



THURSDAY MAY 29TH 2014 #21/14



Our heirloom tomatoes need staking, both the cherries and the larger ones. Imagine pounding in stakes by hand in temperatures above 90F. Right, quite brutal. In the past we would start at 5.30am and stop around 10am when it just got too much. This year we have made progress, Ramon is using a



A Sense of Time

Time is different on a farm. First of all, start of the day absolutely depends on the time of year. It makes perfect sense to start your day just after sunup, get much of the hard work done before the heat of the day. Conversely no reason to start at 6 in the middle of winter, it's still dark. Additionally many of the items that go into your box appreciate an early picking. Strawberries are a classic example; pick them while they are still somewhat cool from the night and get them into the cooler right away. Basil, same thing. Today we did our farm walk around 5:30 in the evening. Still quite hot, I was grateful it wasn't our usual 12:30 or 1:00 right after lunch. The farm is magical in the evening. This place is bustling all day long, sounds of tractors humming, the guys in the truck driving back and forth from field to cooler, our old car running up and down the farm moving irrigation pipes. So walking at 5:30 meant we had the farm to ourselves; a rare treat I can assure you. When we got to the very end I sat for a while next to our last row of poplar trees and just soaked it all in. How incredibly lucky we are to share our lives with this land. - Lorraine In the picture I was cleaning out a sprinkler. The canal water is not filtered so our nozzles do block some times. The storage pond will catch this debris in the water and we will draw from a depth to pump into the field where



Saving Water

The farm is in a long term plan to change how we water our crops. We are switching to purely night time sprinklers to reduce evaporation and installing permanent sprinkler lines to save the work of moving them. All the trees will have mini sprinklers on timers too. At the front of the farm our pond, which was dug to cover the farm house with soil, will take in water from the canal 24/7 but we will pump out of it only at night. Last week we took delivery of the pipes which

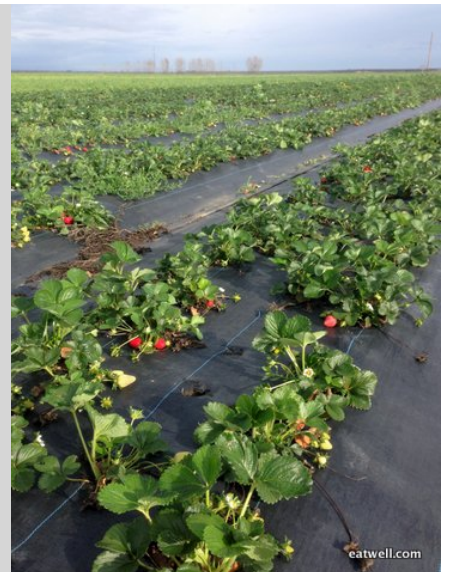


Roberto mowing the tall grasses that the cows have not eaten. We have already sown new pasture seed.

Strawberry Days

The highlight of the year for many members is to come to the farm in May and eat themselves silly on fresh, ripe and warm berries.

There is one more regular strawberry day on June 1st and you can still sign up for that one. Please bring your friends and show them where your food comes from. There is a small registration charge to



WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM

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 Nigel's home made tomato sauce as a thank you!

RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Menu Suggestions and Recipes:

Tuscan Kale Soup Serve with Crusty Bread & Butter plus a Green Salad with grated Turnip on top

Uses: Dino Kale, Potatoes, Some other Greens; Chard or Spinach, Lettuce and or Arugula, Turnips

Couscous, Herb and Walnut Salad Serve with Poached Salmon or Chicken Breasts – use Fennel Fronds on fish

Uses: Fennel, Lemon Balm, Favas, Chives

Tuscan Kale Soup

Basic Recipe from Emily, our new CSA Admin Serves 4
Emily brought this for lunch the other day, and it was delicious. So here you go!

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

A Few Salad Suggestions

Lorraine

Mix the lettuce and arugula for your salads. It will add a variety of flavor. Last night at the restaurant at Harbin we had a Basil Caesar Salad. It was delicious, and I realized I seldom think to chop basil and toss it into a salad, but I will now. To add texture to a simple salad, grate some raw turnips on the top and add some toasted nuts. For a little sweetness, and if you have a grill pan, heat it to very hot, brush with good oil and quickly cook halved apricots until you have lovely grill marks. Make your own salad dressing and use any and all of the herbs you have or have not yet used. Keep it simple and fresh You will enjoy it so much more than store bought!

1 bunch fresh Arugula, washed and thick stems removed
1 cup Pearl Barley

2 cups Water or Eatwell Chicken Stock or Vegetable Stock

2 Stalks Spring Garlic, minced 1 TB Balsamic Vinegar

2 TB Olive Oil 1 tsp prepared Mustard

1/2 tsp dried Thyme 1/2 tsp Salt

Cook the barley in the water or stock. In a bowl, mix together one stalk minced garlic with the next five

Away For The Weekend

Nigel and I took the rare opportunity to get away this holiday weekend; 3 nights up at Harbin Hot Springs. It was kind of a last minute plan, consequently I didn't have time to get all the recipes together before we left. I did however, grab 3 of my favorite cookbooks. This morning, while enjoying the sunshine on the deck, I found all that I needed, and used only one book; Veg by Hugh Fearnley Whittingstall. If you don't have this simple and well thought out book I highly recommend it. He covers so many vegetables and offers really simple and

Couscous Salad with Herbs and Walnuts

Veg by HFW Serves 4

We do not have parsley at the moment, but I thought the texture and extra flavor from the Lemon Balm would be a nice switch out.

2 tsp Cumin Seeds

1 tsp Fennel Seeds

4 to 5 TB Extra Virgin Olive Oil

1 Onion, chopped

2 Celery Stalks, chopped

1 Fennel Bulb, chopped

Fava Beans, as many as you would like to use, shucked and boiled until tender, remove the outer skins if they are too tough

2 Garlic Cloves, chopped

Finely grated zest and juice of 1 Lemon

7 oz Whole Wheat Israeli Couscous, you can use whatever couscous you like, simply follow the directions on the package

1/2 bunch of Lemon Balm, chopped

A handful of chives, chopped

3/4 cup Walnuts, lightly toasted and coarsely chopped

Sea Salt and freshly ground Black Pepper

Put the cumin and fennel seeds in a dry frying pan and toast over medium heat, shaking the pan often, for a few minutes until fragrant. Tip into a mortar and, when cool, grind with the pestle to a powder. Heat 2 TB of the olive oil in the frying pan and sauté the onion, celery, fennel and garlic over medium heat for 5 minutes or so. Until softened but still with a bit of bite. Remove from the heat and add the ground spices

These recipes will help you use everything in your box

Strawberries, Plums, Peaches and Nectarines (Plums will last longer than the berries)

Basil

Apricots

Lettuce

Chives & Lemon Balm

Green Cabbage

Arugula

Chard

Dino Kale

Fennel

Turnips

Chard and New Potato Curry

Veg by HFW Serves 4

1 bunch of Chard, plus some (about 1/2) whatever greens you have left, spinach, arugula and or kale

2 TB good Vegetable Oil

1 Onion, halved and thinly sliced

3 Garlic Cloves, peeled

1 Green Chile, seeded and finely chopped

1(1-inch) piece of fresh Ginger, peeled and chopped

1 tsp Garam Masala

1/2 tsp Mustard Seeds

1/2 tsp ground Cumin

1/2 tsp Turmeric

3 Cardamom Pods, bashed

12 oz new Potatoes, quartered

1 cup plain full-fat Yogurt

1 1/2 TB Tomato Paste

A small bunch of Cilantro, coarsely chopped

Sea Salt and freshly ground Black Pepper

A small handful of Almonds, Cashews, or pistachios, toasted and chopped

Separate the chard leaves from the stalks. Cut the stalks into 1-inch pieces and coarsely chop the leaves. Heat the oil in a large saucepan over medium heat, add the onion, and fry until just golden. Meanwhile, pound together garlic, chile and ginger with a pinch of salt to a paste. Add the paste to the onion and cook, stirring, for a couple of minutes. Tip in the rest of the spices and stir for a minute or two. Add the potatoes and chopped chard stalks and fry, stirring frequently for 5 minutes, so that they are well coated with the spice mixture. Pour in about 1 2/3 cups of water – enough to just cover the vegetables. Bring to a simmer, cover and cook for 10 to 12 minutes, until the potatoes are just tender. Add the chard leaves, stir, and cook until just wilted. In a bowl, whisk together the yogurt, tomato paste, and some of the hot liquid from the curry. Remove the curry from the heat, stir in the yogurt mixture, return to the heat, and warm through very gently (if it gets too hot the yogurt will