



WEEK OF AUGUST 4TH 14 #30/14



Growing up in England, I didn't eat a ripe, fresh fig until I was 22. Ever since, I have been in love with them. I planted many trees on the farm but the gophers got them all. Now that we have owls that keep the gophers under control, I will be planting figs again this winter. This fig is from a tree planted around the farmhouse. Figs love the soil and climate here so as long as we can establish the trees we will have plenty of figs for everyone to enjoy.



### Life, Death and the Breeding Flock

Agustin is cleaning the water lines here in the female section of the breeding flock. There are seven males that we are keeping with them. To the left there is another house the same size with all the males that did not make the cut. These will be processed soon and sent to chefs to evaluate. They are all 16 weeks old now, which is the time for the girls to move on to the laying flock and the boys who reach 6 lbs in weight to be processed into a 4 lb carcass.

Life and death is a natural part of any organic farm below and above the soil level. The soil nematode and arthropods eat bacteria, fungi and each other and release nutrients to our crops. The chickens lay eggs, and when they do not lay enough to pay for the organic feed they are converted into chicken stock which nourishes us.



### Packing your boxes

Thank you all for your feedback about the quality of the produce when you open the box. It really does help us. This time of the year is a challenge with the heat and ripping of fruit so fast. It does not hurt for us to go through all our systems here and re-examine what we do and how we do it. This week, we're eliminating the paper bags that seem to promote ripening. We are also keeping the empty boxes waiting to be filled in the cooler, they were getting warm before being packed. If you have any issues with your box, please fill out the form found on our webpage and Emily will get in touch with you: <http://www.eatwell.com/box-problems/> - Nigel



### Raising Money for Change

Any time we make changes and improvements to how we farm it costs money. This has to come out of the money we generate on the farm. There comes a time when improvements have to wait because we need all the money we have to plant crops and pay everyone who works here.

A member, Marie, was having dinner on the farm with us, and she was one of the five people who started the website BarnRaiser. She suggested we have our own project to get the breeder flock all it needed. Cameron, Lorraine's son, is our project person here, and he has been working hard on this for the past six weeks. Jamie, a long time member in Bernal Heights, very kindly offered his services as film maker. The video is very cute and well done thanks to him. It takes a village. I may be the face and spokesperson for the farm, but so many people work so hard to make all this happen. A big thank you to you all. - Lorraine and Nigel



The geese and ducks have moved into the pond. Come and visit them over Labor Day weekend. Emily has opened a third tomato sauce party on August 30th - Sept. 1st. Don't miss out on the fun! Tickets are on sale today: <http://labordaysauceparty2014.bpt.me>

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

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150



## Recipes and Menu Suggestions

Dessert First - Vanilla Pudding with any or all of your summer fruit

Uses: All of your fruit and some of your Eatwell Eggs

Cabbage Tomato Soup - Serve with some good bread or rolls made with Eatwell Freshly Milled Whole Wheat Flour. Find the recipe at: <http://www.eatwell.com/blog/2014/8/5/cabbage-tomato-soup>

Uses: Cabbage, Onion, Tomato, Winter Savory and Eatwell Farm Chicken Stock

Herb Roasted Eggplant and Tomatoes with Feta - Serve with Roasted Chicken and a quick cooked starch like couscous for a well rounded full meal

Uses: Eggplant, Tomatoes, Oregano

Shopska Salad - Goes with almost anything and everything. Perfect with a simple light dinner of fish or chicken, or nice at lunch with some good crusty bread.

Uses: Tomatoes, Cucumbers, Onion

Frittata of Summer Squash, Tomatoes (any that you have left) and Ancho Chile

Uses: Summer Squash, Onion, Tomatoes, Ancho Chile, Oregano and/or Winter Savory

## Vanilla Pudding

For all the kids and kids at heart

If you have never made pudding from scratch I highly recommend it. Homemade pudding is pretty quick and simple to make (except for the cooling time, unless you don't mind eating it somewhat warm like I do), and fairly healthy for a sweet treat, especially compared to the box variety and far tastier. I have reduced the sugar for this recipe, and actually think it could be dropped a little more. We enjoyed our vanilla pudding with sliced peaches, but it would be just as good with strawberries or plums. This recipe includes directions for making it chocolate, which would be even better with the 1/2 cup sugar. (I am going to try it with 1/3 cup next time I make the vanilla.)

From *Marthastewart.com*

1/4 cup Cornstarch  
1/4 tsp Salt (I use 1/2 tsp)  
1/3 cup Unsweetened Cocoa Powder (if you are making the chocolate pudding)  
4 large Eatwell Farm Egg Yolks  
2 TB unsalted Butter, cut into pieces  
1 tsp Vanilla Extract

Place a fine-mesh sieve over a medium bowl; set aside (I am far too lazy for this step, so I never do it. And really I don't find that my pudding is lumpy). In a medium saucepan, off heat, whisk together sugar, cornstarch and salt. If making chocolate pudding, add cocoa powder. Very gradually (a few tablespoons at a time) whisk in milk, taking care to dissolve cornstarch. Whisk in egg yolks. Whisking constantly, cook over medium heat until the first large bubble forms and sputters. Reduce heat to low; still whisking, cook 1 minute. Remove from heat' immediately pour through sieve into bowl. Stir butter and vanilla into hot pudding. Place plastic wrap directly on surface of pudding (to prevent skin from forming); chill at least 3 hours and up to 3 days. Before serving, whisk pudding until smooth; divide among four serving dishes.

## Eatwell Farm BarnRaiser

**Pioneering the Next Generation of Humane, Sustainable Poultry**

Head over to [www.eatwell.com](http://www.eatwell.com) and join the movement for responsibly raised chickens. Watch the video and share it with your friends. Follow us at #SaveBabyChicks

## 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! Don't forget to #SaveBabyChicks too!

## Frittata with Summer Squash, Tomato and Ancho Chile

I know I often suggest making Frittatas, but they are such a great, easy meal. It is also the perfect way to use a load of vegetables.

6 Eatwell Farm Eggs, beaten with salt and pepper to taste  
1 (on the smaller side) White Onion, diced  
2 cups sliced Summer Squash  
1 Ancho Chile Pepper, seeded and diced  
1 to 2 TB Olive Oil  
1 or 2 (depending on size) Tomatoes, sliced  
2 tsp Chopped Oregano and or Winter Savory  
Parmesan cheese to top

Preheat oven to 350 F. In a bowl beat the eggs and add salt and pepper to taste. Heat a skillet with oil over medium heat. Add the onion and sauté until glassy, then add the peppers. Then add the summer squash and some chopped fresh herbs. Cook just until they begin to soften. You can add the tomatoes now and just lay them in the skillet. Slowly and evenly pour in the eggs, sprinkle a little parmesan cheese, then pop into the oven and bake 10 minutes. Check the center to make sure it is done, and give it a little more time if needed.

## Herb Roasted Eggplant with Tomatoes and Feta

*Bonappetit.com*

I realize we have two recipes here using tomatoes and feta, but if you are going to make one you will have the feta, so why not make the other!

About 1 3/4 lb of Eggplant, cut onto 1 inch cubes

1 or 2 Heirloom Tomatoes, cored and quartered. The recipe calls for plum tomatoes so keep in mind if you use your heirlooms instead, they will have a lot more juice.

3 TB Olive Oil

2 TB Sherry Vinegar

2 TB plus 2 tsp chopped fresh Oregano

Preheat oven to 450 F. Place eggplant and tomatoes on a rimmed baking sheet; toss with oil and vinegar. Sprinkle with 2 TB oregano, salt, and pepper. Roast until eggplant is tender and golden brown, stirring occasionally, about 40 minutes. Transfer eggplant and tomatoes to platter. Sprinkle with feta and 2 tsp oregano and serve.

## Shopska Salad

*Cameron's Recipe*

When we went to visit Cam in Bulgaria during his time in the Peace Corps, Shopska Salad was a part of almost every meal. We never tired of it, and when we came home we made it all summer long. As soon as the tomatoes were available here this year, I brought home cucumbers to get the Shopska Season rolling! I hope you enjoy it as much as we do.

Cherry Tomatoes, chopped to bite size

Cucumber, chopped to bite sized pieces

The amount of tomato and cucumber should be 1 to 1

2 TB finely minced white onion

1 clove garlic, very finely minced

Feta, use as much as you like

2 TB olive oil

1 TB vinegar, use a lighter flavored vinegar

Salt and pepper to taste

Put the tomatoes, cucumber, onion and garlic in a bowl. Dribble on the oil and vinegar, salt and pepper to taste, mix, then add the feta and mix again. We use very mild flavored Bulgarian Feta or our homemade Ricotta, which I drain well.

These recipes will help you use

everything in your box

Heirloom tomatoes

Cherry tomatoes

Shady Lady Red slicer tomatoes

Summer squash

Strawberries

Plums

Peaches or nectarines

Onions

Ancho chiles

Savoy Cabbage

Serpent Cucumbers (Terra Firma)

Winter Savory

Oregano

Possible Bonus Eggplant