



WEEK OF MAY 11TH 2015 #19/52



Strawberry Days

May 16th

May 24th

Tickets are now on sale for Strawberry Days!

Purchase tickets for yourself, friends and family at:

<http://strawberrydays2015.bpt.me>

Depending upon the weather and production, we may only have enough strawberries for tasting only.



Heirloom Wheat

Those of you who have been to our last two Strawberry Days may have seen our very tall Sonora wheat crop. It is very different from the mutant wheat our neighbors grow. Their varieties were bombarded by radiation during the green revolution in an attempt to grow bigger crops. Our neighbors tell us that the higher yields are starting to diminish in spite of all the pesticides and fertilizers they use.

So our very variable 5 foot tall wheat is not looking so bad these days. We hope to harvest it in late June. In the meantime I have to fix our combine that was making some loud clanking sounds as we finished harvesting a couple of years ago.

You can order stone-milled Sonora Wheat Flour for delivery with your box. Remember the 4pm Sunday deadline.



Chicken Stock is Back

Great news! We processed some of our old layers into wonderful broth two weeks ago. 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.

Chestnuts

Last fall I was given some chestnut seed that I planted in our shade house. We are using special trays for trees which are planted with a tree planting tool called a Potti putki from Finland. This allows us to plant small trees fast without bending down and using a shovel. Chestnuts need a period of cold to stimulate their germination which is called stratification. I decided the seeds would get that overwinter. Fortunately I was right and most of them germinated. The chestnuts will be planted every 60 feet in the permaculture rows. Eventually they will form the over story and produce lots of nutritious nuts that we can harvest or leave for pigs or other grazing animals to eat. In between the chestnuts there will be many different fruit trees.



Sweet Potatoes

We have been growing this crop for twenty years now. The first time, the farm who supplied us with the cuttings said to go easy on the water. I did but still managed to grow a 7 lb sweet potato much to his amusement. Over the years we have learnt how to grow this crop, and other farmer friends have joined us in ordering the rooted cutting so that last Friday 56,000 cuttings came up on a truck from Turlock. Less than half was for our farm.

This year Jose wanted to split up the planting over two weeks as it seems we always get hot windy weather and lose some of the plants. So the other half of our plants are in the cooler and will be planted this coming Saturday.

The crop is a member of the ivy family which we plant on ridges. This makes harvesting with our mechanical digger much easier. The harvest will begin in September. We hope to store most of the crop in one of our domes. Given the right conditions they should keep until March or April. The Garrett we grow is a descendent of Diane, our original variety. This was the only one that would grow and have something like a smooth skin. They grow best in the sandy soils of Turlock but they do not have the flavor like ours which grow in our loamy soils. As I have always said, we grow the best tasting and ugliest sweet potatoes.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Recipes and Menu Suggestions:

New Potato Salad with Favas, Turnips and Radishes with a Basil Garlic Mayo - Serve with Burgers or Baked or Fried Chicken and cooked Chard

Uses: Potatoes, Favas, Turnips, Radishes, Basil and Garlic, Chard

Broccoli Soufflé with Green Salad

Uses: Broccoli, Oregano, Lettuce

Tuscan Kale Soup - Serve with crusty bread and butter

Uses: Kale, Potatoes, Garlic

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

Broccoli Soufflé

From Eating Well May/June 2008 - Serves 4

When I read that broccoli was in the share this week I had a sudden craving for a delicious, fluffy Broccoli Soufflé. Paired with a salad this makes a really nice meal. It is simple in the fact that it is only two items, although soufflé is not necessarily the simplest of dishes to make. But when I decide to make soufflés I always find it is less work than what I think it will be and the reward of something so special is great.

1 1/2 cups finely chopped Broccoli Florets
1 TB Butter
1 TB Extra Virgin Olive Oil
2 TB All-Purpose Flour
1 1/4 cups Milk
1 tsp Dijon Mustard
1/2 tsp Oregano, finely chopped
1/4 tsp Salt
1/2 cup crumbled Goat Cheese
3 large Eatwell Eggs, separated
2 large Eatwell Egg Whites - to make a total of 5 egg whites
1/4 tsp Cream of Tartar

Preheat oven to 375 F. Coat four 10 oz ramekins or one 2 to 2 1/2 quart soufflé dish with cooking spray or oil and place them on a baking sheet. Place broccoli in a medium, microwave-safe bowl. Cover and microwave until the broccoli is tender-crisp, 1 to 2 minutes. Set aside. I don't have a microwave so I will briefly steam my broccoli. Melt butter and oil in a large saucepan over medium-high heat. Whisk in flour and cook, whisking, for 1 minute. Adjust heat as needed to prevent the mixture from getting too dark; it should be the color of light caramel. Add milk, mustard, oregano, and salt and cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and immediately whisk in goat cheese and 3 egg yolks until well combined. Transfer to a large bowl. Beat the 5 egg whites in a medium bowl with an electric mixer on high speed until soft peaks form. Add cream of tartar and continue beating until stiff peaks form. Using a rubber spatula, gently fold half of the whipped whites into the milk mixture. Gently fold in the remaining egg whites and the reserved broccoli just until no white streaks remain. Transfer to the prepared ramekins or soufflé dish. Bake until puffed, firm to the touch and an instant-read thermometer inserted into the center registers 160 F, about 20 minutes in ramekins or 30 minutes in a soufflé dish. Serve immediately.

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!

Tuscan Kale Soup

Recipe from Emily - Serves 4

I put this recipe in the newsletter about a year ago. It is so good it is worth repeating. Now that we have chicken stock back in stock (pun intended) I am really excited to make some soup!

1/2 lb Italian Sausage
1 Onion, diced
2 cloves Garlic, minced
1 - 2 cups diced Potatoes, you decide how much potato you like
1 Qt Eatwell Farm Chicken Stock
1 bunch Dino Kale, plus more greens - spinach or chard, if you want more veg
1/8 to 1/4 tsp Red Pepper Flakes, add more if you like heat or none if you don't!
1/2 cup Heavy Cream
1/2 tsp salt

In an appropriately sized soup pot, cook the sausage, then add the onion and garlic. Cook until the onion is somewhat soft, add the stock, salt, the pepper flakes and the potatoes. Cook for about 5 minutes, then add the greens. Simmer until the greens and potatoes are all tender, then add the cream. Enjoy!

This Week's Box List

Lettuce
Dino Kale
Garlic
Broccoli
Chard
Fava Beans
New Potatoes
Salad Turnips
Radish
Basil
Apricots
Oregano

Potato Salad

Eatwell Farmhouse Kitchen

1 lb Potatoes, gently washed
1/2 cup Mayo
5 leaves of Basil
2 tsp finely minced Garlic
Fava Beans, shelled, blanched
3 Radishes, chopped into bite sized chunks
3 Turnips, chopped into bite sized chunks
Salt and Pepper to taste

Steam potatoes until tender, set aside and allow to cool. In a blender add mayo, garlic and basil and blend until smooth. Once the potatoes are cool enough to handle, cut into chunks and pour over the basil mayo. Use as much or little as you prefer, some people like their potato salad dressed well and others like it lighter. Add the favas, radishes and turnips, toss well. Adjust for salt and pepper.

Twenty Dozen Eggs

That's how many Lorraine used to cook the meals served at last Sunday's Strawberry Day. These can be ordered in advance or purchased at the event. Lorraine uses what is on the farm to make these delicious lunches. She says not every girl has a 105 acre garden to pick from. - Nigel

