



WEDNESDAY JULY 9TH 2014 #27/14



I am very pleased with the peach crop this summer. The flavor is great, and although we do not have a full crop, there seems to be enough to go round. We have had a drought of peaches for over four years due to spring rains which have damaged our blossom. This year though we came through well with some damage but still a crop to harvest. Papa Ramon is doing a great job walking the orchard and picking at the right time. Enjoy the bounty.



### Tomato sauce parties coming up

The tomato crop is getting into full swing which means that we will have lots of cosmetically challenged tomatoes. For seven years now we have had parties every year for members to make sauce on the farm. We pick the tomatoes, you bring pots, a cooking stove and lots of jars. I will show those who want it how I make sauce. It is easy and so much fun. There will be lots of time to relax and enjoy your picnic and Pims. There is something really fun about cooking as a community. We learn from each other and share the bounty of the farm. Later this week you will all get an email with instructions for sign up. The tomatoes are free, and the reservation charge is just to help with the expenses of running events like this. This is a sleepover so bring your tent, and on Sunday morning we will provide a great breakfast and tour of the farm with opportunities to pick strawberries and mulberries.



### Sorting hat time

Our breeding flock is almost all grown up, and now Jim Adkins, our chicken consultant, is coming to sort the girls into their houses. There will be three families/houses of 15 hens, each with a primo rooster. Jim will have about 100 females and 100 males to choose from. There will be tension, just like at Hogwarts. We hope to start hatching our own chicks in late September. We will have some of the male birds ready to roast by the end of the month. We are looking for Chefs to try them for free.



### Enough to make a grown man cry

The very first tomato sauce party was seven years ago. We were called to a meeting with local farmers on a Saturday evening, and the secretary of Agriculture for the State was there. Someone had brought a mango back from Holiday in Hawaii and it was infested with mediterranean fruit fly. The flies were caught in a trap and immediately a 3 mile quarantine area was created. We could not move any host crops off the farm, which basically shut us down. We got great cooperation from the USDA and California Dept of Ag to help us keep making our boxes for members. You all stuck with us, and we decided to have a party to cook all the tomatoes that we could not move off the farm. Two hundred members came and we had the best party ever. It was then that I realized that I was not alone and went in a corner to shed a few tears. Thank you... Nigel



It is jam making time. Order boxes of our delicious berries to be delivered with your box. We do select the riper berries that make the very best jam. I am making jam in our certified kitchen for sale and as gift items.

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 or jam as a thank you! Discount code 38PNZFR valid until 12/31/14

## Recipes and Menu Suggestions

Greens with Ham and Smoked Hock - Serve with Red Beans and Rice

Uses: Collard Greens, Chard, Onion, Tomatoes

Tomato and Cabbage Tabbouleh - Serve with Good Hummus, Feta Cheese, Olives and Good Bread

Uses: Tomato, Cabbage, Mint, Onion

Citrus Brined Pork Loin with Peach Mustard - Serve with Grilled Summer Squash and Tomatoes

## Greens with Ham and Smoked Hock

I found this recipe on the steamykitchen.com website, but it is an adaptation of a recipe by Lisa Fain author of [The Homesick Texan](#)

- 2 TB Olive Oil
- 1 large Onion, diced
- 4 cloves Garlic, minced
- 2 Tomatoes, chopped
- 2 Smoked Ham Hocks
- 1.5 cups chopped Smoked Ham
- 5 cups Water
- 1 TB Apple Cider Vinegar
- 1 bunch Collard Greens
- 1 bunch Chard

Wash the greens well, removing tough stems. Tear each leaf in half. In a large pot, heat olive oil over medium heat. Add the onion and sauté for 5 minutes. Add the garlic and sauté for another minute until fragrant. Add in the tomatoes, ham hock and ham. Pour in the water and apple cider vinegar and bring to a simmer. Add in the greens, collards first. Cover and simmer for 1.5 hours. Season with salt and pepper.

## Tomato and Cabbage Tabbouleh

From *Bon Appetit* July 2014 - 8 Servings

I thought it was kind of funny that the current issue of *Bon Appetit* has this recipe in it. Since we have both tomatoes and cabbage in this week's box, AND I am always struggling for something different to make using cabbage, I think it is a perfect addition.

- 1 cup Bulgur (not quick cooking)
- 1/2 medium head green cabbage, cut into 1" thick wedges, then very thinly sliced crosswise - about 4 cups
- 1 small Onion, finely chopped
- 4 cups assorted small tomatoes, halved, quartered if large
- 3 cups coarsely chopped fresh Mint
- 3/4 cup Olive Oil
- 1/4 cup fresh Lemon Juice
- 1 tsp Aleppo Pepper or 1/2 tsp crushed Red Pepper Flakes
- Kosher Salt

Place bulgur in a large bowl and add 1.5 cups boiling water. Let soak until softened and water is absorbed, 40-45 minutes. Toss bulgur, cabbage, onion, tomatoes, mint, oil, lemon juice, and Aleppo pepper in a large bowl to combine and season with salt. This can be made 4 hours ahead without the oil and lemon juice. Add those ingredients just before serving.

## Peach Mustard

- 1 large ripe Peach
- 2 TB Sugar
- 1 tsp Apple Cider Vinegar
- 1/2 tsp Kosher Salt, plus more
- 1/3 cup Dijon Mustard
- 1/3 cup whole grain Mustard
- 1 TB finely chopped fresh Chives
- Freshly ground Black Pepper

Using the tip of a paring knife, score an X in the bottom of peach. Cook in a small saucepan of boiling water just until skin begins to peel back where cut, about 30 seconds. Transfer to a bowl of ice water, let cool. Peel and coarsely chop. Bring peach, sugar, vinegar, 1/2 tsp salt and 2 TB water to a boil in a small saucepan. Reduce heat and simmer, stirring occasionally until peach is very soft and mixture thickens slightly; about 5-8 minutes. Pulse in a blender until chunky, do not puree. Transfer to a medium bowl; let cool. Mix in Dijon, whole grain mustards and chives. Season with salt and pepper.

## Eating Seasonally

As tomatoes are just getting their start, this is a great time to talk about what it means to eat seasonally. I would wager the tomato is one of the fruits or vegetables that most of us eat throughout the year, in season or out. How many of you buy those packs of Del Cabo cherry tomatoes for your salads in the dead of winter, or the hydroponically grown "tomatoes on the vine"? They are organic, sure, but out of season. They never taste as good as a true vine ripened in the heat of the sun in the middle of summer tomato, and yet we buy them anyway. Walk through Whole Foods, at least the ones that have a decent produce department, and chances are you will find peaches, nectarines, plums and strawberries all year round. I realize many of you might be thinking right about now, "what is wrong with any of that?" Here's the thing, a year comes in seasons, and we have blurred all of those lines almost to the point of no season at all. In Germany the month of May is Spargel Zeit (Asparagus Season) and every restaurant goes crazy

with a second menu of just asparagus dishes. There is tremendous excitement and honor for this food. Eat it while it is in season and eat loads of it because now is when it tastes the best. The same holds true for most produce. Having access to anything, anytime has stolen that excitement from us. We *should* be excited that the first summer tomatoes are here and then eat ourselves sick until the season is over. This prepares us for the next season's glorious food, and typically nature has designed things so that those foods serve us better when eaten at the appropriate time. When your eating habit follows the season, chances are you will get food that is more local and typically a lot fresher. I could write at length about the importance of eating local but you are already doing that. So when you sit down with your first tomatoes this year, I hope you really enjoy them and know that as the season progresses they will taste better and better. And for you eggplant lovers (as I am) eggplant and peppers are just around the corner!

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

- Peaches
- Plums
- Italian Basil
- Lettuce
- Early Girl Tomatoes
- Roma Tomatoes
- Chard
- Collards
- Summer Squash
- Cabbage
- Herbs: Mint & Thyme
- Onions



## Save The Dates! Tomato Sauce Parties

Saturday July 26th/ Sunday 27th  
&  
Saturday August 9th/ Sunday  
10th

Tickets go on sale Friday, July 11th.