



WEEK OF JULY 13TH 2015 #28/52



Buy your Tomato Sauce Party Tickets at

eatwellsauceparty2015.bpt.me

Sauce Party Dates

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

Tickets go on sale for the public on Saturday, July 25th.



Chicken Tractors

Agustin is spending a large part of his day making these moveable house for our new flock of black austrorlps. They move from the brooder house into these at two or three weeks old. With all the chicks we are hatching I have calculated we will need forty. They cost us \$200 in materials each, and it takes Agustin about six hours to make one. This one is number five and we have to make some modifications as some chicks have managed to get out. They can be moved by one person once the wheels are attached. Depending on how many and how old the chicks are they get moved every one to three days. This gives them fresh grass and bugs to eat plus it spread their manure nicely through the orchard. We are hatching about 130 chicks per week, half of which are males that we will process in great whole chickens for you to enjoy once they reach 6lb live weight. This should start within the next few weeks. More details to follow.

Sweet Potatoes

Our first planting looks really good. Ramon cultivated them with the tractor three times and then his father Papa Ramon came through with a hand hoe to clean up. He has five of his sons working year round on the farm, and he arrives in May to help us and spend the summer with his boys and grand children. He spends his day picking fruit and then hoeing any weeds his son misses with his tractor. In late September he will fly back to Mexico. In this field of sweet potatoes he left a butternut squash plant to see which would out win, the squash or sweet potato. My money is on the squash.



Sweet Corn

I have not grown this crop for several years now as my neighbors all planted gmo corn which would contaminate our crop. This year the price of corn is low so they all planted other crops. Back in April we sowed ten beds with three varieties. Each one should mature a week apart. Corn needs to be planted in blocks to ensure good wind pollination of the kernels. The rows are 600 feet long so we switched varieties every 200 feet to give us three blocks 200 feet long by ten beds wide.

We picked corn with everyone who came to the Sunday Supper and were able to enjoy the freshest corn possible as Lorraine cooked it when we came in from our tour. This last variety does have a much higher percentage of corn eat worms than the previous two. We could spray every three days. As many of you know I do not like spraying so we protect our natural predators and parasites (the good guys and gals). Even organic sprays can kill our natural helpers. Just cut the end off where they have nibbled. They are a bonus item in the box.

Tractor Repairs

This is the time of the year that we change the hydraulic oil in our tractors. I ordered a 55 gallon drum which is just enough. Roberto's tractor has a small leak so we called in a mechanic to fix it. While he was there he pointed out that the power take off (pto) was worn and needed replacing. So we are doing that also. Parts for these tractors can get very expensive; the pto drive will be \$2,000 plus labor. To replace this tractor would cost us \$100,000. They both have over 12,000 hours of operation logged which is about the end of expected life for a tractor. Roberto and Ramon have been very good in not pushing them too hard and changing the oil so ours are still running well. Roberto's tractor should be back in the field by the time you read this.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

ORGANIC@EATWELL.COM

TEXT/VOICE 707-999-1150

RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Hamburgers with thick slices of Tomato, Basil Mayo, and Grilled Corn on the Cob

Uses: Shady Lady Tomatoes, Basil, Corn, Onion

Summer Kabobs cooked on the Grill or in the Oven

Uses: Cherry Tomatoes, Potatoes, Summer Squash, Onion, whatever meat/protein you prefer, serve with a Cucumber Salad like Tzatziki

Summer Fruit Galette

Uses: Peaches, Nectarines or Plums. We have been making peach and nectarine Galettes using the recipe from the current issue of Bon Appetit. We do use at least half our Heirloom Flour. They are incredibly delicious! Here is the link <http://www.bonappetit.com/recipe/blueberry-pecan-galette>

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

Summer On The Farm

I forget, or have I intentionally blocked from my memory bank, that SF is shrouded in fog much of the summer. As much as I love my home town, I remember how miserable summers were and how much my sister and I loved going to Grandma and Grandpa's house in Modesto.

There we could swim and ride bikes till late in the night, play in the warmth of the sun early in the morning, then come in and chill out during midday or spend much of that super hot time in our friend's pool. I remember eating lots of corn and going to U-Pick farms for peaches. My Mother would spend hours on those peaches, cutting and freezing, so we could enjoy them throughout the year. I also remember sitting out in their giant backyard eating watermelon and spitting out the seeds; my sister and I competing to see who could spit them the farthest. To me, summer is all about really simple food, like a truly great BLT, or a burger with thick slices of tomatoes and corn on the cob, peach cobbler, tomato and cucumber salad with a bit of good bread to soak up the juice. Everything fresh, a lot of it raw; I mean when it is pushing a 100 F who wants to eat a heavy meal? So forgive me while I bask in the sun here on the farm, writing up recipes that suit our long hot days, and for being oh so grateful that I no longer have a summer filled with foggy days! PS: Come up to the farm, we have plenty of sun to share, and good food too!

Summer Kebabs

Eatwell Farmhouse Kitchen

And another summer favorite, skewered meats and vegetables. I did a quick search on line and there are loads of recipes out there. My suggestion is this:

If using wooden skewers soak them for at least 30 minutes in water.

Cut some of the white onion into chunks, the same with the summer squash and potato. Don't forget the cherry tomatoes, they go on just as they are! Cubed tofu is always nice on a kebab. If you want to add meat to your skewers, cut the pieces fairly small so that it will finish cooking at about the same time your vegetables are done. You can also do one item per skewer, all onion, or all potato etc., but I prefer them mixed. You can marinate the onions, potatoes, summer squash and protein or use some of your basil mayo and brush it onto everything once you have them on the skewers, or maybe when they are halfway through cooking. Lay them out on a rimless baking sheet and pop into a preheated oven at 425 F for about 10 minutes. If you cut and marinate all your pieces the day ahead of time, you can assemble and cook a complete meal in no time at all.

Summer Burger Feast

Eatwell Farmhouse Kitchen

For the Basil Mayo

Washed Basil leaves

1 clove Garlic

2 Eatwell Farm Egg Yolks

A Pinch of Salt

Juice from 1/2 Lemon

1 cup of good Oil

Into a blender put the egg yolks, turn it on low to mix the yolks then slowly add the oil, one drop at a time. It is important to add the oil very slowly in the beginning so the yolk and oil can begin the emulsion. After the first several drops add the garlic, salt and lemon juice. Then drizzle in about half the oil and add several basil leaves. Check the consistency and the flavor, if you want more basil add it. Add more oil slowly until you have a consistency and flavor you like. This is really delicious spooned over tomato slices, as well as a spread for your burger bun.

Hamburgers & Buns

Eatwell Farmhouse Kitchen

This Week's Box List

Dark Rich Cherry Tomatoes

Shady Lady Tomatoes

Basil

Potatoes

Summer Squash

White Onions

Cucumbers

Plums

Peaches or Nectarines

Garlic

Bonus Item:

Sweet Corn (Wednesday)

Melon (Thursday)

I like to keep my burgers really simple. I start with very good meat, gently forming the patties and sprinkle with Eatwell Farm Lavender Salt. Fry on a really hot griddle pan or on the bar-b-que. Never press the patty while it is cooking, that only serves to squish out the moisture and you end up with dry burgers. Toast a good bun, preferably homemade (recipe info below), slather with Basil Mayo, top your burger with cheese if you like and seriously thick slices of tomato and a bit of our white onion.

Della Fattoria's Hamburger Buns

Kathleen Weber

For this week's Sunday Supper I made the Hamburger Buns from Kathleen's book and they are outstanding! I used half our Heirloom Wheat Flour and half All Purpose. If you want to try them for yourself here is a link to the recipe on line <http://www.bakepedia.com/hamburger-hot-dog-rolls>, or if you prefer email me at drinkwellsofters@gmail.com and I will type it up and send it to you.

Corn On The Cob

Corn is fantastic when you can grill it on the barbeque, but if you don't have access to one you can oven grill it. Shuck the corn, rub with a bit of butter, sprinkle with Eatwell Farm Smoked Chili Salt (our favorite on Corn!), wrap in foil and roast in the oven for 15 to 20 minutes at 400 F.



Shallots coming soon!