



WEEK OF JULY 27TH 2015 #30/52



Two Weeks Until the First Tomato Sauce Party!

Buy Tickets at eatwellsauceparty2015.bpt.me

Farm Sauce Party Dates
August 8th - 9th SOLD OUT
August 22nd - 23rd (Very few tickets remaining)
September 5th - 6th

Oakland Sauce Party
August 29th
saucyinoakland2015.bpt.me



Fall Garden

I know we are in the midst of summer but on the farm we are in fall mode. A truck load of transplants arrived from the nursery on Monday morning. These were ordered back in early January. I send a spreadsheet to Mike at Headstart nursery with a list of all the plants we need for the year. I make sure all the required seed is sent directly to him from our two main seed suppliers White Seed in Salinas and Johnny's Seeds in Maine.

We put all the trays of plants into our shade house, and will not start planting until Thursday. We like there to be no wind and not so hot when we plant. We irrigate them as soon as the transplanting machine moves out of the way. The next day we go back into the field and set up shade cloth to reduce the stress on the plants. After ten days it will be time to cultivate the weeds that grow so we will remove the shade then and move it into other newly planted crops. This is extra work but it can make a difference between the young plants surviving or not at this time of the year.



Tours of Your Farm

This guy was on a tour last Thursday. He was very proud of the onion he pulled up. If you would like to visit there are tours listed on the website and are offered during other events on the farm. You can also come at any reasonable time; we may or may not be able to show you around though. You can read the newsletter and blog/Facebook posts but nothing replaces walking around the fields seeing how your food is grown. Take our eggs and chickens for example. I'm often asked are they free range? Natural? There are so many confusing words that mean something or nothing. Nothing beats checking them out for yourself. Find tour and event listings at www.eatwell.com/events.



Drying Tomatoes

When we pick tomatoes for your box there are always some that are too ripe or marked in some way. These are the tomatoes that we all love at the tomato sauce parties. We also dry some of them in the sun. Juanita and Rosa cut these last Thursday morning, and this photo was taken on Monday morning.

We use these for our tomato salt. We will finish drying them in the shade and then vacuum pack and freeze them.

If you have not signed up for a sauce party please check online for the space availability. eatwell.com/events



SUN DRIED TOMATOES



COMING SOON!



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

Bacon, Cucumber and Tomato Sandwich - This doesn't need anything else!

Uses: Heirloom Tomatoes, Cucumbers

Peaches/Nectarines or Melon and Cottage Cheese

Uses: Peaches/Nectarines or Melons

Summer Risotto

Uses: Tomatoes, you can use Shady Ladies or Cherry Tomatoes, Summer Squash, Shallots, Basil, Lunch Box Pepper

Baked Chicken - Serve with Mashed Potatoes and Sautéed Summer Squash

Uses: Lunchbox Peppers, Onions, Summer Squash

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

Summer Meals

Sometimes we really just don't have to cook much of anything to fully enjoy summer's bounty. The other night Nigel and I fried up some Damn Fine Bacon, made a quick batch of Aioli, and sliced a cucumber and some really ripe tomatoes. Added some Della Fattoria's seeded wheat bread and we were set. I know you all probably still have garlic and most of you get our eggs; I whole-heartedly encourage you to make your own aioli or mayo, really worlds apart from store bought. It is also very simple to make a basil mayo, whether you use homemade or store bought, simply put an amount of mayo into the blender and add a couple of basil leaves. Run to puree the basil, taste add more if you like. Garlic can be added to this too. Thick slices of Heirloom Tomatoes with a bit of Basil Mayo spooned over them makes for a fantastic side dish. Another non-cook meal we enjoy is cottage cheese and slices of fresh melon and/or peaches. When it gets really hot here, which it will this week, this is such a refreshing/light and no heat producing meal.

Baked Chicken with Lunchbox Pepper Sauce

Eatwell Farmhouse Kitchen Serves 4

Our first batch of Eatwell laid/hatched and raised chickens have been processed. I made this for a BarnRaiser dinner last night and the flavor was amazing! - Yes we do have a few of our birds left and you can order for pick up at the Ferry Plaza Farmers Market on Saturday.

1 Chicken, cut into pieces
Onions, chopped
Garlic, chopped
Lunchbox Peppers, seeded and quartered
White Wine
Salt and Pepper
Sour Cream, about 1/3 cup

In a roasting dish toss the onions, garlic, and peppers to mix them up. Put the chicken pieces right on top, pour on about 1/2 bottle of wine. Salt and pepper the chicken, I used Eatwell Farm Rosemary Salt. Cover with foil and bake at 325 F for about 30 minutes. Remove the foil, check the temp/doneness of the chicken. Turn the heat up to 350 and finish baking and the skin is browned. Once the chicken is done remove from the roasting pan. Pour the liquid, with the onions, garlic and peppers either into a bowl and puree with a stick blender or into a regular blender and carefully blend on low. Stir the sour cream into the sauce. You can serve the sauce over the chicken or on the side.

Summer Risotto

Eatwell Farmhouse Kitchen Serves 4

Last week was a week of visits from old friends. My friend Meike and her family came to visit Thursday, and we made an incredibly delicious Risotto using whatever was in the fridge.

1 cup Arborio Rice
2 TB Olive Oil
2 TB Butter
1 qt Eatwell Farm Chicken Stock
2 cloves Garlic, minced
3 Shallots, finely chopped
1 1/2 cups diced Summer Squash
1/2 lb Italian Sausage
2 Tomatoes, chopped
2 Lunch Box Peppers, seeded and chopped
4 Basil leaves, finely chopped
Salt and Pepper to taste
Splash of White Wine
Cream
Parmesan Cheese

In a frying pan cook the sausage about half way, then add the summer squash, peppers, onions and garlic and cook long enough for the onions to soften. In a heavy bottomed pot heat the olive oil and butter over medium temp, add the arborio rice. Stirring often cook until the rice turns golden and the aromas are a bit nutty. While the rice is toasting heat the chicken stock. Once the rice is lightly toasted add a ladle's worth of stock, stir well and allow enough time for the rice to absorb most of the liquid. Add another ladle-full of stock and continue on until most of the stock has been used. Put the sausage, peppers, squash etc into the rice and mix well. Add the rest of the stock along with a good splash of white wine, some salt and pepper. Taste for seasoning and doneness of the rice. Risotto should have a bite to it, you don't want it to be mushy. Add the chopped tomatoes (including all the juice). Stir well, check for doneness of the rice, cook a bit longer, then add a splash of cream and parmesan cheese. The risotto at this point should be fairly creamy and probably pretty close to done. Just before finishing up and serving add the chopped basil. Serve with parmesan cheese sprinkled on the top.

This Week's Box List

Italian Basil
Mixed Cherry Tomatoes
Heirloom Tomatoes
Shady Lady Tomatoes
Onions
Summer Squash
Shallots
Cucumbers
Melons
Lunch Box Peppers
Peaches or Nectarines
Plums

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 in Oakland on August 29th.

Tickets are on sale now: saucyinoakland2015.bpt.me

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.