



MONDAY MAY 12TH 2014 #18/14



Breeders go on to Pasture

Our Black Australorp's from North Carolina have grown so fast and strong we have put them all into moveable pens in between the oranges. They will be moved onto fresh pasture each day to keep them healthy. In the next few weeks we need to consider where they will go as a breeding flock. They need to be kept isolated from the rest of the girls as we will be tracking their egg



Germinating Salad Greens

This time of year Roberto is sowing spinach, lettuce and other greens every week. As the weather is warming up we need fresh beds to pick from every week. He has sown in special beds this week where we have permanent sprinklers and can water the seedlings four or more

Our very special seeding machine can sow twelve rows on a bed at the same time. Roberto can sow up to six different varieties too if he needs to. This was custom made for us by our good friend John Bauer from Salinas. It cost over \$11,000, no joke. But it has paid for itself so many times in better crops and increased production from each bed.



Last week I bought new

Shitake Mushrooms

Trevor and Brian spent the last couple of days plugging the spawn into the poplar logs. They will then move the logs into the shade of the large poplars at the north end of the farm where they will be undisturbed for the six month incubation period. In theory we should



Talk about a fast growing crop! This is safflower which we seeded late one night, in the dark, just before a rainstorm in the early spring. It is now above waist height. This is being grown to break up the subsoil before we plant our first food forest on the farm. The crops is not irrigated so the roots burrow down and break through



Strawberry Days

The first strawberry days are well under way. This is your chance to come to the farm this Sunday May 11th. Reserve now at <http://eatwellfarm.bpt.me> Share an awesome day on the farm with your entire family, some friends and even your co-workers! This year we encourage our members to invite up to 20 of their closest friends, family & co-workers so that they can share in the bounty. Amazing strawberries, great tips on delicious recipes, a opportunity to share a picnic lunch on a farm with your family, watch your kids & friends marvel at the



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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If you refer friends to our CSA program, please ask them to include your name in the, "How did you hear about us?" field when they sign up. You'll receive a jar of my home made tomato sauce as a thank you!

RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions:

Spinach/Pesto Calzones Serve with Green Salad
Uses: Spinach, Arugula, Basil, Mixed Lettuces
Fava, Pea, Dill Rice Salad Serve with some Poached Fish
Uses: Fava Beans, Peas, and Dill
Rakott Krumppli (Layered Potato Bake) Serve with Sautéed Red Russian Kale seasoned with fresh Thyme
Uses: Potatoes, Red Russian Kale

Kartoffel Zeit

Here at Eatwell it is "Kartoffel Zeit", potato season. The potatoes have come in plentiful and oh so delicious. When I was a little girl, my Mother would buy special yellow potatoes. She would simply boil them gently and eat them straight from the pot with butter. Those potatoes weren't as good as what she grew up with in Germany, but it was the best we had back in the 60's and early 70's. Today I find myself gently boiling our potatoes and eating them simply with butter – such a treat! One of my favorite potato dishes was served at a Hungarian restaurant in Ghiradelli Square back in the 'old' days. It is a hearty dish and I don't think I have ever served it and not had rave reviews. It just is so satisfying. You can make this recipe with or without meat, or use vegetarian sausage. The original calls

Rakott Krumppli – Layered Potato Bake

Eatwell Farmhouse Kitchen
2 lbs Potatoes
1 tsp Vegetable Oil
2 Csabai Sausages OR 1/2 pack of good Bacon
8 Hard Boiled Eatwell Farm Eggs
1 3/4 cups of Sour Cream
1 cup Heavy Cream
2 tsp Salt Paprika

Preheat oven to 350 F. Bring potatoes to the boil in a saucepan of salted water. Reduce heat to low and cook until just tender. Drain, cool and thickly slice. Peel your eggs and slice them using an egg slicer if you have one. Heat oil in a frying pan over high heat. Add sausages and cook for 2 minutes or until light golden. Drain on paper towel. Allow to cool a bit then slice to about 1/2" thickness. OR if you are using bacon cook until just done. Cool then chop relatively small, but not minced. Mix the salt, sour cream and heavy cream, basically you want a pourable sour cream that is pretty salty. Pour a small amount of the sour cream/cream

Calzones with Pesto and Spinach

Amended from a recipe by Lauren Zembron found on the website:

Healthy Food for Living

Homemade or store bought Dough for 1 Pizza, at room temperature
Flour, for rolling out Pizza Dough
1 batch homemade oil-less Pesto *Recipe Follows – she uses this one because it keeps the calzones from becoming soggy, but I always used my regular pesto and it was fine
2 cups tightly packed Spinach you can also use some of the bonus Arugula
1 cup Ricotta Cheese
Salt and freshly ground Black Pepper, to taste
Preheat oven to 450 F. Divide pizza dough into 4 equal pieces. On a clean, lightly floured surface, roll each piece of dough into a 1/4" thick circle of about 7" diameter. Place all dough circles onto a non-stick – or lined – baking sheet. Evenly divide the pesto amongst the 4 dough circles, spreading it across half of each and leaving a 1/2" border. Set aside. Heat a drizzle of olive oil in a large skillet over medium high heat. Add spinach and cook until wilted. Let cool for a few minutes. In a medium bowl, stir together the ricotta and spinach. Season to taste with salt and pepper. Evenly divide the ricotta/spinach mixture between the 4 dough circles, spreading it on top of the

*Oil-less Vega Pesto

adapted from Ashley of The Edible Perspective:

1/2 cup raw walnut pieces
2 cups tightly packed fresh basil Leaves
2 small garlic cloves
1/4 cup water

Salt and Pepper Combine walnuts, basil and garlic in a food processor or high speed blender and process/blend until well-mixed. With the motor running, stream water through feed tube until pesto comes together in a smooth and thick sauce,

These recipes will help you use everything in your box

Strawberries
Mixed Lettuce
Peas
Basil Dill
Spinach
Fava Beans
Thyme
Wakefield Cabbage
Potatoes Onions
Garlic
Bonus item: Slightly holey

Our No Waste Harvest Share.

The goal of these recipes is to help you use everything in your box each week. We hate to waste anything too so Lorraine has spent quite some time putting these together. She walks around the farm with Jose and I each week and surveys what we have in the fields. Then we have to suffer as she tries out the recipes on us. It is hard but we are surviving. Please let us know if this is useful, we have been running this for several months now and would welcome your feedback. My what's in your box column will return soon as soon as I am over the worst of my treatment. Please remember your input is important

Fava, Pea, Dill, and Rice Salad with Lemon Zest

Vegetable Literacy Deborah Madison Serves 4

1 cup White Basmati Rice
1 lb combination Fava Beans & Peas, shucked a bout 1 1/2 cups
Handful of finely chopped Dill
4 thin Green Onions, white and an inch of greens thinly sliced, or 1 TB snipped Chives
1/4 cup Olive Oil Sea Salt 1 Lemon

Cover the rice with water and set it aside to soak while you shuck the peas and favas and mince the herbs. Put the dill, green onions, oil and 1/2 tsp salt in a roomy bowl. Bring a pot of water to a boil and add 1/2 tsp salt and then the peas and cook until bright green and tender, only a few minutes at most. Scoop out the peas, shake off the excess water, and add them to bowl. Drain the rice and add it to the boiling water. Cook at a gentle boil until tender, about 10 minutes. Taste it as it cooks to know when it is ready. When it is tender but still retains a little bite, drain the rice, shake off the excess water, and add it to the peas. Zest the lemon over the rice, then halve the lemon and squeeze over the lemon juice. Gently turn the rice and peas with a rubber spatula. Adjust the seasoning if need be. There's more flavor at room temperature than when chilled, but cold leftovers will go down easily. to shift it all