



WEEK OF APRIL 27TH 2015 #17/52



Strawberry Days

May 10th (SOLD OUT)
May 16th
May 24th

Tickets are now on sale for Strawberry Days!

Purchase tickets for yourself, friends and family at:

<http://strawberrydays2015.bpt.me>



Strawberry days

The first of 2015's was last Saturday. If you have not secured your tickets do so soon as there are very few spaces left for May 16th and 24th. Each week we will let you know how the crop is as the production comes in waves. We have three varieties to even out supply but still the weather is a big factor in how many we have. Please make sure you come not in your Sunday best, this is a farm. Kids love to eat so many they end up wearing some. They also tend to find any mud on the farm too. The chicks are welcoming visitors as are the sheep and the cows.



Lavender Harvest

June will be here soon and that means lavender and garlic harvest. It is the busiest month of the year as we still are planting late summer crops also. My brother Mick and his daughter Chloe are visiting. Chloe will be here for the summer for her California experience. Mick runs a team of mechanics at a Toyota garage in England so he can only stay for a week. At the time I am writing this he is working on our diesel pick up truck, making himself useful.

Soon we will be giving details of our big lavender harvest weekend where we hope many of you will be able to help us bring in the harvest. We cut the lavender, bunch it, and then hang it in our drying room. This is fun and fragrant work. Lorraine will be cooking for us all. This will be very much like the grape harvesting crews in France. It should be a wonderful experience.

Looking forward to seeing you all on the farm this May. Nigel



Strawberry Day Pork

We are hoping that our good friend Annie and George will be selling their pasture raised pork at all the rest of the Strawberry Days. We can attest to how fabulous the pork tastes. They have 30 acres of walnuts under which the pigs live all year round. They are fed some of the whey from Cow Girl Creamery like our chickens. They eat the pasture, wheat, walnuts, extra butternut and a little organic soy. When we visited last Sunday they were running around like a pack of kids and wallowing in water too. Annie hopes to have tastings available so please bring a cooler if you plan to try some of this amazing pork.

Chicken Stock is Back

Great news! We processed some of our old layers into wonderful broth last week. This time the broth was made for us in Oakland by RoliRoti. Thomas cooked it for over 24 hours compared to the 2.5 hour last time by the kitchen in Stockton. Thomas called me when he was finished and was raving about the flavor: 'amazing, stupendous, incredible'. He said I could quote him.

We add no salt just water. Unfortunately the USDA will not allow us to use glass containers but Thomas does pack the broth cold instead of hot. The stock is stored frozen but will defrost in the egg cooler. The shelf life once defrosted is ten days. To order with your box please log onto your account and then add it to your delivery.



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



Recipes and Menu Suggestions

Recipes and Menu Suggestions:

New Potatoes and Favas with Green Salad and Poached Fish

Uses: New Potatoes, Favas, Green Lettuce

Wheat Berry Salad

Uses: Onion, Garlic, Red Russian Kale, Oranges, Strawberries, Radishes, Beets

Spring Time Frittata

Uses: Onion, Garlic, Spinach or Arugula, New Potatoes

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

Strawberry Days Recipes

This past weekend was the first of four Strawberry Days and it was a beautiful day. Sadly the strawberries were a bit short so folks weren't able to buy the usual buckets to take home, but I think people had a great time out there eating, visiting the chicks and seeing the farm.

This year we have added a little extra thing, the option to buy a lunch featuring lots of fresh ingredients from the farm. The lunches can be purchased with your tickets for an additional \$10.00 each, and I am making a little extra to sell the day of. If you are interested in a lunch I strongly suggest you pre-buy, that way you are guaranteed your lunch and don't risk getting caught short. This week's recipes are a couple of the items that made up the lunch, Spring Time Frittata and Wheat Berry Salad, we also served a refreshing mayo-less slaw. - Lorraine

Spring Time Frittata

Eatwell Farmhouse Kitchen Serves 4 to 6

For the Strawberry Day lunches I made this with the addition of 2 oz of Smoked Salmon. They were really delicious, but the salmon is not strictly necessary for great flavor; add it if you like or leave it out, or substitute your favorite sausage.

8 Eatwell Farm Eggs, well beaten

1/4 cup Cream or Yogurt or Creme Fraiche or Sour Cream

1/2 lb New Potatoes

1/2 tsp Salt

1/2 bag of Spinach, bottoms trimmed and washed well OR you could use about 1/2 bunch of Arugula

1 of the smaller or 1/2 of a larger Onion, chopped small

1 Garlic, chopped small

1 TB Olive Oil

Freshly ground Black Pepper to taste

Optional: 2 oz Smoked Salmon, broken apart into very small pieces

And/OR 2 oz of good Cheese, Feta would be nice with the Salmon, or you can use something like a strong Cheddar, Manchego, or Parmesan

Wash the potatoes (I soak them for a few minutes and then lightly wash the dirt away) You can either steam, gently boil, or roast them until fairly tender. If you are boiling, don't cook too hard as they can fall apart and get watery. Drain and cool. Heat the oil in a 10" cast iron skillet (or other oven proof pan) over medium heat. Add the onions and sauté until just turning glassy then add the garlic. While they are cooking, chop the spinach then toss it into the pan. Cook until the spinach is fully wilted. Remove from the pan and drain any residual liquid. Slice the cooled potatoes into about 1/2" to 3/4" thick rounds and place in the bottom of the pan. Top with the spinach/onion/garlic mix. Into the beaten eggs add the salt, pepper, smoked salmon and dairy. Mix well and pour over the spinach and potatoes. Make sure all the ingredients are distributed evenly. Cook for two minutes. If you are adding cheese, sprinkle on and pop into the oven under the broiler. Cook until it just begins to turn brown. Depending on your oven it shouldn't anymore than 5 minutes.

Wheat Berry Salad

Eatwell Farmhouse Kitchen Serves 6

This turned out so well, I was really pretty pleased.

2 cups Eatwell Farm Wheat Berries

1 TB Oil

1 medium sized Onion, chopped

1 Garlic, chopped

1/2 to 1 bunch of Kale (you choose how much you would like), chopped

1/2 cup Chrysanthemum leaves, finely chopped

4 or 5 Radishes, cut in half and sliced very thin

If you have Beets I think you could use 1 or 2 beets washed well and grated instead of the radishes

If you have Strawberries hull about 10 of them and cut in half or quarter if they are big

For the Dressing:

Zest from one Orange

1/4 to 1/2 cup fresh Orange Juice

1/4 cup Extra Virgin Olive Oil

Salt and Pepper

Toast the wheat berries in a dry pan over medium heat for

probably no more than 2 minutes. The color will just start to change and you will smell them toasting. Pour into a pot and

cover 2" above with water, bring to a boil and

cook for about 45 minutes (low boil). Test

for tenderness. Once they are done drain

well and let cool. In a skillet heat the 1 TB

oil and sauté the garlic and onion until

soft. With the kale you can either sauté it

in the pan with the onion and garlic or

cook it in some boiling water just until soft,

but make sure to drain it well. Mix

together the orange juice, zest, oil, salt and

pepper. You can easily spice this up some

with some red pepper flakes, or some

sumac, I actually used a small amount of

finely chopped fresh lemon verbena. Once

the wheat berries are cool and the kale and

onion/garlic is cooked, mix them together

including the chopped chrysanthemum

leaves, radishes or beets. Toss in the

dressing and add the strawberries just before

serving. If you want to fancy this up some you can add feta and

or some toasted walnuts. If you don't have strawberries, dried

cranberries would be nice instead.

This Week's Box List

Lettuce

Spinach

Garlic

Red Kale

Arugula

Beets or Radishes

Fava

New Potatoes

Valencias or Strawberries

Chrysanthemum Greens

Onions

Favas and New Potatoes

Let's face it, they are a bit of work. But if you put the time into them the result is a special treat with subtle flavor and most certainly out of the ordinary. Favas and New Potatoes pair so nicely and spring just brings them together for us so naturally! Shell the favas, and if you want to remove the outer skin of the bean you can blanch them in boiling water for a minute or two, drain, rinse with cold water and the skin should pop off between your fingers quite easily. These favas are still pretty young, so chances are you won't need to do that. With the potatoes, clean them well (I soak them in water for a few minutes and then gently wash the dirt away). They are delicious roasted in the oven or steamed. Combine the potatoes and favas, drizzle with some olive oil and a sprinkling of salt and pepper. I really enjoy these subtle flavors with a very simple poached or pan cooked white fish, like petrale sole, with some butter and a little lemon, salt and pepper. With ingredients this fresh, I really enjoy not covering them up with lots of extra seasonings, and I find I enjoy the seasonality of certain foods even more this way.

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!