



WEEK OF JULY 6TH 2015 #27/52

Tickets for the Tomato Sauce Parties are on sale now at

eatwellsauceparty2015.bpt.me

Sauce Party Dates

August 8th - 9th **SOLD OUT**
(More tickets may be added closer to party date)
August 22nd - 23rd
September 5th - 6th

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



The Cost of Water

With all the hype about which crops use the most water over the past few months I thought it time to bring up the issue here. It does take a lot of water for farms like ours to grow all the produce that we do. We all need to eat, and food is a priority. We recently got a letter from the irrigation district which supplies us with water from Lake Berryessa. They basically said that because the farmers on our part of the canal were using less water they would be putting up the price to meet their financial goals. Many farmers are converting their field from wasteful flood irrigation to planting nut crops with micro sprinklers and saving a large amount of water. The problem here is that we are being penalized for saving water. The management of the irrigation district has made some poor financial decisions which has emptied their coffers, and they are now looking to rebuild them. They are saying our rates will go up 29% per year for the next five years. We already spend about \$15,000 on water each year. I am afraid to do the math.

So What is Verjuis?

We have almost 2 acres of table grapes planted on the farm. This is the time of the year that we need to thin the bunches leaving just enough to develop into delicious and large grapes to eat. At the present time the grapes are very small and sour, perfect for making verjuis. This is an alternative for vinegar and lemon juice in the kitchen. It goes well in dressing providing the acidity (pH3). It deglazes pans and so much more. We borrowed a machine to de-stem the grapes and crush them. We also have a press to extract the juice. Eric and Andrew are doing some work on the farm to earn money for college so they made the verjuis last week. We will have it available in about a month when the it has settled and the juice is clear enough to bottle.



Laying out drip line on pumpkins to save water.



Not Just Healthy Stuff

Every now and then, Lorraine would say slightly more than that, I like a good desert treat. My niece, Chloe, is visiting from England and really enjoying working in our kitchen with Lorraine. She has baked cookies, bread, galletes and now sticky buns. In August my dad will be 80 years old and so what do you get him as a gift? Chloe was excited to learn how to make sticky buns because it is her grandpa's absolute favorite treat. She made it with our heirloom flour and our eggs. We all know sugar is enemy number one but a great tasting treat every now and then cannot hurt too much? Please support me on this one!



Sunday Suppers

Some of you have heard me say this before; Lorraine and I have a deal, I grow it and she cooks it. I must say this is the best deal I have ever made. Now you can enjoy the fruits of my great foresight and join us on the farm for Sunday Supper. I will take you round on a tour of the farm after an appetizer then back into the kitchen where Lorraine will prepare us a fabulous meal with the very best of our farm and a few local farms too. Follow the link below to reserve your spot for this weekend's supper (July 12th). The next Sunday Supper after this weekend is planned for August 2nd. <http://eatwellsundaysuppers.bpt.me>

WE WELCOME YOUR COMMENTS AND QUESTIONS!

ORGANIC@EATWELL.COM



RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Pesto Pasta - Serve with Sliced Red Tomatoes sprinkled with a bit of Eatwell Farm Lavender Salt

Uses: Basil, Red Tomatoes

Rakott Krumpfli and Schopska Salad

Uses: Potatoes, Tomatoes, Cucumbers, Onion, Garlic, Parsley

Summer Squash Soufflé serve with Green Tomato/Tomatillo/Nectarine Salad

Uses: Summer Squash, Garlic, Green Tomato, Tomatillos, Cucumber, Nectarines and/or Peaches, Onion, Garlic, Parsley

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

A Little Eastern Europe

Three years ago Nigel, his daughter Eleanor, and I were lucky enough to spend two weeks in Bulgaria visiting my son, Cameron, who was there in the Peace Corps. The food in Bulgaria was amazing. Because it is a very fertile country they grow and produce almost everything we ate. Even in Bulgaria we got to eat, fresh and local, and it all tasted incredibly delicious. One of the dishes we had almost every day (probably every day, actually!), was Schopska Salad. Fresh, red vine ripened tomatoes, great tasting cucumbers, a bit of finely chopped garlic and grated Bulgarian Feta is almost all you need. This salad is great with just about everything. And sometimes when it is really hot it is perfect all by itself with a little bit of bread to dip in the juices. The second Eastern European dish is Rakott Krumpfli, a fantastic potato dish that was my favorite dish to order at Paprikas Fonos, a Hungarian restaurant that was in Ghiradelli Square when I was a girl. You could easily pair these two together and have a truly excellent meal.

Schopska Salad

Cameron Ottens

1 or 2 Tomatoes

1 or 2 Cucumbers

1 clove Garlic, finely minced

A small handful of Feta, as much as you like

1 TB Onion, finely chopped

1 TB Parsley, finely chopped

A drizzle of Oil, in Bulgaria it is most common to use Sunflower which I prefer for a salad like this as the stronger flavor of Olive Oil can be a bit much

Salt and Pepper to taste

I use a peeler and remove half the peel of the cucumber so it ends up looking striped. I like the extra flavor a bit of peel gives but don't like too much of it. Into a bowl, chop the cucumbers, the tomatoes, the parsley, and onion. Drizzle on the oil, season with salt and pepper, toss well. Top with some feta. In Bulgaria we mostly ate a feta that is made with cows milk which has a lovely mild flavor and holds up well if you have any of this salad leftover.

Green Tomato/Tomatillo/Peach Salad

Eatwell Farmhouse Kitchen Serves 6

I had this recipe in the newsletter last week. Since most of you only get the box every other week, and it works so perfectly with what is in season at the moment, I had to include it one more time!

Find the recipe at www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Rakott Krumpfli

Eatwell Farmhouse Kitchen - Serves 4

1 1/2 lbs potatoes, peeled and sliced to about 1/2" thickness

2 oz Butter, melted

4 slices of Bacon, OR about 1/4# of Hungarian Salami

4 Hardboiled Eatwell Farm Eggs

1 1/2 cups Sour Cream

1 tsp Salt

Paprika

Preheat oven to 350 F. If you are using bacon, start that cooking. Typically this dish is made with Gyulai Kolbasz, a smoked Hungarian salami. If you are using a smoked sausage just slice it thinly. Bring a pot of salted water to the boil. Add the potatoes and reduce the heat to a gentle simmer. Cook the potato slices for 3 minutes, then gently drain and allow to cool enough to handle. Melt the butter and add it to the sour cream along with the salt. Peel the hardboiled eggs and slice. Once the bacon is cooked chop it fairly small. In a small casserole dish spread a bit of the sour cream on the bottom then add a layer of potato slices. Follow this with slices from about 2 of the hardboiled eggs and a sprinkling of the chopped bacon or the thinly sliced smoked sausage. With a spoon dollop more of the sour cream over this first layer, then repeat. On this top layer

use what you have left of the sour cream then lightly sprinkle paprika over the entire casserole. Bake for 20 minutes. This simple dish is really so delicious, we ate our leftovers for breakfast yesterday morning!

This Week's Box List

Summer Squash

Peaches

Nectarines

Basil

Onions

Cucumbers

Red Slicing Tomatoes

Green Tomatoes

Tomatillos

Parsley

Garlic

Potatoes

Bonus Item: Sweet Corn

Summer Squash Soufflé

Hugh Fearnley Whittingstall - Serves 6

Our niece Chloe is visiting this summer from England. She and I were watching some episodes of River Cottage on YouTube where they made this recipe. If you have never seen any River Cottage programs I highly

recommend them; they are really fun food/cooking programs. It was my introduction to Hugh Fearnley Whittingstall whose recipes I use often in the newsletters.

2 TB Olive Oil

1 clove Garlic, finely chopped

1 lb 2 oz small Squash, finely sliced

2 oz Butter

2 oz All-Purpose Flour

8 oz Milk, heated

4 Eatwell Farm Eggs, separated into 3 yolks and 4 whites

2 oz Cheddar, or Gruyere, grated

Black Pepper

Butter, to grease

Preheat the oven to 350 F. Grease 6 ramekins. Heat the oil in a large saucepan and add the garlic and summer squash. Cook the squash gently on a slow sizzle so they soften without browning. Continue cooking, stirring frequently, until they are completely soft and almost all their water has evaporated (this may take 20 minutes or more). Then bash to a pulpy consistency with a wooden spoon or potato masher and set aside. In a small pan, melt the butter and add the flour. Mix together, cook for 1 minute, then stir in the hot milk to make a thick bechamel, stirring continuously to avoid lumps. Allow to bubble for just 1 minute (this ensures the flour is cooked through) then remove from the heat. Add the bechamel to the squash, along with the egg yolks, cheese and few twists of black pepper, and beat well to get a nice sticky mixture. Whisk the egg whites until stiff and fold carefully into the mixture. Divide between five to six ramekins or pile into one large souffle dish. Bake in a preheated oven for 12 -15 minutes for ramekins, up to 35 minutes for large one. Serve straight from the oven, without delay.