



WEEK OF JULY 28TH 2014 #29/14

Our pepper crop is late this year as the plants did not arrive on time. They are very heavy with fruit so this week Jose and I decided to remove some of the green fruit to help the rest ripen. You have green peppers in your box. I know most people only buy colored peppers but please try these. I enjoy them raw as a snack in the field. The king fruit, the one at the top of the plant, is the dominant fruit. Once we remove that the rest will size up and ripen.



Planting fall crops

This is our very nice Italian transplanting machine. We put the plants into a revolving carousel and then the machine does the rest. Miguel is walking behind making sure there are no misses. We bought this last September and have been very happy with it. It is so much faster than our sled we used to sit on. We needed to speed up the process as there are critical times when we have so much to do and the plants need to get into the ground on time. Plants arrive on a schedule that I sent to the nursery last December. This is designed to give us as long a season as possible for each of the transplanted crops. Parsley is being planted here for harvest from October onwards. Miguel promised to set up a nice shade structure and install a radio this fall. Now Jose has trouble keeping up with the delivery of the plants to the machine and getting the sprinklers ready.



Finger Weeder Results

Here's some winter squash, nice and clean, getting a drink from the drip lines. Jose did send some guys through to clean up a few of the larger weeds after the finger weeder came through. We will cultivate these beds at least once more. Christian, the German designer of our finger weeder, has a tool which will pick up the drip line and pass it safely through the cultivator so we do not have to physically move it. He will send that to us from Germany when he has finished his American tour. Weeding crops at just the right time is critical to making sure we have what we need for your box. The transplanter and the finger weeder are essential tools to help us keep on schedule whilst still picking and packing your box every week.



Cocktails, pasture and cover crops

Each year we plant twenty acres of pasture for our chickens. We are about to start planting for next year's pasture, and we are going to change things up big time. Last March we went to the Permaculture Voices conference in San Diego and listened to Eliane Ingham. She really explained how the soil life works which made sense after the great things we have been seeing with our soil. We learned so much from her, and now we are going to mix up many species in the pasture; a cocktail rather than four or five grasses and clovers.



What a fabulous time we all had making tomato sauce last weekend! The party on August 9th is sold out. Emily has opened a third party on August 30th - Sept. 1st. Don't miss out on the fun! Tickets are on sale today: <http://labordaysauceparty2014.bpt.me>

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 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

Hamburgers with thick slices of Tomatoes on Buns made with Eatwell Farm Flour

Uses: Tomatoes, lettuce

Poached Fish flavored with Lemon Balm, served with Quinoa Chard Pilaf

Uses: Lemon Balm, Chard, Summer Squash, and Chard

Black Pepper Beef and Cabbage Stir Fry serve with Rice and either a salad of raw Summer Squash dressed with a Lemon Balm Vinaigrette or Simple Sautéed Squash

Dessert Red Berry Peach Pie

Uses: Strawberries, and Peaches and Sage You might try using the plums instead of raspberries.

Recipe on our webpage:

<https://eatwellfarm.squarespace.com/blog/2014/7/29/red-berry-peach-pie>

Hamburger Buns

2 TB Yeast
1.5 cups of Milk
2 TB Sugar
1.5 tsp Salt
2 cups Eatwell Flour
1 cup White Flour plus extra for board and kneading.

Preheat oven to 425F. Put milk into a saucepan and heat to 104 F. Add the yeast and sugar and let sit until foamy, 8-10 minutes. Measure out flour and salt in a large bowl and mix. Make a well and add the milk/yeast mixture after the yeast has activated. Mix well. It will be pretty wet. Put out onto a floured board. Start kneading, adding more flour until it is no longer sticky. Divide into 8 portions, roll into balls. For hamburger buns, shape into bun sizes. For dinner rolls shape into rolls and you can make them smaller. Place onto a baking sheet (lined with parchment paper) about 3" apart from one another. Let sit 10 minutes, but do not let them rise for long. Bake for 8-12 minutes.

Quinoa Chard Pilaf

Found on Allrecipes.com 8 Servings

1 TB Olive Oil
1 Onion, diced
3 cloves Garlic, minced
2 cups uncooked Quinoa, rinsed
1 cup canned Lentils, I would use the small dried french lentils that cook quickly rather than canned.
8 oz fresh Mushrooms, chopped
1 qt Eatwell Farm Chicken Stock or a good Vegetable Broth
1 bunch Swiss Chard, stems removed (I would use the stems but cut the very bottom off and chop up the stem pretty small)

Heat the oil in a large pot over medium heat. Stir in the onion and garlic, and sauté 5 minutes, until onion is tender. Mix in quinoa, lentils and mushrooms and the stems if you are using them. Pour in the broth. Cover and cook 20 minutes. Remove the pot from the heat. Shred chard and gently mix into the pot. Cover, and allow to sit 5 minutes or until chard is wilted.

Chicken Barn-raiser

We are working with a member to help raise the money needed to get all the equipment for our own chicken breeding flock. More details coming next week!

Send Us Some Love!

Did you know we're on Facebook, Twitter and Instagram? Tag photos of your boxes and meals with #EatwellFarm. We'd love to see your #EatwellSauceParty photos too!

I Love Hamburgers

In the summer this is probably my favorite meal; a fantastic homemade burger with super thick slices of really ripe tomatoes, homemade mayo, and corn on the cob. My biggest problem has always been the bun. I don't enjoy the sprouted wheat buns and most regular buns sog out before you get 1/4 of the way through. In search of a better solution I researched hamburger bun recipes, then came up with my own using Eatwell Farm Freshly Milled Heirloom Flour. I have included the recipe here. These buns also make delicious dinner rolls. Our most recent group of Bay Leaf Kitchen campers designated a group of six kids to come in the house and bake several batches with me, which they served with their dinner Thursday night. So this is a very kid proof recipe. I strongly encourage parents to have your kids (with a little guidance from you of course) give them a try. For the perfect burger I use only grass fed beef like Prather Ranch or Marin Sun Farms. I loosely form the patties and sprinkle one side with Eatwell Farm Lavender Salt* and freshly ground pepper. Let sit at room temp a minimum of 10 minutes. Get your pan (I use a cast iron grill skillet) screaming hot and throw the burgers in salt side down. Cook to your preference of doneness. DO NOT squish your burgers down with the spatula as that only makes for a dry burger. Serve with a lot of thick sliced tomatoes, preferably not the heirlooms as they are just too juicy. And you can also use the lettuce from your box as well. *OK folks, trust me on the lavender salt, it is amazingly delicious on beef. Be daring give it a try! - Lorraine

These recipes will help you use everything in your box

Lemon balm & Sage
Plums
lots of Peaches/Nectarines
Plums
Holey Chard
Savoy Cabbage
Green bell peppers
Heirloom Tomatoes
Artisan Cherry tomatoes
Summer squash
Chard
Lettuce
Melon or Eggplant
Strawberries

Black Pepper Beef and Cabbage Stir Fry

From Allrecipes.com 4 Servings

The original recipe calls for red bells, but I thought it would be good with our green ones. It sounds pretty good, and I am hoping to give it a try this week.

2 TB Vegetable Oil
4 cloves Garlic, chopped
1/2 LB ground Beef
1/2 small head Cabbage, shredded
1 Green Bell Pepper, cut into strips
2 TB Soy Sauce
1 tsp Cornstarch

1/2 cup Water
1 tsp ground Black Pepper

Heat a wok or a large skillet over medium-high heat, and add oil. Sauté garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown. Stir in cabbage and pepper, and cook until vegetables are tender, and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water, and stir in. Season with pepper. Cook stirring, until sauce has thickened.

Labor Day Tomato Sauce Party

August 30th - 31st

Spend your Labor Day Weekend with us on the farm for the third sauce party of the year! You can even sleepover for an extra night on Sunday night.

Tickets are on sale now:

<http://labordaysauceparty2014.bpt.me>

Saucy In The City

August 16th

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 San Francisco. Paige has offered her home for a small gathering of Eatwell Farm members for a sauce party on August 16th.

Tickets are on sale now: <http://saucyinthecity2014.bpt.me>