



WEDNESDAY JULY 2ND 2014 #26/14



Papa Ramon and Leonardo spent two days last week thinning the grapes. We check to see which are the most perfect bunches on a vine and remove everything else. We leave around twelve bunches to ripen up. If we leave too many the bunches would be smaller and not so sweet and flavorful. My next task is to find some netting to protect them from the birds later this month. The birds are currently having a field day eating mulberries.



### Essential Oil Harvest Next

The lavender has been harvested for drying and those bunches are hanging on the racks waiting to be packed away for selling throughout the year. The bees are working hard on the flowers still, and there are flowers opening all the time. We now wait until every flower has opened and the oil is at it maximum level. This will be in another two-ish weeks. There is a heavy look to the flower heads that indicates it's the right time. I have been growing lavender for 18 years now, and we always distill some for cosmetic companies, selling at the market and for Lorraine's Drinkwell Softers.

Distillation takes place in Sonoma where the right steam generator and stainless steel pots are in place. We do not sell enough to justify buying all that equipment even if we had the cash floating around.



### Verjuice

All the excess grapes were put in crates so that on Saturday afternoon I drove a few miles east to Winters where our good friend and my mentor of so many years, Jim Schrupp, lives with his wife Georgeann. Jim makes wine for himself, friends and family so he has all the toys needed to make juice. This press is over 100 years old. The original owner brought it from Italy to his new home in Oakland. Verjuice is used like lemon juice. It is very acidic, having a pH of less than three. We will bottle it soon.



### Yum, a Bin Full of Vegetables

This is one weeks collection of vegetable rejects, extras etc from the pack-house. Jose is taking it out into they field for the chickens. They absolutely love it. I was once asked by a member who got several of our chickens, fed them organic feed but the kids said that the eggs still did not taste the same as the ones from the farm. My view is that lots of space and the varied diet that the pasture with its current cocktail of 5 species of grasses and clovers together with lots of yummy vegetables all make the flavor difference. The price we pay is that the chickens lay less eggs. When you confine them, even in a garden pen, they cannot move so much and more of the energy that they eat goes to egg production. As you know the chickens perform so many more tasks than just laying eggs, their fertility deposits and eating bugs are also valuable.



Ray unloading burlap sacks. These are kindly donated by Blue Bottle Coffee. We use them to mulch around trees. They also give us coffee grounds to fertilize the citrus trees.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto: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

## Recipes and Menu Suggestions

Turkey & Zucchini Burgers - Served with Couscous with Early Girl Tomatoes and Onion

Uses: Summer Squash, Tops of White Onion, Lemon Balm, Garlic, Tomatoes, White Onion, Eatwell Farm Chicken Stock

Purslane with Walnut and Sumac Salad - Served with Fish or Chicken and Roasted Potatoes

Uses: Purslane, Tomatoes.

Pizza with Fresh Tomatoes, Basil - Served with a Green Salad

There are loads of simple recipes for this and I am sure many of you have your own, so have fun!

Uses: Roma Tomatoes, Basil, Lettuce, Oregano

Pickled Beets - just to have and enjoy

Uses: Beets and Bay Leaves

## Couscous with Tomato and Onion

From Jerusalem, by Yotam Ottolenghi Serves 4

3 TB Olive Oil

1 White Onion, finely chopped about 1 cup

1 TB Tomato Paste

1/2 tsp Sugar

2 Early Girl Tomatoes, cut into 1/4" diced

Scant 1 cup Couscous

Scant 1 cup boiling Eatwell Chicken or Vegetable Stock

2 1/2 TB unsalted Butter

Salt and freshly ground Pepper

Pour 2 TB of the olive oil into a nonstick pan about 8.5 inches in diameter and place over medium heat. Add the onion and cook for 5 minutes, stirring often, until it has softened but not colored. Stir in the tomato paste and sugar and cook for 1 minute. Add the tomatoes, 1/2 tsp salt, and some black pepper and cook for 3 minutes. Meanwhile, put the couscous in a shallow bowl, pour over the boiling stock, and cover with plastic wrap. Set aside for 110 minutes then remove the cover and fluff the couscous with a fork. Add the tomato sauce and stir well. Wipe the pan clean and heat the butter and the remaining 1 TB olive oil over medium heat. When the butter has melted, spoon the couscous into the pan and use the back of the spoon to pat it down gently so it is all packed in snugly. Cover the pan, reduce the heat to its lowest setting, and allow the couscous to steam for 10 to 12 minutes, until you can see a light brown color around the edges. Use an offset spatula or a knife to help you peer between the edge of the couscous and the side of the pan: you want a really crisp edge all over the base and sides. Invert a large plate on top of the pan and quickly invert the pan and plate together, releasing the couscous onto the plate. Serve warm or at room temp.

## Easy Pickled Beets

From Myrecipes.com Chuck Williams Cooking Light 2008

So as seasons come and go we are nearing the end of beets. Here is a recipe for very simple pickled beets that way you can enjoy them a few weeks from now!

1 lb Beets

1/2 cup White Vinegar

1/4 cup Sugar

Leave root and 1 inch stem on beets; scrub with a brush. Place in a medium saucepan; cover with water. Bring to a boil. Cover, reduce heat, and simmer 45 minutes or until tender. Drain and rinse with cold water; drain. Cool slightly. Trim off the beet roots, rub off skins. Thinly slice beets; place in a large bowl. Combine vinegar and sugar in a small saucepan. Bring to a boil; cook 5 minutes. Remove from heat; stir in salt, peppercorns and bay leaves. Pour vinegar mixture over beets; cover and chill. Discard bay leaves.

## Turkey & Zucchini Burgers with Green Onion and Cumin

Also from Jerusalem by Yotam Ottolenghi Serves 4 to 6

1 lb ground Turkey

About 2 cups grated Summer Squash

3 Green Onions, thinly sliced (I am going to try using the tops from the white onions)

1 Eatwell Farm Egg

2 TB Chopped Lemon Balm (the recipe calls for mint and cilantro, 2 TB each)

2 cloves Garlic, crushed

1 tsp ground Cumin

1 tsp Salt

1/2 tsp freshly ground Black Pepper

1/2 tsp Cayenne

About 6 1/2 TB Sunflower oil, for searing

Sour Cream & Sumac Sauce

1/2 cup Sour Cream

2/3 cup Greek Yogurt

1 tsp grated Lemon Zest

1 TB freshly squeezed Lemon Juice

1 small clove garlic, crushed

1 1/2 TB olive oil

1 TB Sumac, you might try finely chopped lemon balm instead

1/2 tsp Salt

1/4 tsp freshly ground Black Pepper

First make the sour cream sauce by placing all the ingredients in a small bowl. Stir well and set aside or chill until needed. Preheat the oven to 425F. In a large bowl, combine all the ingredients for the meatballs except the sunflower oil. Mix with your hands and then shape into about 18 burgers, each weighing about 1 1/2 oz. Pour enough sunflower oil into a large frying pan to form a layer about 1/16" thick on the pan bottom. Heat over medium heat until hot, then sear the meatballs in batches on all sides. Cook each batch for about 4 minutes, adding oil as needed, until golden brown. Carefully transfer the seared meatballs to a baking sheet lined with waxed paper and place in the oven for 5 to 7 minutes, or until just cooked through. Serve warm or at room temperature, with the sauce spooned over or

on the side.

## Purslane with Chopped Walnuts and Sumac

From A Seasonal Cook in Turkey Serves 6

I was really excited to find this blog and this recipe. Purslane is most often considered a weed, but it is very high in Omega 3's and Vitamin C. Apparently it is quite the powerhouse of nutrition. It is growing like a weed right next to the row of lettuce. We did not plant this purslane, so I suppose you could call it a weed. I think it is really delicious, and is described as lemony and peppery. Hope you enjoy it!

1 bunch Purslane

1-2 Tomatoes

A handful coarsely chopped Walnuts

Sumac

Olive Oil

Salt

Trim the bunch of purslane, discarding the thicker stalks, and put the leaves in a colander. Wash and then drain carefully. Place on a tea towel to catch the remaining moisture. Wash the tomatoes and halve. Roughly grate each half onto a plate. Arrange the purslane on a serving plate and chop roughly so the leaves aren't too big. Scatter the tomato pieces over it and drizzle with olive oil. Sprinkle with salt to taste. Follow by adding the chopped walnuts down the center and then sprinkle the sumac on top. I think a little bit of feta on top would be perfect.

### These recipes will help you use everything in your box

Strawberries

Peaches or Nectarines

Plums

Melon

Basil

Roma Tomatoes

Early Girl Tomatoes

Purslane

Summer Squash

Beets

White Onions

Garlic

Herbs: Bay Leaves and Lemon

Balm