



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.



Home for the Good Bugs

We leave the grasses and flowers in our orchard to grow as long as we can in the spring. This provides food and a home for the good bugs. Their job is to keep the pest species under control so we do not have to spray with organic materials which also kill the good guys and gals. There comes a point when we need good access to pick the fruit. Papa Ramon is back, and he was not happy that the grasses were so high. Roberto went in with his flail mower to make a path for him. There are still plenty of places for the good guys to live in between the trees in the rows.



Mosquito Fish

Every year we get a five gallon bucket full of these special fish for our pond. They eat the larvae stage of mosquitoes in the pond. It works great. This year I had to go to Fairfield to pick them up but I did get to see the tanks they breed them in. If everyone put these fish in all the bodies of water that do not move, there would be far fewer problems with Mosquitos.

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!

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Dare to Pick Fruit Ripe

Picking stone fruit at just the right stage of ripeness can be tricky. Add the fact that we grow so many varieties each with their own special needs. Ideally we pick it just ripe enough so that when you open your box it has survived the journey and tastes great. Some varieties ripen very fast once we pick them, others very slowly. So this is how we can mess up and you get either under ripe or over ripe fruit.

Over the years I have always said we dare to pick our fruit ripe. So much of what you buy in the store has not developed any great flavor before it enters the long journey to the store. The apricots today are in the clams we use for strawberries. I really do not like using so much plastic but it does protect them, the plastic is recyclable. The papers bags seem to accelerate ripening and allow the fruit to be damaged by other produce in the box.

If fruit ever arrives in bad condition please let us know by filling out the box problems form, and we will replace it.

Nigel



Fabulous Onions

Onions were always a difficult crop to grow mainly because of the weeds and also making sure the soil was fertile enough. These days we have to plant 3 seeds in each cell that we transplant to make sure the onions do not grow too big! The fertility is provided by our cover crops, chickens and sheep. The weed control is taken care of by Ramon and his German finger weeder. We still have to make a pass with hand hoes once to get any missed by the mechanical hoe. We have four varieties, red torpedo, yellow, white and shallots. We seem to never have enough onions so we increase our plant order every year. These onions are delicious in so many ways. Use them like regular onions. In late July they will mature into dry bulbs which we will store for your fall harvest shares.

Mulberries

This is one fruit that we grow on the farm that I am pretty sure you will not see in your box. When picked ripe the fruit bursts in your fingers, staining your skin dark red. It looks like you have bloodied hands and face after eating just a few. I once told a group of kids to tell their mums that the farmer had asked them to help process chickens. They all reacted in horror saying they could never say that to their mums. Kids these days....

Flowering Peppers

We are very happy to report that our much loved lunch box peppers are flowering. We should be picking them in five weeks. The leaves are very green as chickens were on this field until March. Their poop is providing all the nutrients that the plants need. We have three times as many plants as last year due to their popularity. At a pumpkin day last year one young man was seen loading up all his pockets with these delicious peppers. It was such a delight to see.

Recipes and Menu Suggestions

Salad Nicoise dressed with Aioli, this is a meal all on its own

Uses: Green Beans, Potatoes, Summer Squash, Garlic

Roast Chicken, Potatoes topped with Tapenade, and Swiss Chard and Fava Beans

Uses: Basil, Parsley, Garlic, Potatoes, Swiss Chard, Favas, Onion

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

Provence in Dixon

The last couple of weeks we have been writing about our Lavender Harvest weekend, or as I like to call it "Provence in Dixon". I have been looking at loads of recipes from Provence to get inspired for this event, I am cooking loads of meals for everyone. The problem is a great many of the recipes feature tomatoes, peppers and eggplant, which are not in season for us just yet, or fish, and that is definitely not an Eatwell Farm item. But I came to a wonderful realization and that was the fact that all regional styles of cooking have one fantastic thing in common, their region and the best that area has to offer. We do that all the time, so maybe "Dixon" doesn't sound as nice as "Provence", but our food is amazing, and certainly something to be proud of. In honor of the flavors of Eatwell Farm and the heritage that make Provençal style food so appreciated, I have worked on some recipes to bring these two worlds together in this week's share.

Salad Nicoise

Eatwell Farmhouse Kitchen

How much of each item you use really depends on how much salad you want to make. This is an easy dish to customize to your personal taste, for instance if you want less starch use fewer potatoes, or if you love the potatoes and want this dish to be more filling use more potatoes. If you love green beans use more of those. I laid my salad out on a rectangular platter and put the vegetables out individually, so we could choose what and how much of each item we wanted on our plates. I served this with a freshly made Aioli, recipe follows. And for the tuna I used smoked albacore from Cap'N Mikes, which is absolutely delicious!

Potatoes

Green Beans

2 or 3 Zucchini, cut into rounds

Olive Oil

Hard Boiled Eggs, sliced

Tuna

Olives

Wash the potatoes, leave the small ones whole, halve or quarter larger ones.

Gently steam the until tender. Tip the green beans, cut in half, and steam until just the point of them turning tender but still a bit crunchy. Put into an ice bath to stop the cooking, then drain and pat dry with a paper towel. Sauté the summer squash in a bit of oil, and cook until tender. You can mix everything together with a handful or more of nicoise olives, and however much tuna you like, OR put everything individually on a platter. Serve with Aioli.

Tapenade

Eatwell Farmhouse Kitchen

2 cups Olives

1/2 cup crumbled Feta

6 or more Basil leaves

1/2 bunch Parsley

1 or 2 cloves of Garlic

2 TB Olive Oil

Put everything into a blender or food processor, blend until fairly smooth.

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.

Swiss Chard with Fava Beans

Adapted from a recipe in Saveur May 2015

The original recipe calls for Borlotti Beans, but I made this last weekend using our Favas and it was really delicious.

1 bunch Swiss Chard, if you have Dino Kale instead that would work well also

Favas, shelled

1/4 cup Olive Oil

1 tsp Red Chile Flakes

6 cloves of Garlic, roughly chopped

1 small Onion, cut into 1/4" pieces

3 Carrots, cut into 1/4" pieces

1 cup Eatwell Farm Chicken Stock

Salt and Pepper

Boil favas until they are soft enough to get them out of their skins. Chill in ice water so you can handle them. Once the skins are off, set them aside. Fill a sauce pan with salted water; boil. Cook the chard until wilted and stems are tender 4-6 minutes; drain and transfer chard to an ice bath until chilled, and then drain and squeeze dry. Add 2 TB olive oil and the chile flakes to the sauce pan; heat over medium. Cook garlic, carrots and onion until golden, 8 to 10 minutes. Add the fava beans, chard, chicken stock, salt and pepper; simmer until stock is slightly reduced, 6 to 8 minutes.

Transfer to a serving dish; drizzle with remaining oil.

Aioli

Eatwell Farmhouse Kitchen

2 Eatwell Farm Egg Yolks

2 or 3 cloves of Garlic

Olive Oil

Juice of 1/2 Lemon, plus the zest

A good pinch of Salt

A tiny pinch of Cayenne

Pinch of Mustard Powder

Mince the garlic, then in a mortar and pestle mash to a paste. Add the egg yolks and mix well. Starting with just one drop at a time add the olive oil. Continue adding slowly until the yolks and oil emulsify. Add the salt, cayenne and mustard, add more olive oil, mixing all the while. When it starts to thicken put in some of the lemon juice and lemon zest, check for flavor. Add more seasoning if you like, and more oil if it needs to be thicker.

Don't Forget to Order Extras!

You can purchase Eatwell Farm Salts, Heirloom Sonora Wheat Flour and Sonora Wheat Berries, pasture-raised eggs, chicken broth, essential oils, lavender products and Drinkwell Softers for delivery with your CSA box. Just log into your account and order items for delivery with your next CSA box. Remember to place your order by 4pm the Sunday before your next delivery.

This Week's Box List

Summer Squash

Onions

Garlic for Drying

Potatoes

Peaches or Nectarines

Apricots

Basil

Parsley

Spinach or Fava

Chard or Dino Kale

Green Beans from Terra Firma