



Join us as we celebrate
the first days of
summer at the
**Summer Solstice
Sleepover & Garlic
Braiding Party!**

Tickets are on sale for CSA
members and Good Eggs
customers at:
eatwellsolstice2015.bpt.me

Invite your family and friends
to join you on the farm for
this fun weekend.



Christian Brings Gifts

The designer of our finger weeder, Christian, was on the farm again last week. He had been setting up a new machine on the farm of our good friends Matt and Lily. I had shown Matt the finger Weeder working several years ago but it was not until his 'boss' Lily saw it in late March did they make the purchase.

Ramon has been asking for extra part for our machine to help clean up the sides of the beds. He was able to install these last Thursday. The efficient control of weeds in our crops is vitally important not only to maintain good crop yield but to keep our crew happy. No one loves to hoe by hand all day. We go through and quickly clean up any weeds after the weeding machine. The crops we sow 12 rows to a bed are cleaned with a brush weeder similar to a street sweeper. This machine works well but does not take out the weeds in between the crop plants. These beds can get messy especially if we have to irrigate frequently in hot dry periods such as this Spring. Weed control on organic farms was the subject of my thesis, and I am happy to report that the technology has advanced greatly since I completed that work.



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!

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



Lavender Harvest Preparations.

Next weekend is our first annual lavender party to bring in the harvest. Our crew will cut the lavender and we will bunch it and hang it in the drying room. This will be a very fragrant and happy time.

On the farm we are preparing for this wonderful weekend. Two 25 lb boxes of rubber bands arrived last week. Rosa and Juanita have been organizing the drying racks and cleaning up the drying room in their spare time for the last three weeks. We built these trestles to hold the racks over 15 years ago. Each 12 foot two by four has nails or screws onto which we attach the fresh bunches. The roof of the house will be a black sheet of plastic to exclude the light. On each side up to 3 foot high we leave open to let in lots of air. The drying process can take 3 to 5 days after which we pack the bunches into large flower boxes for storage.

Lorraine is planning the menu for the weekend. All food is provided at no charge. The sign up for members is now open. You are welcome to bring your friends to help. There will be twenty of us working together. Go to www.eatwell.com/events for more details and to sign up. We can't do this without YOU, our members!



The Great Escape

Our sheep decided that the grass was greener on the other side of the fence early last Friday morning. Unfortunately they were left one day too long on a pasture and they ran out of food. We have to keep them moving and eating, this is their job.

Our crew swung into action before our very understanding neighbors fired up the barbecue. The sheep move ahead of the chickens eating the grass down to a manageable height for them.



Recipes and Menu Suggestions

Beets and Carrot Curry with Coconut Milk served with Rice Pilaf

Uses: Beets, Carrots, Garlic, Dino Kale

Herbed Summer Squash and Potato Torte with Parmesan serve with fresh Salad

Uses: Zucchini, Potatoes, Lettuce, and/or Spinach

For a Starter with any meal do the Fava Mash and Garlic Toasts

For Dessert try the Summer Fruit with Rose Geranium Scented Whipped Cream

Uses: Favas, Garlic, Peaches, Apricots, Rose Geranium

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

Fava

We went to a truly spectacular dinner put on by Feastly and Farmhand's Chef Erin featuring fresh produce from our farm. What a meal, everything was incredibly delicious. But for me the Mashed Fava Bean starter (or as Erin called them Million Hour Favas) was simply outstanding. I know, favas are a lot of work, but so worth the effort. Bring the family together and the work is done in minutes. Erin did a simple mash with an oregano pesto and good drizzling of olive oil. I really couldn't stop eating, even cleaned the bowl and serving spoon! I don't have the exact recipe but this is probably a close approximation.

Favas, shucked, simmered long enough to make it easy to remove the tough skin

1 small clove Garlic, finely minced

Lemon Zest and maybe some Lemon Juice

Olive Oil

Salt and Pepper to taste

You can top this with a basil pesto, she made a simple pesto using oregano which was really lovely. Once the favas are prepared, put them into a pot and just cover with water. Simmer on low until they are tender. Drain the water, but hold on to it. In a bowl add the cooked favas, the minced garlic, salt and pepper, some tasty olive oil and mash with a potato masher. Adjust seasoning and top with just a little pesto. Serve on good bread that has been pan toasted with olive oil.

Rose Geranium Cream

Inspired by Erin's Farmhand/Eatwell Dinner

People ask me all the time what they can do with Rose Geranium. Today I would like to suggest putting a few stems (washed first, of course) right into a cup or two of heavy cream. Let it sit for a few hours, or over night. Remove the Rose Geranium, add sugar if you like, and whip. Serve this delicate rose scented cream with peaches or apricots that you have macerated with a little sugar to make them nice and juicy. Erin did this with our Lemon Verbena and served it with biscuits and berries. Rose Geranium will work for this exceptionally well.

The Metamorphosis of Garlic

I have really enjoyed working with the garlic over the last several weeks, watching the transition from spring garlic to bulbs of garlic cloves. This metamorphosis is not anything I have ever really paid attention to, and it just made me feel a bit more connected to nature and of course the food we eat. This week you are receiving an extra amount of garlic to take advantage of the bounty of the season. Now is the time you would want to string it up and hang it somewhere in your kitchen, out of direct sunlight, and allow it to dry. Collect this season's garlic and enjoy it throughout the year. I just recently finished off the garlic I saved from last year and I can tell you, it makes me really happy to have our own garlic and to be able to walk past it in the market!

Have you tried the new Chicken Broth?

If you haven't I highly recommend it! We are now partnering with Roli Roti who is cooking up our spent laying hens, and they have made a long and slow cooked, rich stock for us. It is absolutely delicious and incredibly chickeny tasting. If you don't want your dish overpowered by the taste of chicken use part stock and part water. A couple of weeks ago I included a recipe for Rice Pilaf in which I cooked the rice with our stock and included sautéed Dino Kale, Carrots, Onion, and Garlic. I make a big batch every week now it is that yummy! And so nice to have that part of my meal done, plus it is a great way to get some extra veg into your meal without making an extra dish.

Beets and Carrot Curry with Coconut Milk

Adapted from Onetribegourmet.com

Many of our CSA members were in attendance at the dinner last Thursday. I got to meet one of our hosts Julie, who actually put together a book of years of Eatwell Farm Newsletter Recipes! It is all cut, pasted and copied, organized by veg type. I found this little gem in the "Beet" section.

1 bunch Beets, roots boiled and cut into bite size pieces, greens save for another dish

1 small Onion, chopped

1 or 2 cloves Garlic, minced

1 tsp Whole Cumin Seeds

1/4 tsp Cayenne Pepper

1/4 tsp Turmeric

1/4 tsp Crushed Red Pepper

1/2 tsp Salt

3 to 4 Carrots, sliced

1 TB Extra Virgin Olive Oil

1 small 40z can of Coconut Milk

In a medium skillet, heat olive oil over medium heat. Add chopped onions and sauté until translucent. Add the minced garlic and sauté some more. Add cumin seeds and sauté for a minute so the flavor comes out. Add cayenne, turmeric, crushed red pepper and salt, and sauté for a minute.

Add the boiled beets and sauté for 2 minutes. Add the carrots and sauté for 5 to 10 minutes until carrots are tender. Add the coconut milk and let the curry simmer for a few minutes. Serve with rice or any flatbread.

Herbed Summer Squash and Potato Torte with Parmesan

Originally found in Bon Appetit June 2001

This is another great recipe from Julie's Eatwell Recipe Booklet. She did put it on CD so if anyone is interested let me know and I can get a copy to you.

1 small Onion, thinly sliced

1/2 cup grated Parmesan

1 TB All Purpose Flour

1 1/2 tsp Fresh Thyme, chopped

Salt and freshly ground Pepper, to taste

1 lb Potatoes, peeled, cut into 1/8" thick rounds

3/4 cup Zucchini, cut into 1/8" thick round

3 tsp Olive Oil

Preheat oven to 375 F. Butter an 8" cake pan. Toss onions, cheese, flour, thyme, salt and pepper in a bowl to blend. Layer 1/3 of the potatoes in concentric circles in bottom of pan, overlapping slightly. Layer 1/2 of the zucchini in concentric circles atop potatoes. Drizzle with 1 tsp Olive Oil. Sprinkle with 1/3 cheese mixture. Repeat twice and press gently to flatten. Cover pan with foil and bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until torte begins to brown and potatoes are tender, about 25 minutes longer.

This Week's Box List

Summer squash

Garlic for drying

Potatoes

Rose geranium

Lettuce or spinach

Carrots from Terra Firma

Fava beans

Peaches

Dino kale

Apricots (Bill Crepps - Not

Certified Organic)

Basil

Beets