



There are some beautiful bunches of grapes ripening on the vines. My job now is to keep the birds from helping themselves. At the moment they are feasting on the mulberry trees. I bought some reflective tape which Papa Ramon has hung from the trellis. We cannot use the automatic guns to scare them away as it will freak out our chickens, and they may stop laying. I am hoping to distract them and maybe the mulberries will suffice.



A German, Mexican and a Venezuelan

Last Sunday we had visitors for breakfast then we went out into the field to play with our enhanced finger weeder. Some of you may have heard me go on about how wonderful this machine is and how much time and energy it saves us. Well, here I go again. Almost three years ago, Christian, the German was on the farm checking that I was doing a good job with the machine that he invented. I passed but asked him for the cultivating tines that would enhance the machine. It took him all this time to get the parts to me but now the job we can do with this weeding machine is pretty amazing. These are winter squash seedlings that emerged just last week and we are already weeding between the plants. Normally we have two people hoeing for three weeks doing what this machine will do in a day plus a couple of days hand hoeing. I can firmly say that no one on the farm loves hoeing so this is a great day for every one.



Peaches and rain

Our peach crop this year is much bigger than we have had for five years now. Spring rains damaged the blossoms in the past. A disease called brown rot sets in after rain and destroys any chance of fruit. This year we are seeing another form of brown rot, one that waits until harvest then grows inside the fruit from the inside out. We cannot see it when we pick and pack your boxes. I have spoken with several members, and I believe this is the main problem some of you are having with your fruit. Details later on this as I find out more.



Lorraine standing by our Safflower crop. We planted this as the roots of safflower penetrate deep into the soil searching for water. This breaks up any compaction which will make life much easier for the trees that follow.



Armando, on the left of the image at the top, sells agricultural machines and flew up from Mexico to see this machine. Will is originally from Venezuela, and he works full time for Christian now. The fingers disturb the soil around the squash plants where the seedling weeds are germinating. I would say that over 99% of the weeds are removed. This machine needs a very flat and uniform bed to work on. We have that thanks to our bed shaper. The adjustments to have optimum effect are numerous. I had a cultivator like this when I was farming in England. Christian now has an office in Pennsylvania so it will be easier to get parts. When I got my original machine and the brush hoe, I had to import them directly from Germany. These tools allow us to work efficiently. We need this kind of technology to compete with farms in Mexico who have cheap labor at about 10% of our crew cost. - Nigel

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

Build Your Own Crepes - Served with a light green salad of lettuce
Uses: Whatever vegetable or fruit you would like. I have suggested sautéed onions, chard with diced ham or bacon, roasted eggplant/tomato, basil, and if you are making them for dessert or breakfast you can use summer fruit.

Zucchini Squares served with Carrots with Coconut Butter and Lime; You can add some type of meat with this to make it more of a bigger meal or not.

Uses: Summer Squash, Onion, Oregano, Carrots, Lemon Verbena

Carrots with Coconut Butter and Lime

From *Vegetable Literacy* by Deborah Madison

1 lb. Carrots, scrubbed and sliced into rounds or on the diagonal 1/2 inch thick

Sea Salt

About 2 TB Coconut Butter

1 Lime

1 - 2 tsp chopped fresh Lemon Verbena

In a pot bring 4 or more cups water to a boil. Add the carrots and 1 tsp salt and simmer until the carrots are tender to the touch of a knife tip, about 15 minutes. Drain well, then return the carrots to the pan for a few minutes to dry in the residual heat. Add the coconut oil, lemon verbena, and toss to coat the carrots. Halve the lime and squeeze over the carrots. Taste for salt and add more if needed.

Build Your Own Crepes

I know I have done crepe recipes in the past, but they are just so good! And with all this delicious summer fruit, you can make them for breakfast or dessert, or even for dinner. Some suggestions for crepe fillings: sautéed chard with a bit of ham or bacon, roasted eggplant and tomato (chopped) topped with some chopped basil and feta cheese. For dessert or breakfast use fresh or lightly cooked summer fruit with or without yogurt or ricotta cheese,

Basic Crepes

Recipe from *Sweet Basil, Garlic, Tomatoes and Chives* by Diana Shaw sent to me by Eatwell member Heather R.

1/2 cup Eatwell Farm Flour

1/2 cup All purpose Flour

1/2 tsp Salt

3 Eatwell Farm Eggs

1 cup Milk

2 TB unsalted Butter, melted

Sift the flour and salt together into a mixing bowl. Make a well in the center, and break the eggs into it. Whisk together until well mixed. Combine 1/2 cup of the milk and the melted butter, and pour into the flour mixture in a slow, steady stream, whisking as you do. Continue to whisk until you have a smooth paste. Whisk in the remaining milk, making a thin batter. Let stand 30 minutes before frying.* Heat a 7 inch crepe pan. Place a TB of butter in the pan, and swirl until it melts and coats the bottom of the pan. Pour the excess butter into a small dish. Reserve the excess butter for preparing additional crepes. Test the pan by dropping a tsp of batter into it. When the batter starts hopping, the pan is ready. Pour a small ladle, about 1/4 cup, of batter into the pan and shake to distribute evenly. Cook over medium high heat until the bottom has browned, about 1.5 minutes. Loosen the edge of the crepe with a butter knife, flip the crepe with your fingers. Cook until the other side has browned, about 1/2 minute more. Repeat for each crepe.

*Heather likes to make her batter in the morning and lets it sit all day before cooking the crepes at night for dinner.

Extra, Extra, Extra

Or rather extra items, we have lots of them, but most exciting is the return of our flour, freshly milled from our heirloom varieties of wheat. If you have tried the Eatwell whole wheat heirloom flours you know how fantastic they are. If you are anything like I was, you never liked whole wheat flour, and if that is the case, I ask you to give this a try. It is a world apart from store bought whole wheat flour! Much lighter, the flavor is fantastic and because it is freshly milled, the flour is not rancid like most of what we buy in the stores. Freshly milled also mean superior nutritional value. Heirloom means it is a much different product than modern hybridized varieties. So for those of you who experience a little sensitivity to wheat (I am not talking allergies or anything serious) you might consider giving our heirloom flours a try. Oh and did I mention how delicious they are? Extra items are easy to order. Just log into your CSA account and click on the link "shop for add-ons now." The list showing all the different categories of items that we offer will pop up. To inspire you with a recipe using our flour, I am including one sent to me by CSA member Heather R.

Zucchini Squares

From *Browneydbaker.com*

I used to make these years ago and loved them, particularly for parties and gatherings. This is a pretty simple recipe that is inexpensive and feeds a crew. I went searching through my old recipe box but couldn't find my version anywhere. I did find this one online, and it looks like what I remember my recipe to be. It is pretty funny because in her blog she writes about not wanting to use Bisquick, but in some old recipes from grandma you just have to make an exception to achieve that nostalgic taste. I laughed because I kind of feel the same way sometimes. So this recipe does include Bisquick. If anyone knows of a good way to substitute it, please let me know!

5 Eatwell Farm Eggs, lightly beaten

1/2 cup Vegetable Oil

1/2 cup grated Romano Cheese

2 TB chopped fresh Parsley

1/2 tsp Salt

1/2 tsp Seasoned Salt (I would use Eatwell Farm Lemon Salt instead)

1/2 tsp dried Oregano or 1.5 tsp Fresh

1/4 tsp Garlic powder

1/2 cup Onion, finely chopped

2 cups Bisquick

3 cups Zucchini, thinly sliced

Preheat oven to 350F. Grease a 9 x 13 baking dish and set aside.

In a large bowl whisk together the eggs, oil, Romano cheese, parsley, salts, oregano and garlic. Whisk in the onion, and then the Bisquick. With a rubber spatula, gently stir in the sliced zucchini, being careful not to break up the slices. Turn the mixture into the pan and smooth the top. Bake until puffed and golden brown, 25 to 30 minutes. Let cool to warm room temp before slicing and serving.

8th Annual Tomato Sauce Parties

July 26th-27th & August 9th-10th

Tickets are on sale now: eatwelltomatosauceparty2014.bpt.com

This weekend is the first Tomato Sauce Canning Party of the year! Invite your friends and family to come to the farm for a weekend of food, fun and LOTS of sauce. Don't wait until the last moment to purchase your tickets! The August Party is almost sold out.

Chicken Barn-raiser

Coming soon.. We are working with a member to to help raise the money needed to get all the equipment for our own chicken breeding flock. More details to follow.

These recipes will help you use everything in your box

Artisan Cherry Tomatoes

Roma and Early Girl Tomatoes,

plus some Heirlooms

Peaches or Nectarines

Plums

Onions

Summer Squash

Melon or Watermelon

Chard

Herbs: Oregano, Lemon Verbena

Carrots (Terra Firma)

Lettuce or Chives