



Ramon, on the left, is the father of Agustin, our chicken manager and Ramon, our tractor driver. He started work this spring. Jose asked him to take over the orchard management.



Each day he walks the orchard checking on which fruit is ready to pick. I was showing him the stage of ripeness at which to pick and encouraging him to taste the fruit. We dare to pick the fruit ripe so if you ever get a bad piece of fruit let us know and we will replace it.



Planting an Avocado

I planted this tree on Sunday evening over the body of a calf we lost during birth on Sunday afternoon. Guernsey cows are easy birthers with problems only 5% of the time. This calf was born breach quickly but not quickly enough. I wish I had more experience to have been able to intervene sooner. The calf was a male. The cycle of life is much a part of life on the farm, we have to remember that. So it seemed very fitting to me that the body of the calf will go on to nourish a tree. Her Mum, Helen May is doing well.



Our storage domes are working out well. I found an additive for paint that reflects solar radiation. You would imagine that these concrete domes would heat up like ovens and they did before I used www.coolkoat.com



Roberto's Summer Plantings

He is very proud of the lettuce we are harvesting now. Sowing in the fall or early spring is straight forward when it is cool. Germination is easy compared to the times when it gets above 90F and seed like lettuce go dormant and will not sprout. Roberto waits until there are a couple of days with lower temperatures forecast and then he sows the seed in the morning. Immediately after, Jose turns on the water to keep the seeds cool. We have the last section of the farm set up on permanent sprinklers. This enables us to irrigate these temperature sensitive crops frequently during the day at this time of the year. There are three varieties of lettuce planted on this bed, all heat tolerant types. We have already picked the romaine which was in the foreground.



Big Boy Toys

Last Friday we rented this back hoe to help us dig a trench to install a feeder pipe from our canal water inlet to the storage pond in front of the house. The soil for the house came from this pond, and it keeps the farmhouse cool in summer and warm in winter. Jason operated the backhoe for us. The pipe we will install is 15" in diameter, and it will take any water from the canal that we do not use in the vegetable fields and store it in the pond. The ducks will live in the pond and will eat all the vegetation that grows in it together with the feed we provide. They'll produce wonderful, rich duck eggs for all of us to enjoy. Their poop will help seal the pond and stop it from leaking. The leak is a problem that could be solved with a \$15,000 plastic liner which is a terrible waste of money. Why not let the ducks do it?

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!
 Discount code 38PNZFR valid until 12/31/14

Menu Suggestions and Recipes:

Sorrel Sauce over Grilled Fish or Lentils served with Roasted Potatoes & Summer Squash * OR use the Sorrel Sauce over the Chard, Ricotta Saffron Cakes

Uses: Sorrel, Garlic Chives, Potatoes, Summer Squash Chard, Ricotta & Saffron Cakes, Serve with a Green Salad

Uses: Chard, Eatwell Eggs, Basil, Lettuce and other salad ingredients, ie. radishes, turnips, arugula *Sorrel Sauce if you like Roasted Chicken with Sage, served with Stir Fry Greens, Mashed Potatoes with Turnips

Sorrel Sauce with Yogurt

From *Vegetable Literacy* by Deborah Madison

I have never made anything with Sorrel, but I saw it out in the field last Wednesday. It was big and beautiful and I really wanted us all to have a chance with it before it goes over. In her book Deborah does say that the stems can be quite woody and tough and it is best to discard them. The leaves will turn to a puree before the stems would ever cook down.

*About 2 cups Sorrel Leaves
1 clove Garlic, pounded to a puree
1/3 cup full-fat Yogurt or Sour Cream
Slivered Chives or Garlic Chives
Sea Salt*

If the sorrel leaves are on the mature side, fold each leaf in half lengthwise and pull out the stem along the entire length of the leaf. If very tender, just remove the stems from the base of the leaf. Tear the leaves into large pieces. Put the sorrel, yogurt, and garlic in a food processor and puree until smooth. Stir in the chives and season with salt. Cover and refrigerate until ready to use. This will keep well refrigerated over the course of several days.

Chard, Ricotta, and Saffron Cakes

From *Vegetable Literacy* by Deborah Madison

Often I have one of my favorite cookbooks out and I find so many great recipes for the box. Last week it was Veg from HFW, this week it is Deborah Madison's book. I love fritters and cakes and am really looking forward to making this one. Since our greens are suffering a little holiness this is a great way to use the greens, not let them go to waste in the field.

*10 to 12 cups trimmed chard leaves
2 pinches of Saffron threads
1 cup white whole wheat pastry flour
1 tsp Sea Salt
1 1/2 tsp Baking Powder 1 cup Ricotta Cheese
1/3 cup or more grated Parmesan Cheese
3/4 cup Milk 2 Eggs
3 TB Olive Oil or Ghee, plus extra for frying
Thick Yogurt or Sour Cream, to finish - or Sorrel Sauce
Slivered Basil Leaves, to finish*

Wash the chard, drain, and put it in a pot with the water clinging to the leaves. Cover and cook over high heat until wilted. You want the chard to be tender but not overcooked, so keep an eye on it and taste it frequently. Add a few splashes of water if the pot threatens to dry out. When the chard is done, put it in a colander to cool and drain. Cover the saffron threads with 2 TB boiling water and set aside. Combine the flour, salt, and baking powder in a bowl. In second larger bowl, mix together the ricotta, Parmesan, milk, and eggs until blended. Add the oil and the saffron, then whisk in the flour mixture. Returning to the chard, squeeze out as much water as possible, then chop it finely and stir it into the batter. Heat a few tsp olive oil or ghee in a skillet over medium heat. Drop the batter by the spoonful into the hot pan, making small or larger cakes as you wish. The batter is quite thick and it will not behave like a pancake. You need to give it plenty of time in the pan to cook through. Cook until golden on the bottom, then turn the cakes once resisting any urge to pat them down, and cook until the second side is also well colored, maybe 3 minutes per side, or longer. Serve each cake with a tiny spoonful of sour cream.

Roast Chicken Dinner

It's hard to beat a good roast chicken dinner; mashed potatoes, or roasted potatoes and some veg. With our sage looking so gorgeous I simply can't resist doing a chicken dinner. I like to chop the sage quite fine and mix it with soft butter, reach my hand under the skin and rub the sage butter in. I roast my chicken whole, put it in a hot oven around 400 F for 5 to 10 minutes. When the chicken fat starts to shine up the bird I sprinkle it with salt and pepper, often using the Eatwell Farm Lemon Salt. Turn the temp down to 325 F and roast until a thermometer says the bird is ready. Mostly I use the poke and look to see that the juice is running clear. I like to add sliced onion and add several cloves of garlic to the roasting pan along with some white wine and some Eatwell Farm Chicken Stock. I do this at the point of salting and turning the temp down. When the chicken is done, take it out of the oven and let it sit for a few minutes before carving. Save all the pan juices for the gravy.

We (especially me) love mashed potatoes. Nigel likes his with the skins on I like them without, but our young potatoes are so good at this time I go with his version. Lots, and I mean, lots of butter and cream and good salt. I wash the potatoes really well, cut them into at least quarters or smaller if the potatoes are larger, and simmer. You can peel and cook your turnips right with them, they add a lovely tang. I like to cook them slowly rather than a hard fast boil (in well salted water) so they don't get too watery. When they are tender I drain them but leave a little bit of the potato water in the pot. With the lid on I give them a

good shake, not sure why I do this, I was told to a long time ago. Does anyone know why? Add the butter and milk or cream (best if you warm it first) and mash it really well.

I make a very simple gravy with the pan juices, I usually pour it all into a pot and with my immersion blender I puree the whole thing. Thicken with a little cornstarch* if I need to, but usually just add some sour cream, salt and pepper. Fast, easy and delicious.

*If you have never used cornstarch it is important to know that you never add it to a hot liquid, always use something cold, like wine or cold water. Start with 1 TB in a glass and pour in a little wine and mix it with a fork to a smooth paste, add a little more liquid until it is pourable.

Now that Summer Squash is here you can roast them in the oven on a baking dish or grill pan for a few minutes right after you take the chicken out. Slice them up rather thin, (the thinner they are the quicker they roast) drizzle or brush with olive oil, sprinkle on some of your favorite Eatwell Farm Salt, turn the oven

back up to 425F and slide them in there. Check them in a couple of minutes and turn them over. Roast until they are done to your liking.

These recipes will help you use everything in your box

*Oregano
Sage
Basil
Apricots (Bill Crepps)
Sorrel
Eatwell Farm Summer Fruit
Potatoes
Lettuce
Stir Fry Mix
Turnips
Arugula
Radishes
Chard - Little Buggy*

Bug Hole Question

This weeks box has some produce with holes in it. They are brought to you by cucumber beetles. They are the bug du jour this spring. Cucumber beetles are difficult to control organically. We rely on natural populations of parasitic wasps and flies to keep the pest under control. We never want to see it eliminated then the food for the good guys and gals are gone. We always think in terms of balance and that is the point we are never in that perfect point of balance or maybe for just a very short time. The alternative is to spray and have a high likelihood that we will kill the bugs we want as well as the bad guys. We then have to keep spraying as there is no protection down the road.

So we have a dilemma, do we pick the chard and the arugula? We think we should because to not would be a great waste of food. We have been brain washed into only buying perfect produce, even organic.

I would really like to know what you think about this.

Strawberry Shortcake

The class on Sunday during the strawberry day was a great success and we are looking into running more. If you have any ideas please let us know. Our goal is for you to have the skills to enjoy your box each week and provide your friends and family with great food.