



FOR THE WEEK OF JUNE 17TH TO 23RD 2014 #24/14



The bags of wheat in our event center. There are about 7 tons which we will start cleaning this Saturday at the Solstice party. So, if you come, you can see how the wheat is cleaned and milled. There are still a few spaces for the Solstice Party, so please check your email for the link to sign up. There will be garlic picking and braiding, strawberry picking, lavender harvest and so much more. Breakfast will be served on Sunday morning after camping overnight.



Freshly Dug Carrots

This is a very big deal for me as I have been farming here on this soil since 1998 and have had a difficult time growing carrots and beets. I have tried to understand this over the years and been told that for so many years sugar beets were grown here. These were not in a good rotation and soil diseases built up. These effect carrots and beets, and it has taken almost 16 years for the soil biology to overcome these pathogens. This is a great achievement which I put down to our rotations with grass clover, chickens and the whey that we feed them. The lactobacillus in the whey and the biology stimulated in the pasture have worked. We see the results every day in the crops that we grow. I have not sprayed the field crops for over four years now. This is the balance I am always talking about and why we farm beyond organic.



Drying Lavender

Those of you here for the Solstice Party will be able to see our drying room almost filled with Lavender. It is a sight to see all the bunches hanging. We will start the harvest in earnest this Thursday and continue all Saturday. This is a very busy time of the year on the farm with lots of competing activities. We have to cut the bunches when there are about 30% of the flowers open to get the best dried bunch. The room is covered with black plastic and open to the air to stop the sun bleaching the bunches as they dry out.



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.



Helping Us Just For Fun

We are lucky that our friends Matt, Mark and Seth Cooley who farm down the road from us like to try new things. They allowed us to plant our organic heirloom wheat seed on 7.5 acres of their farm last November. The field has been treated just like the wheat next to it that they planted, so it will not be certified organic. We harvested it last Saturday and put it directly into one ton big bags from the combine. This took time, and I expressed our appreciation for their indulgence. Matt said, "What else do I have to do on a Saturday morning?" He also said his late father would have done the same; he loved trying new things. The wheat needs to be cleaned in our seed cleaner which we co-own with Tierra Vegetables in Santa Rosa. Coming soon...

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 Right Along, Keeping With A Theme

Last week I took a little bit of a different approach with my side of the newsletter. We've been working off what I wrote in the previous week's newsletter and offering some recipes and meal ideas based off of leftovers from that earlier week. I know I wrote a lot and kept the strict recipes more on the minimal side. What I am hoping to achieve with this format is to help guide those of you who may not be as comfortable in the kitchen as I am. Believe me, I am no pro, but I know many people are not confident enough to vary off recipes or to go ahead and try making something up all on their own. So to continue helping you break your cookbook tethers, here is what we have in this week's share in order of what to use first:

Recipe and Menu Suggestions

Spaghetti with Broccoli, Summer Squash, Greens and Herbs, serve with a light Salad

Uses: Basil, Chard or Nettles, Summer Squash, Broccoli, Oregano, Rosemary, White Onions, Eatwell Farm Chicken Stock

Big Salad, serve with good bread

Uses: Lettuces, Eatwell Farm Eggs, Any Herbs you haven't used yet

Carrots, Potatoes and Nettles, serve with your choice of protein.

Uses: Carrots, Potatoes and Nettles

Nettles and Carrots

I did not harvest any nettles while we were out walking, so I have not had a chance to play with them in a dish. Here is a little interesting information regarding the health benefits of Nettles, from the book *The Herbal Medicine Makers Handbook* by James Green: *a spring tonic and a general alternative detoxifying agent which clears out waste products, strengthens the mucosa of the urinary, digestive and respiratory systems and, when taken fresh, works against the allergic response to hay-fever. It is an excellent potherb cooked like spinach or any other fresh greens.* I have found some really interesting recipes including a Risotto With Nettles on the Mariquita Farm website www.mariquita.com/recipes. If you decide to make a risotto, I would most definitely add sautéed carrots. AND regarding the carrots, if you have never had Eatwell Farm carrots I know you will not be disappointed. I pulled one out of the ground and it was so sweet and flavorful! Most carrots are grown in very sandy soil therefore do not have the advantage of the extra flavor from mineral rich soil like ours. They are very hard for us to grow, so enjoy them while they last! When I get my box this week this is what I plan to do.

Carrots, Potatoes, & Nettles

Eatwell Farmhouse Kitchen

Potatoes, washed well

Carrots, washed well and sliced or cubed

Nettles, washed well, most recipes suggest using gloves I will use tongs

1/2 Onion, minced

1 clove Garlic, minced

Olive Oil

Butter

Salt and Pepper

Start a pot of well salted water to boil with the potatoes. Once the water is boiling, bring the temp down to a very low simmer and cook until the potatoes are tender, not mushy. Rinse with cold water and, when cool enough to handle, cut into chunks. Melt a TB of butter in a skillet with a few TB of olive oil. Once heated, sauté the onion 1 to 2 minutes, and then add the carrots. When the carrots are just beginning to soften, add the potatoes. Add more oil and/or butter if you need to, and season with salt and pepper. Toss in the nettles and cook until well wilted. Adjust seasoning you can also use any fresh herbs you have left.

Your recipe ideas and suggestions are always welcome. Please email Lorraine at organic@eatwell.com

Spaghetti with Summer Squash and Herbs

Eatwell Farmhouse Kitchen Serves 5 (me and the Men!)

I made this last night, and it was yummy. I am just in love with all the amazing herbs we have and am really getting into using them regularly and abundantly. Thinking about summer squash and broccoli, I just had a taste for chicken and pasta with lots of oregano and rosemary and basil. This recipe can be made with chicken or with another type of meat, as long as it is cut into bite sized pieces. And most certainly you can leave the meat out altogether or substitute some sautéed tofu. Whatever suits your fancy.

2 Small Heads of Broccoli, broken into small pieces

2 Summer Squash, cubed

1 Bunch of Chard or Nettles or a combo of the two, chopped

2 or 3 White Onions, diced

1 or 2 Cloves Garlic, minced

At least 1 TB of finely chopped Rosemary and Oregano

1/2 bunch of Basil, chopped fine

2 cups Eatwell Farm Chicken Stock or Vegetable Broth

1 1/4 lbs Chicken, cut into bite sized pieces - you can use more meat if you like. This was the amount I had in the freezer. It was a pack of thigh meat so that is what I used.

Olive Oil Butter

1 Pack of Spaghetti White Wine

Salt and Pepper to taste

In a large skillet, heat a good slug of Olive Oil then add at least 2 TB butter, heating until butter is melted. Add the onion and cook 1 to 2 minutes. Add minced oregano, rosemary, and then garlic. Cook until fragrant. Increase heat, and add chicken. Add more oil if needed. Cook until chicken is browned, and then add a splash of white wine. If anything is stuck to your pan, scrape it loose while the wine is bubbling. Put in the broccoli, and cook 1 to 2 minutes. Then add the summer squash. Repeat. If you need some liquid in your pan, add 1/2 the stock, then add your greens. Cook until all the vegetables are nearly cooked. Then remove from the pan and set aside, leaving the liquid in your pan. Turn the heat up and add the rest of the stock. Taste for salt and pepper and herbs; I added another TB of rosemary and oregano. While the sauce is simmering, add another 2 or more TB of butter and quickly whisk in. Cook your sauce down a bit if it needs it, and

then turn the heat off and put the vegetables/chicken back in. In the meantime, heat a large pot of heavily salted water. Cook pasta according to the instructions. Drain, but leave just a bit of pasta water. It shouldn't be runny but a little pasta water mixed with the vegetable/chicken sauce will be good. Put some butter onto your hot pasta along with the basil and mix well. We served the pasta and the chicken vegetables separately and let everyone dress their pasta as

Salad

Eatwell Farmhouse Kitchen

Lunchtime on Friday. Now that it is much warmer, I am craving green salads again. I love really big salads that make a meal, but to be honest I don't enjoy making them so much. But as I already mentioned I am in love with our "herb garden" so I am having fun playing with making salad dressings.

Lettuce, washed and chopped or torn

4 Hardboiled Eatwell Farm Eggs

A few slices of good Ham or Smoked Turkey

1/2 cup or so of cubed Cheese I used Cheddar

A little bit of crumbled Blue Cheese

Some chopped Olives, marinated Red Peppers

Chopped, toasted Nuts Olive Oil

Good Vinegar and or Lemon Juice Fat to Acid should be 3 to 1

Salt and Pepper Any Fresh Herbs you have left

In the blender, put the salt and pepper, olive oil, vinegar or lemon juice and a good amount of fresh herbs. Blend well, taste and adjust for more herbs or salt and pepper.

continued on the website and facebook....

These recipes will help you use everything in your box

Summer Bounty Box

Strawberries

Peaches or Nectarines

Plums

Italian Basil

Lettuce

Stinging Nettles

Red or Green Chard

Summer Squash

Medley Broccoli

Herbs: Oregano and Rosemary

Eatwell Farm Carrots

Summer White Onions

Potatoes