worked. The way I made it was to blend the ricotta, spinach and turnip green pesto together in the food processor. It turned out fine, but I think it would be better to quickly sauté chopped spinach and drain it well, which is how I am listing it here.

Turnip Green Pesto

About 1/4 lb of Turnip Greens, washed well and roughly chopped

1 Green Garlic, rough chopped

1/2 cup Walnuts

1/2 cup good Oil

1/4 cup Parmesan

1/2 tsp Eatwell Farm Lemon Salt

Zest from one Lemon

Add the turnip greens and garlic to a food processor, pulse to chop. Add the oil, and salt and puree to fairly smooth, then add the walnuts, lemon zest and parmesan. Process until the walnuts are fairly fine, or to your liking.

Set aside 1/2 lb of Spinach, very bottom tips trimmed and washed really well, rough chopped

1/2 cup Ricotta

3/4 cup Turnip Greens Pesto

1/2 cup Parmesan, divided

Quickly sauté the wet spinach until just wilted. Drain or squeeze out extra liquid if there is still a lot of water left. Mix all the ingredients, but only use half the parmesan.

Dough - Eatwell Farm Bun Dough

2 TB Yeast

1 1/2 cup Milk

1 TB Sugar

2 tsp Salt for this application I used Rosemary Salt

3 cups Eatwell Farm Heirloom Wheat Flour

Some white flour to dust your board

1 Egg, mixed well for wash optional

Preheat oven to 375 F. Warm milk to 105 and add the yeast and sugar. Let rest for 10 minutes, or until nice and foamy. In a large bowl measure out the flour and salt and mix well. Make a well in the center and add the yeasty milk, mixing well. This is a very wet dough so I use a good rubber spatula for this mixing. Flour a board and keep extra flour handy. It is easier to work this dough if you have a bench scraper in one hand, but if you don't have one, keep your hands well floured. Work the dough over and round and over and around until it is no longer really sticky. It will still be a bit sticky, try not to work it too much. For these pockets I only used half the dough. You can cut it in half and either make some rolls or freeze half. With half the dough, cut it into 8 portions. Roll out, fairly thin, I would say about 1/4", to about an 8" diameter. Put some of the filling on one side of the dough and fold over the other half. Crimp either with your finger or a fork. Brush with egg wash and sprinkle with a bit of the remaining parmesan cheese. Repeat for all 8 pockets and place on to a baking sheet lined with parchment paper. Pop into the preheated oven and bake for 8 to 10 minutes.

Pretty Simple Salad

I have really been enjoying a simple salad with the lettuce and a bit of finely shredded cabbage and some orange. I usually take the zest off the orange and add it to the salad, then peel the orange and chop fairly small. Put in the lettuce, the shredded cabbage, some good olive oil, salt and pepper to taste and a splash of our Verjus or a light vinegar. This week we have Lemon Verbena in the box which you can chop a bit of, quite finely, and add to the salad for an additional citrusy boost.

A Side of Turnips

Like I said, I have been having fun in the kitchen today. For lunch we had some potatoes we steamed last night, a bit of smoked salmon, some of Nigel's homemade mayo, and sautéed turnips. Such a delicious meal! I was inspired by a dinner I enjoyed last Friday at the Firehouse Bistro here in Dixon, where they do some super delicious things with our produce. The meal I had was Bay Scallops seared, served on top of mini potato cakes, with the turnips and cauliflower cooked somewhat like this. So these turnips are quite versatile and accompany a wide variety of dishes. By the way, potatoes are coming!

1 of the larger Onions, sliced thin

1 Green Garlic, sliced thin

A good glug of Oil, I used Grape-seed

1 bunch of Turnips, washed well and tops chopped, cut into quarters

Salt and Pepper to taste

Lemon Juice, White Wine or Eatwell Farm Verjus

In a skillet heat the oil over medium high heat, then add the onions and garlic. Cook until just soft, stirring all the while. Then add the turnips, and depending on your stove, you may or may not want to turn the temp down a bit. Cook until the turnips are just starting to turn golden. Some will be very tender, some a bit more crunchy, I personally like the variation in texture. Just before you are finished add a splash of

lemon juice, or Eatwell Farm Verjus or even

a bit of white wine, add salt and pepper to taste. The pan should sizzle, and as soon as it slows down you should be done.

This Week's Box List

Strawberries

Navel Oranges (Twin Girls)

Lettuce

Spinach

Spring Onions

Green Garlic

Fava Beans or Cauliflower

Green Cabbage

Red Kale

Tokyo Turnips

Lemon Verbena

Cauliflower and Kale Pilaf

Member Recipe from Lieann P.

Lieann made this a week or so ago and really loved the result. Enjoy!

1 head Cauliflower, cut into florets and chopped to fine rice size bits in the food processor

Spring Garlic, chopped fine

Onion, chopped fine

Rosemary and Parsley, chopped fine to taste

1 bunch Kale, chopped

1 can Anchovies

1/4 cup toasted Pine Nuts

1/4 cup Parmesan

2 TB Olive Oil

Eatwell Smoked Chili Salt, to taste

Freshly ground Pepper

Splash of White Wine

Sauté onions, garlic in the olive oil, with the salt, in a large skillet, until soft. Add herbs until heated and aromatic then add anchovies to bottom of pan and disintegrate. Add kale and sauté until wilted. Add cauliflower and sauté until hot, add wine and continue stirring and turning on medium heat until cauliflower is cooked through. Add cheese and toasted nuts. Mix well and enjoy!