



WEEK OF JUNE 22ND 2015 #25/52



Tickets for the Tomato Sauce Parties go on sale June 27th at 12pm.

Tickets are on sale for CSA and Good Eggs Members at eatwellsauceparty2015.bpt.me

We have limited spots available this year, so set a reminder so you don't forget!

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



Marauding Bison

The great prairies of the mid west were home to millions of bison who roamed in very large numbers eating the grass and then moving on very quickly. This gave the grasses a good time to recover before the bison returned. There is also a French scientist who spent his life studying grasses and how they grow. He discovered that by grazing for a very short period then leaving the grass to fully recover the plant grew at its optimal rate. It turns out that a grass grazed or cut immediately releases exudates from its roots which in turn feed the soil fungi and bacteria. These are then food for the rest of the soil life which provide nutrients to grow more grass and build soil organic matter. This pulsing of grazing/mowing builds soil fertility at a tremendous rate. It also sequesters carbon dioxide from the atmosphere. These are all great things for the farm and the world we live on. Our rotations are built on a year of pasture and then two years of production vegetables. We do not buy in any fertility, we grow it all ourselves using this method of mowing the grass mimicking marauding bison.

Butternuts and more...

There are three sisters, winter squash, corn and beans. Our winter squash plantings will look very different this year. The two outside rows on each bed will be planted to our regular squash. The center row will have a mix of corn and beans. This combination is called the three sisters after the traditional Native American plantings. We will lay drip lines down each row once the seed is planted to germinate the seedlings. This not only saves water but also keeps down the weeds. The weeds that germinate will be removed with our finger weeder which now has the special attachments to pick up the drip line while the weeds are removed and then drop it down back in place. I have some great varieties of ugly pumpkins for the pumpkin party in October.



Tomatoes

These are ripening well and we should have them for your box in two weeks. Unfortunately there were errors at the nursery, the seed company and I was in hospital that caused delays in sowing the seeds. We are now back on track and it looks like we will have a fabulous tomato crop. What is exciting is a whole new set of varieties from a tomato breeder in the Fremont, Fred. He sells his seed to Johnny's seeds in Maine and is using our fields to grow out more varieties for selecting. As many of you know I have saved and selected our own tomato seed for many years. There came a point where greater knowledge and skill are required. Thankfully our seeds man asked me if we could help Fred who needed more land to grow more trials.

Sunday Suppers on the Farm

I am really excited to share with you all my latest venture (or should I say adventure); Sunday Suppers on the Farm. I am hoping to do at least 2 per month, most months of the year. The first one is scheduled for Sunday July 5th. There will be a very informal tour with Nigel followed by an Eatwell Farm-centric dinner, cooked by me, and served family-style in our Farmhouse Kitchen. The past 2 months I have had the chance to do several big meals for different groups, and I realize this is where and when I am my most authentic me. I love to cook. There is nothing that gives me greater joy than seeing a group of people gathered around food on the table, sharing stories along with their sustenance. Good food, good conversations, creating community and sharing an experience that most of us probably never had, the big Family Sunday Supper.

Dinner menus will be determined pretty close to the actual day of the dinner. I like to use what we have in abundance and that can change pretty last minute. My meals are not flashy restaurant style, but they are delicious dishes that highlight the wonderful flavors of truly farm fresh food. I do want to be considerate of those of you who have dietary restrictions, so if that is you, and you would like to join us for a meal, let's have a conversation about that and I will do my best to accommodate you.

The first Sunday Supper is scheduled for July 5th. Cost is \$65.00 per person. We are not in a position to supply wine, so if you would like wine please bring your own bottle. There will be Drinkwell Softers, coffee and tea. These dinners must be reserved and paid for by July 2nd. If you want to join us for our first Supper please call me directly at 530-554-3971. Nigel and I are really looking forward to having you join us at the table! THIS IS OPEN TO EVERYONE, SO PLEASE SHARE WITH YOUR FRIENDS.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Summer Time Pasta - This is a one dish meal.

Uses: Onion, Garlic, Chard, Carrots, Summer Squash and Lemon Verbena

Potato Pancakes served with a Cucumber Salad

Uses: Potatoes, Onions, Parsley, Garlic, Cucumbers

Chilled Peach Soup with Fresh Goat Cheese

Uses: Peaches, Cucumber, Basil, Garlic

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

Summertime Pasta

Eatwell Farmhouse Kitchen - Serves 4 for a light meal

3 Carrots, washed and diced

1 clove Garlic, minced

1 or 2 Onions, depending on size, chopped

3 Summer Squash, diced

1/2 bunch Chard, tough part of stems removed, rest chopped fairly small

Lemon Verbena leaves to taste

Olive Oil

2 cups Eatwell Farm Chicken Stock

Salt and freshly ground Pepper, to taste

1 pack of Egg Noodles

Parmesan Cheese

In a good sized skillet heat the olive oil over medium heat. Add the carrots and onions, cook, stirring often, until they just begin to soften. Add in the summer squash, garlic and the chard, cook until the chard brightens, then put in the chicken stock. Cook on a low simmer until all the vegetables are tender, but not mushy. Season with salt and pepper. Finely chop at least 4 of the Lemon Verbena leaves. Cook the pasta according to directions, drain, then add to the skillet with the vegetables. Mix in the chopped lemon verbena, taste and add more if you like. Lemon Verbena can be strong, so start out with a small amount and add more as you like. Pour drained pasta into the skillet and mix well with the vegetables and stock. This is a very basic recipe and delicious as is, but easy to spruce up either with a bit of cream and white wine, or a can of diced tomatoes. Serve topped with a little freshly grated parmesan cheese.

Potato Pancakes

Eatwell Farmhouse Kitchen - Serves 2

I can't help myself, when I see potatoes, onions, and parsley on the same list I just instantly crave potato pancakes. Unfortunately this is one of those dishes I don't really measure, so hopefully I have the proportions right.

1 lb Potatoes, washed and grated

2 Eatwell Farm Eggs

1 medium sized Onion, finely chopped

1 TB Parsley, finely chopped

2 TB Flour

2 TB Breadcrumbs

1/2 tsp Salt

1/4 tsp freshly grated Nutmeg

Good Oil for frying

Put the grated potato into a kitchen towel and ring out as much water as you can. In a bowl, mix all the ingredients together except for the oil. Heat a fry pan with enough oil to cover the bottom, to medium high. Ladle in enough of the mixture to make about 3" to 4" pancakes, fry until the edges look golden brown and crispy, then carefully flip. Cook until the other side is crispy and golden. Serve with a yogurt/garlicky cucumber salad.

Chilled Peach Soup

Food and Wine July 2011 - Serves 4

I know most of you aren't sitting in the heat that I enjoy, but because I do, a cold peach soup sounded so good to me. When I did a quick little search I found this one and it looks delicious. I can't wait to try it! Instead of basil as a garnish you could use Lemon Verbena. Note* This recipe does have a marinating time of one night.

3 cups sliced peeled Peaches

1/4 cup finely diced peeled Cucumber, plus thin slices for garnish

1/4 cup finely diced Yellow Bell Pepper, plus thin slices for garnish

1/4 cup diced dried Apricots

2 TB Honey

3 TB crumbled fresh Goat Cheese, plus more for seasoning

1/4 cup White Balsamic Vinegar

1/4 cup plus 2 TB Extra-Virgin Olive Oil, plus more for drizzling

Good Salt

1 large Garlic clove

2 cups diced Baguette (1/2")

Basil leaves, for garnish

Freshly ground Black Pepper

In a bowl, toss the peaches, diced cucumber, yellow pepper and apricots. Add the honey, 3 TB of goat cheese, 1/4 cup of white balsamic vinegar and 2 TB of the olive oil. Stir in 1 1/2 tsp of salt. Add the garlic. Cover and refrigerate overnight. Discard the

garlic. Transfer the contents of the bowl to a blender and puree. Add 1/4 cup of water and puree until very smooth and creamy; add more water if the soup seems too thick. Season with salt and vinegar. Refrigerate the soup until very cold, about 1 hour. Meanwhile, in a medium skillet, heat the remaining 1/4 cup of olive oil. Add the diced bread and cook over moderate heat, stirring, until golden and crisp, about 2 minutes. Using a slotted spoon transfer the croutons to paper towels and season with salt. Pour the peach soup into shallow bowls and garnish with the sliced cucumber, sliced bell pepper, goat cheese, croutons and basil. Drizzle lightly with olive oil, season with black pepper and serve.

This Week's Box List

Peaches

Apricots or Plums

Onions

Parsley

Basil

Garlic

Lemon Verbena

Potatoes

Chard

Carrots (Terra Firma)

Summer Squash

Cucumbers

Summer Solstice Party Fun

This past weekend we welcomed members, friends and family for the Summer Solstice Sleepover & Garlic Braiding Party. The orchard was full of tents, the company was excellent, and the "farm pool" was just the right temperature for the kids to cool down in. We harvested garlic in the field and braided it to take home, enjoyed tasting each other's food at the potluck dinner, and listened to guitar, drum and banjo music by the campfire. The weekend was rounded off with a hearty farmhouse breakfast and a farm tour on Sunday morning. We hope to see you all on the farm for another event this summer. Check out the event details at www.eatwell.com/events.



The "farm pool" gets a little rowdy! Check out more photos of the Solstice Party at www.facebook.com/eatwellfarm