



WEEK OF JUNE 10TH - 16TH 2014 #23/14



If there is any crop that loves a 100F day, sweet potatoes are the one. We planted these cuttings three weeks ago, and now they are established. In the next four weeks this vine will completely cover the soil with rampant growth. Our goal is to clean up all the weeds because once the vines are in full growth it will be difficult to get into the crop. Jose even leaves the sprinkler lines in the crop because it is so difficult to move them later.



Now we remove most of the Grapes

The flowers have formed into wonderful bunches of tiny grapes, lots of them. We all want sweet, delicious and large grapes to eat from August onwards. If we left every bunch on the vines that are there now, we would have lots of small grapes. So we leave a bunch every foot or so along the vine. We choose only the best looking bunches and remove any that show signs of disease. As you walk along the vines it does look like carnage, but I prefer the term 'tough love'. If we stress the vines too much by leaving all the fruit, then next year they would not look so fantastic. This year we are taking the green fruit and pressing them into verjuice. It is made by taking the juice from unripe grapes, grab apples or other unripe fruit. It is sour, acidic and used in salad dressings or anywhere you would need the lemon juice or vinegar.



Weird Summer Squash

The seed for our summer squash comes from our good friends at Magnum Seeds next door. Lorraine and I walked the field with Wey, one of the plant breeders last fall. We cannot understand why everyone likes just green long squash in the US. So this year we have the best of what he grows and sells all over the world. This is a round squash which some of you may get in your box this week. I grew these in the early 80's in Kent, England. We sized every one we picked, and they went to fancy restaurants in London.



Green Roma Tomatoes

Last Wednesday while Lorraine and I were walking the fields, she saw these Roma Tomatoes. They will be ripe and in your box in three weeks or less. Lorraine said she had a great recipe and wanted to add them to this weeks box. If we take just a few from each plant it will encourage quicker ripening of the fruit that is left, so I was game.

We have staked all the cherry tomatoes and the heirlooms. I am excited to see how those crops do this year as I have lots of new varieties. We will have hybrid heirlooms, which may sound a little crazy but a breeder north of us in Willows has taken heirlooms and cleaned them up. This was done with Romanesco about ten years ago, and now we have wonderful uniform crops which was not the case when we first grew it. I am excited to see the new heirlooms.



Send your mum some lavender. We will ship these glorious five bunches via priority mail for just \$29.99 including shipping to anywhere in the country. Go to eatwell.com to order.

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

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

Rolling It Over From Last Week

My goals with the recipes and menu suggestions is not for everyone to cook and eat what I am suggesting. I hope to inspire you to take a recipe and make it your own; to think "yeah that sounds great, but what if we do it this way instead". Another aspiration is to share with you ways to make a meal one night and "roll" those leftovers into a new and fantastically wonderful new meal. Last week I wrote about one of our all time favorite dinners Roast Chicken, Mashed Potatoes and veggies (plus some kind of vegetable). I made this dinner the other night and wow, it was so good. When you roast a chicken to crispy skin, tender meat perfection, simple gravy and oh so creamy buttery mashed potatoes, you achieve culinary perfection. But then there are always those leftovers, chicken, mashers, sautéed greens, what fabulous opportunities! If you have a good amount of meat left, remove it from the bone and skin and make chicken salad. The carcass can go into the soup pot with Eatwell Farm Chicken Stock, any of your leftover veg can go in there too, add some sautéed onion and garlic, more veg if you like, herbs, salt and pepper and you have a delicious pot of soup. With any leftover soup you can make Risotto. Leftover mashed potatoes will become potato cakes and part of our "Eatwell Farm Fry Up" breakfast. Just keep rolling, one meal to the next, to the next. Add more ingredients from your box, making your life simple because you have a foundation started. You aren't necessarily starting from scratch. If you are going to sauté greens but don't need all of the greens in your share sauté them all anyway and store what you don't use in the fridge. That part of the cooking is now down and it doesn't take any more time to sauté the entire bag of spinach or the whole bunch of chard or kale than it would to do half. But how wonderful to find that container when you are making soup out of last night's chicken dinner and you can quickly toss in the greens you previously cooked up. Or throw those greens into scrambled eggs, frittata or an omelet, voila a meal!

Tarragon Chicken Salad

Eatwell Farmhouse Kitchen

Shred or cube any leftover chicken you have OR cook up some chicken breast. Allow it to cool, then bone, skin and shred it. I always buy chicken with bone and skin because that is where the flavor is, and if I am not using bone or skin in a recipe, I throw it into a pot with some of our stock or even just water and cook it down to use later.

Mayonnaise - Use enough mayo to moisten the salad to the way you like it. Start with one spoonful and add more until you have it the way you like it

Salt and Pepper - again to taste

Chopped fresh Tarragon - chop it up fairly fine, again start with a small amount and add more until you have it the way you like it

Chopped Radishes, Fennel and or Turnips - add as much or little or not at all, I like crunch in my chicken salad

Slivered Almonds or Toasted Walnuts

Lemon Zest to taste

Shred or cube your chicken. Mix in the mayo, salt and pepper, and chopped tarragon and mix well. Add the radishes, turnips, nuts if you like any of those, and then the lemon zest, again mix well. Best to let it sit a while before enjoying to allow the flavors to marry.

Eatwell Farm Fry-Up Part 1-A* Fried Green Tomatoes

I found an organic corn bread/corn muffin mix in my cupboard and used that for my tomatoes. You can also use cornmeal. Part 1 for me was frying up the bacon, setting it aside and using the bacon grease to cook everything else. You can of course skip the bacon and use a good vegetable oil.

Green Tomatoes - sliced about 1/2" thick

1 - 2 cups Cornmeal

1 - 2 cups Flour

2 Eggs beaten

Salt and Pepper

Put the flour, cornmeal, and eggs each into their own bowls. Add salt and pepper to the eggs and beat well. Dip the sliced tomatoes in the flour, then the egg dip and then the cornmeal. Fry in the bacon fat or vegetable oil until golden brown. Flip and fry them until the other side is golden. Put on a plate and finish the rest of your fry-up.

[Fry Up Part 2 and Part 3 posted to Facebook and the website Blog.](#)

"Whatever" Risotto

Eatwell Farmhouse Kitchen

I post a risotto recipe quite often because, like a frittata, it makes such a great meal any time of the year, with any thing that happens to be in season. This week we have summer squash and greens and all of that sounds like some delicious Risotto to me. Joyce aka Joyceeeee, one of my cherished hard core Eatwell Farm Market Stand Staffers, Event Staffer, and CSA Seller is visiting this week. I am talking her through this recipe. She's really hungry so I know the results will be yummy! If you had the rolling over roasted chicken, turned to chicken salad, then turned to chicken soup, the soup can be used with or in place of stock. You can, of course, use a vegetable stock for a vegetarian version of this dish!

1 Onion, diced

1 or 2 Carrots, diced

2 to 3 cloves of Garlic

Summer Squash, chopped to bite size

1/2 to 1 bunch Chard or Kale, chopped

2 cups Arborio Rice

2 TB Butter

1 TB Olive Oil

6-8 cups Chicken Stock (or some leftover Chicken Soup) or Vegetable Stock

1/4 to 1/2 cup Milk or Cream

1/2 cup White Wine

Parmesan Cheese

Salt and Pepper to taste

Garnish with Sage Flowers

In a good sized heavy bottom pot melt the butter and add the rice. Cook on medium heat, stirring so it doesn't burn. Cook until the rice starts to turn golden. In the meantime heat the stock and add at least 1 tsp of Salt. Once the rice is ready, add one ladle full of heated stock, stir and cook until the liquid is absorbed. Then add another ladle full of stock. Essentially you will repeat this process until the stock is gone. However, in the meantime, you will heat the olive oil in a pan and sauté the onion, garlic and carrots until the onions turn glassy. Add the squash and cook another couple of minutes. Then add the chopped greens. Cook until the greens are well wilted. Getting back to the rice, once most of your stock is used up, taste the rice. When it is mostly cooked but still has a bit of chew left to it add the veg, stir well, and then add the milk and wine. Taste for seasoning, adjusting salt and pepper to your

These recipes will help you use everything in your box

Collards

Red kale

Radicchio

Florence Fennel

Flowering sage, oregano

Tarragon

Summer squash

Strawberries and / or Peaches

Green Roma Tomatoes

Lettuce

Radishes

Tokyo Salad Turnips

Chard with holes

Potatoes

The Ultimate "Eatwell Farm Fry-Up"

Eatwell Farmhouse Kitchen

Wednesday morning while Nigel and I were out doing an exploratory farm walk, I saw that we have loads of tomatoes on our Roma tomato plants. And I thought to myself, fried green tomatoes sound really good right now. As it was only about 7:30 in the morning, that meant it sounded like a good breakfast food, which led me to bacon (of course), fried potato cakes made with the leftover mashed potatoes, and fried eggs. Since I am married to an English man, and the English Fry-Up is such a big deal there, I thought how fun it would be to do an Eatwell Farm Fry-Up, sort of England meets the South, meets the Farm!