



WEEK OF AUGUST 3RD 2015 #31/52



The First Tomato Sauce Party is THIS WEEKEND! 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



Chicken Like It Should Taste

Our dual purpose roosters are getting ready for harvest so it is time to toot their horn. First let's look at why we have them. We are part of a small but growing group of farmers who have rejected the status quo of the poultry industry. There are two types of chicken in the world now, egg layers and meat birds. They are very different. The meat bird both males and females are F37 hybrids that can barely walk at age 39 days when they are processed. Yes, you read right, 39 days. The egg layers are slim egg laying machines; the females lay for 18 months and then they are spent. The egg laying male chicks are sorted at hatching and end up in a meat grinder. This all happened after the Second World War when a huge effort was made to put a chicken on every plate. Great strides in production were made mainly at the expense of the chicken and it's treatment. Before that time there were traditional breeds such as our Australorps.

The females Australorps lay a good amount of eggs and thrive on pasture. The males, raised for 16 to 18 weeks, are turned into tasty chicken. They neither produce as many eggs nor as big breasts as the hybrid mutants of today. But the benefits, I believe, far outweigh these production orientated mantras. A chicken on Eatwell Farm does produce great tasting eggs and meat but let's not forget that those aren't the only benefits. They poop! Scratch and eat numerous bugs and seeds. This eliminates our need to truck in fertilizer or spray our crops.

Our breeding flock produces eggs which we hatch and raise, no meat grinders involved. Each year the very best birds are monitored and selected for the breeding flock the following year. When you buy a bird from us we can say it was laid, hatched and raised on the pastures of Eatwell Farm, loud and proud.



Keeping the Girls Cool

It is hot and seems like California is on fire. As I write this our friend and fellow farmers in the Capay valley are under threat of the rocky fire. We are standing by in case any help is needed. Life and property are important but as a farmer your animals are important too. Taking care of them in this heat and danger is a very high priority. We are under no threat of fire but heat can be a problem. Agustin has the misters on the chicken houses running every time the temperature hits the mid 90s. The eves of the houses have a high pressure pipe with special misting nozzles every foot or so. This can drop the temperature around the house by a good 15 degrees. The birds are most active in the early morning and evening when we cool off with the delta breeze.



Clean Water

I am often asked why do our eggs taste so good, what do I do? I have always thought that good food, fresh air, adequate shelter and fresh water was a great recipe for us as well as chickens. This week we hope to replace all the drinking nipples, yes that is what they are called. We have had a few start dripping which can make a mess in the houses. Agustin and I were trying to figure out what to do when it occurred to us that some of these are 8 years old. He is now counting how many we need so that I can order replacements for all of them on the farm. Each house has a pipe with nipples every 8" inside and under the whole length of each of our six chicken palaces. How they work; a drop of water hold on to the metal rod until the chicken touches it releasing it for another to form. This means they have fresh water all the time.



Lorraine spreads manure around Nigel's banana tree.

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

Chicken cooked in Salsa Verde - Serve with Steamed Summer Squash and Corn Tortillas

Uses: Onions, Tomatillos, Summer Squash

Chickpea and Tomato Salad - Serve with your preferred protein. This salad is refreshing, but with the Chickpeas it has a bit more oomph to it so you wouldn't necessarily need a carb.

Uses: Shallot, Lunchbox Peppers, Cherry Tomatoes, Parsley and Basil

Roasted Heirloom Tomato Soup - Serve with sliced Cucumber on the side and some fresh crusty bread.

Uses: Heirloom Tomatoes, Shallots, Cucumbers

This week save your Shady Ladies for Sandwiches or burgers! Eat melon with gusto and maybe some cottage cheese. Use your peaches or nectarines for a simple galette
All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Eatwell Farm Meat Bird

We now have lots of "Bruces", our meat birds. The Black Australorp is quite different from the overbred chickens we are used to eating, the breast is long rather than plump, for that matter everything is long, you should see the leg bones on these guys! So cooking our birds is a different experience, and this is what I worked on over the weekend. Currently I am in the process of 3 different versions of cooking Bruce; one is marinating in buttermilk (which I may attempt to oven fry), one is marinating in a salsa verde I made with our tomatillos, onions and garlic, and another is marinating in olive oil, lemon juice, our fresh rosemary and our parsley.

Birds that run around the pasture build strong muscles (and bones, not easy to cut these raw!), therefore require a different approach. Earlier in the week I smoked one for several hours and then cooked it slowly covered with water in a pot. With the smokey stock I made smoked chicken gravy and baked some biscuits using 50% Eatwell Heirloom Flour. Delicious! It was the first thing I thought of this morning when I woke up; that's always a good sign. Yes, we will be eating a lot of chicken over the next few weeks, but well worth it because in the end I will have some great recipes (I hope) for you all to really get the full benefit out of your own farm hatched/raised chicken.

Roasted Heirloom Tomato Soup

Eatwell Farmhouse Kitchen

We all know Heirloom Tomatoes are fantastically delicious! However, they don't necessarily make great sauce or soup, except when you roast them first!

Heirloom Tomatoes, core removed and thickly sliced
Shallots or Onions, sliced
Salt and Pepper
Good Olive Oil
Basil

Cream or Creme Fraiche

Preheat oven to 375 F. Put the onion slices into a roasting dish, then top with the tomatoes. Drizzle over a decent amount of oil, sprinkle on a bit of salt and pepper. Roast for about an hour. When it is done puree everything. Adjust seasoning. If you like you can add a bit of cream or creme fraiche and top with finely chopped basil.

Summer Chickpea Salad

Serves 4

An Eatwell Farmhouse Kitchen adaptation of a Jamie Oliver recipe

1 Shallot, peeled and thinly sliced
6 to 8 Lunchbox Peppers, seeded and chopped
1 basket Cherry Tomatoes, roughly chopped
1 Lemon
3 TB Walnut Oil, I like our local Glashoff Farms
Good Salt and freshly ground Black Pepper to taste
1 can organic Chickpeas
1/4 cup fresh Parsley, chopped
1/4 cup fresh Basil, finely ripped
Crumbled Feta Cheese, to taste

Finely slice the shallot, the put into a small bowl and cover with water, a good pinch of sugar and a splash of vinegar. Let this soak in vinegar water for a few minutes while you are working on everything else. Mix peppers and tomatoes in a bowl and add the walnut oil, zest from the lemon, and juice from half. Season with salt and pepper. Jamie suggests heating the chickpeas, and mashing just a few to make the salad a bit creamy. Add the chickpeas, basil, parsley and chopped shallot to the bowl, mix well, and allow to marinate for a little while. Right before you serve, toss on some crumbled feta. Taste for seasoning, adjust if necessary, serve room temp.

This Week's Box List

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

Salsa Verde

Eatwell Farmhouse Kitchen

I know I had a recipe for this a couple of week's ago, but it is so delicious and short, I thought it was worth repeating. You can use this on pork or fish as well.

Tomatillos
1 or 2 Onion, peeled and quartered
2 or 3 cloves Garlic, peeled

Take the husks off the tomatillos, throw them into a heavy bottomed pot with the garlic and onion. Cover with water and cook on a low simmer until everything is soft. Puree in a blender or with a hand blender. Done!

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 i Oakland on August 29th.

Tickets are on sale now: saucyinoakland2015.bpt.me

Sunday Suppers on the Farm

We have a Sunday Supper coming up this weekend. Happy to say this dinner will feature our Eatwell Farm laid/hatched and pasture raised Chicken "Bruce" the Black Australorp! Dinner will also show off lots of herbs grown here on the farm, and we will have Connie our herb specialist joining us for dinner! Make a weekend up in our neck of the woods, try a B n B in Winters, do some wine tasting, or beer tasting at Berryessa Brewing, finish your weekend with dinner, family style, here in the Farmhouse!

<http://eatwellsundaysuppers.bpt.me/>