



WEEK OF JULY 20TH 2015 #29/52

Buy your Tomato Sauce Party Tickets at

eatwellsauceparty2015.bpt.me
Farm 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

Oakland Sauce Party

August 29th
saucyinoakland2015.bpt.me



Artemisia Aborescens

Big name, powerful plant. The essential oil from this plant is a thick blue liquid. The yield is small, about 9 ounces from 200lbs of flowers. Crazy but the skin care company who wants it has already paid us a chunk of money ahead of harvest. If you google this plant there are claims that it fights skin cancer. There is no doubt that it is a powerful anti-inflammatory. We add it to one of our healing salves. Unfortunately I have had to use it with my cancer on my back and now I am a believer.

We picked this on Monday morning after which I drove it to Sonoma where our good friend Wally distills it for us. The flowers are put in a large stainless steel container into which steam is injected. The oil is carried in steam to a Liebig condenser where it is cooled and the oil separated from the fully saturated Hydrosol (water). The oil stains the steel so when we have finished distilling this crop we will run two bins of lavender through it to clean away the blue oil. The 'blue lavender' oil produced during this cleaning process is developing its own following too. We will provide a sample of this oil free to any member. Watch the Friday emails for the release date.

Johnson Grass

This weed has become very annoying the last eight years. It all started when in July our egg plants and peppers were being swamped by this grass. Up until that point the crop was clean of weeds. The weed was evenly distributed over the whole crop. Our suspicion was immediately on seeds brought in with the irrigation water from the canal. After investigations by our water tender on the canal he reported that there was a weedy patch on a farm ahead of us in the canal that had been cut a month before.

Now we are still living with this problem even though we get a warning from the water tender if the offending farmer is putting seeds. In the peppers we have wonderful crop with the grasses growing above it. There is no way we can even get in there with hand hoes. My thesis at college was on weed control without herbicides, and at the time a company in Texas was working on an electric weeding machine. This consisted of a copper tube in front of the tractor that was set above the crop but low enough to contact the weeds. A generator was attached to the tractor power take off (pto). A metal wheel behind the tractor touched the earth to complete the circuit. The weeds steamed as they made contact with the copper. Unfortunately I have been unable to find any mention of the machine since the mid 80's. It does sound like a potential safety nightmare but was very effective.



Climbing Beans

This corn is a dent variety for making grits. In the same row we planted climbing dry beans which now are starting to do their job on the corn. Either side of the corn/ beans are planted two rows of winter squash. This is the Native American Three Sisters. They are all growing very well, there is something powerful about this planting. Those of you coming to tomato sauce parties next month please check this out.



Johnson grass in the pepper field



The three sisters: corn, beans and squash.

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

Zwiebelkuchen served with sliced Heirloom Tomatoes with Basil

Uses: Onions, Heirloom Tomatoes

Chicken Verde served with Corn on the Cob

Uses: Tomatillos, Onions, Corn

Summer Squash Phyllo Roll Served with Schopska Salad

Uses: Summer Squash, Onion, Parsley, Tomatoes (cherries and/or slicers), Cucumbers

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

Zwiebelkuchen - German Onion Tart

From Daringgourmet.com

I had this tart years ago when I was visiting Baden-Baden. It was so good I never forgot it. The other day I had loads of onions sitting around so I googled it and found this fantastic recipe and have since made it a few times. Because I have such limited space here you can find the crust recipe on our website, but you can also use bought pie crust. For GF folks I have also made this gluten free using a polenta tart dough recipe from Jamie Oliver. This will be linked in the recipe at www.eatwell.com under the CSA Farm Box tab. Just click "recipes" and find this recipe.

The Filling:

2 TB Butter

2 1/4 lbs Onion, finely diced

5 slices thick cut Bacon, finely diced

1 1/2 cups full fat Sour Cream

4 Eatwell Farm Eggs

2 TB All-Purpose Flour

2 tsp Salt

1 tsp Caraway Seeds

Freshly ground Black Pepper

Fry up the bacon. When the bacon is done add the onions to it along with 2 TB of butter. Reduce the heat and let the onions slowly caramelize to a nice golden brown, about 30-40 minutes. Remove from heat and allow the mixture to cool. In a bowl, combine sour cream, eggs, flour, salt and caraway seeds, and some freshly ground pepper. Add the onion/bacon mixture to it and thoroughly combine everything. If using refrigerated pie crust, grease the springform and gently press the crust into the pan, leaving about 1/2 inch or so margin along the top. If making the dough yourself, once the yeast dough has risen, butter a medium-sized springform (9" or so) and spread out the yeast dough on the bottom and up the sides (leaving about 1/2" from the top). The dough will keep retracting, just work fairly quickly and then immediately pour the onion mixture into it (it will hold the dough in place), and put it in the oven. Place the Zwiebelkuchen on the middle shelf in the oven preheated to 400 F and bake for 55 to 60 minutes, until the top is light brown and the center of the pie feels fairly firm to the touch. Let cool for at least 20 minutes before serving. Can be eaten lukewarm or cold.

Saucy In Oakland August 29th

Can't visit the farm for a Tomato Sauce Party this year due to limited transportation options? We have very limited tickets available for members who cannot travel out of the bay area. Dona and Jason have offered their home for a small gathering of Eatwell Farm members for a sauce party on August 29th. Tickets are on sale now: saucyinoakland2015.bpt.me

Chicken Verde

Eatwell Farmhouse Kitchen

This is one of those recipes that has rather loose quantities. It is really simple to make to your personal taste preference. Tomatillos

1 Onion, quartered

1 clove Garlic, crushed

1 lb boneless/skinless Chicken meat, chopped into bite sized chunks

Oil

1/2 tsp Coriander powder

1/2 tsp Cumin powder

Pinch of Red Pepper Flakes

1 tsp Eatwell Smoked Chili Salt

Take the outer paper-like skin off the tomatillos and give them a quick rinse. Put them into a pot with the onion and garlic and cover with water. Bring to a boil, then reduce the heat to a simmer and cook until tomatillos and onion are tender. Carefully put the tomatillos, onion and garlic into a blender and puree. Add some of the cooking water to get it to the thickness you like. In a skillet heat enough oil to cook the chicken. When it is nearly browned add the spices and salt, cook a couple of minutes longer. Pour over the tomatillo sauce and simmer on low for at least 10 minutes. Serve with tortillas.

This Week's Box List

Cherry Tomatoes

Shady Lady Tomatoes

Heirloom Tomatoes

Basil

Summer Squash

Cucumbers

Melon

Peaches or Nectarines

Plums

Parsley

Tomatillos

Onions

Bonus Item: Sweet Corn

Summer Squash Phyllo Roll

Eatwell Farmhouse Kitchen

2 TB Olive Oil

1 1/2 cups Onion, chopped

2 cups Summer Squash, sliced into about 1/2" disks

2 cloves Garlic, minced

2 Eatwell Farm Eggs, beaten

2 oz Feta, crumbled

1/2 tsp Salt

2 TB Parsley, chopped

5 to 7 Sheets of Phyllo Dough, thawed according to package directions

Melted Butter for Phyllo Sheets

Preheat the oven to 375 F.

Cook the summer squash in a steamer until very tender. Heat the oil in a skillet and sauté onion and garlic until soft, definitely not browned. In a bowl beat the eggs and add the crumbled feta, chopped parsley and salt, mix well. Combine all the ingredients except the butter and phyllo sheets. Create a space to work with the phyllo. Cover a large baking sheet with parchment paper, and lay out the first piece of phyllo. Brush the first sheet with melted butter, then repeat this process with the rest of the sheets, layering one on top of the other. Once all the sheets are buttered and stacked spoon on the filling across the width of the sheet and closer to one edge than the other. Using the parchment paper begin to roll the phyllo dough over the filling, creating a nice log shape. With the seam side down, center the roll, brush with butter and pop into the oven. Bake about 20 minutes, turning half way through the baking time. When it is a beautiful golden color all the way around take it out of the oven and allow to cool about 10 minutes before slicing.

Sunday Suppers on the Farm

Join Nigel and Lorraine for an intimate tour and farm dinner featuring the best produce of each season. The next Sunday Supper is Scheduled for August 2nd, and details can be found at www.eatwell.com/events.