



WEEK OF JULY 14TH 2014 #28/14



Longtime member Jamie is seen here making a video last Sunday on the farm. Jamie makes documentaries for a living, and we have worked together for a long time. His partner, Roma, runs the Eatwell Ice Box in the Haight in which we are partners together. I have to correct people when they talk of Nigel's Farm. No, so many people contribute and are very much a part of the farm from the crew here to the members who work the market stand.



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. 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. Check out event details and purchase tickets here: <http://eatwelltomatosauceparty2014.bpt.me>



Preparing for fall

The summer crops are almost in full swing, and now I am talking about fall. Some of the first fall crops will be arriving from the nursery next week. Roberto is seen here cultivating beds that the chickens were just on. Their fertility will help us grow up to five following crops without buying in organic compost or fertilizer. This is radical stuff in the world of organic farming where so many chemical inputs are just replaced with an 'organic' source. The farm must be a whole functioning ecosystem. Our journey continues...



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.



Heirloom wheat burger buns

I have started to mill the wheat harvest from this year. It does take time as the mill can only run at about 40 lb per hour. It is a stone mill from Meadows Mills in North Carolina. It is simple and very sturdy. I add wheat to the hopper where it is then fed between the mill stones. One stone is moving while the other is adjusted with wheat between the stones. There is a sweet spot with wheat holding the stones apart, spinning and milling beautiful, fine flour. The other side of the sweet spot is where the stones touch, through the breaker and stop. You have to listen, feel the flour and make very small adjustments. I like this kind of work where the skill of the operator is essential.

I have three more varieties from Italy that were grown this year and will be rereleased later. Thank you... Nigel

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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

Summer Squash Carpaccio - Served with a Baguette as an appetizer or as a salad

Uses: Summer Squash and Fresh Thyme

Stewed Chicken with Eggplant, Tomatoes - Serve over Rice or Pasta

Uses: Eggplant, Tomatoes, Onion, Rosemary and Basil

Light Summer Soup of Chard and Carrots - Serve as a starter or a light meat with bread

Uses: Chard, Onion, Carrots and you can add whatever vegetables you have left

Roasted Strawberries with Rosemary and Lavender

Uses: Strawberries and Rosemary

Summer Squash Carpaccio

Recipe from Melissa D'Arabian on Foodnetwork.com

2 medium Zucchini

1/2 lemon, juiced

3 TB Olive Oil

2 tsp minced fresh Thyme

Good and freshly ground Black Pepper

Parmesan Cheese, for shaving

1 baguette, sliced, for serving

Using a sharp vegetable peeler, shave the zucchini lengthwise, creating very thin slices. Discard the first slice that is very dark green skin. Arrange the slices on a platter, overlapping the slices. In a small jar or bowl, place the lemon juice, olive oil, thyme, salt and pepper. Cover and shake well or whisk to blend. Pour the mixture evenly over the zucchini slices. Allow to sit for at least 15 minutes, or for up to an hour. Use the vegetable peeler to shave thin slices of Parmesan over the zucchini, and serve with baguette slices.

A Light and Simple Soup

Eatwell Farmhouse Kitchen

2 TB Olive Oil

1 Onion, minced

1 clove Garlic, minced

1 bunch of Chard, washed and chopped

3-4 Carrots, diced

4 cups or more Eatwell Farm Chicken Stock or Vegetable Stock

Salt and Pepper to taste

Herbs to your liking

In a medium sauce pan heat the oil, over medium heat. Add the onions and the carrots, cook until almost tender. Toss in the garlic and fresh herbs of your choice, cook a minute or two longer, stirring so the garlic doesn't brown. Again, the aroma should be amazing! Add the chard and cook until it just wilts, add the stock and salt and pepper to taste. Cook long enough for the chard to finish. The idea is for a light and quick soup so you don't need to cook it for a really long time.

Recipe Ideas or feedback?

Lorraine is on a roll with the recipes but always appreciates your comments, suggestions and recipes. There must be a favorite recipe that you have to share. Email us at organic@eatwell.com or share your photos and recipes with us on Facebook, Twitter and Instagram @eatwellfarm, #eatwellfarm.

Tonight We're Having What We Saw In The Fields Today

Walking the farm this morning I was very excited to see our first eggplant. Now I know many people really dislike this vegetable, but it has always been one of my favorites. I love eggplant just breaded and fried with a little good dipping sauce, or roasted in the oven with tomatoes and peppers then served room temp, or in Thai food, or, or, or, and I can go on! So tonight's dinner literally was inspired by what we found ready to eat.

1-2 Onions, chopped

3 + TB Olive Oil

1 lb Chicken meat, sliced

2 TB chopped Rosemary

1 - 2 cloves Garlic

1/2 cup Basil, chopped

4 - 6 Roma Tomatoes, quartered lengthwise, then halved

1/2 cup White Wine

1 Eggplant, cubed

2 cups Eatwell Chicken Stock

1 tsp Lemon Salt

Freshly ground Black Pepper

In a large skillet heat the 2 TB olive oil over medium high heat. Add the onions. When they turn glassy, add the rosemary.

Give it a minute or so, stirring, then add the garlic and enjoy

the amazing aroma! Seriously, it smells divine!

Then add the chicken and more olive oil if you need it.

When the chicken is mostly cooked, deglaze your pan with the white wine.

Throw in the tomatoes and stir well.

Once the tomatoes begin to soften, add the eggplant, cover and cook on medium about 7 minutes.

Stir a couple of times, then add the Eatwell Chicken Stock.

Cover and cook 10 more minutes. Remove cover and cook down to desired thickness.

Top with fresh basil and serve over rice or pasta!

These recipes will help you use everything in your box

Early Girl Tomatoes

Roma Tomatoes

Italian Basil

Strawberries

Plums

Peaches

Wakefield cabbage or Eggplant

White Onions

Summer squash

Chard

Melons

Herbs- Rosemary and Thyme

Carrots (Terra Firma)

Baked Strawberries with Lavender and Rosemary

From Jugalbandi.com sent to me by CSA Member Jill C.

1 lb Strawberries, hulled and large ones halved

2 TB Orange Blossom Honey

2 tsp each fresh Rosemary and Lavender

1 TB Cognac

Put the strawberries into a glass baking dish. Drizzle on the honey and mix in the the rosemary, lavender and cognac. Pop into the oven preheated to 400. And bake for 30 minutes. Check on them at the 20 minute mark if the berries are small or firm. Serve over ice cream or on pound cake.

Your input is important

If you would like us to grow your favorite crop this fall please email me now. I try to make the box as diverse as possible but there is always room for improvement. Thank you for support all of us at Eatwell Farm.



Tickets On Sale Now! Tomato Sauce Parties

July 26th - 27th

&

August 9th - 10th

Purchase your tickets today before they're sold out:

<http://eatwelltomatosauceparty2014.bpt.me>