



WEEK OF AUGUST 10TH 2015 #32/52



## Tomato Sauce Party Time!

Buy Tickets at [eatwellsauceparty2015.bpt.me](http://eatwellsauceparty2015.bpt.me)

**Farm Sauce Party Dates**  
August 22nd - 23rd  
(Very few tickets remaining)  
September 5th - 6th  
(Labor Day Weekend!)

**Oakland Sauce Party**  
August 29th  
[saucyinoakland2015.bpt.me](http://saucyinoakland2015.bpt.me)



## Cultivating, not too deep.

We rarely cultivate our soil deeply, see the article "Cultivating Deeply." The reason is we do not want to disturb the soil life below. The roots of the cover crops open up the soil at deep. Alfalfa in particular has deep roots. When the sheep or the chicken eat the tops of the plant to the ground, we cultivate the top four or five inches to make a tilth the root below that leave tunnels for crop roots to harvest nutrients. This is why, I believe, everything tastes so good. Roberto is in charge of the Sundance cultivator which we bought in 1994. It is serious piece of equipment, and heavy at 3,500 lbs. Even so it peels the beds apart and rebuilds them into ridges. It has tines which run deeper in the path of the wheels of the tractor which help it stay straight. After this we roll the ridges to break up any clods then irrigate. This is repeated a couple of times over two weeks. The final pass is with the bed shaper into which we plant the next crop.



## Pastures New

At breakfast a friend of a member told me how great the eggs tasted. I replied that good food, fresh air and pasture is all it takes. If you want to cut corners to make the eggs cheap then the work starts. Last week we moved the girls onto a cover crop that is now dominated by alfalfa. They love alfalfa; the protein is high and they cannot seem to get enough. Agustin did give them some wheat fermented with organic cheese whey to keep them occupied while we installed the fence. We will move their house down this field over the next few weeks so that their droppings will be evenly distributed. They can take this wonderful green field down to bare soil very quickly they like it so much. This makes cultivating these beds after they move on easier.

## Cultivating Deeply

We have grown vegetables in this field since 1999. Over the years they have wandered a little. Now is the time to straighten them out and lay out the beds for our permaculture tree crops. The field will be subdivided into three sections with fruit trees, herbs and lavender. We will ask our good friend Matt Cooley to bring his real farmer caterpillar tractor guided by GPS to mark out new vegetable beds accurately to within a half of an inch or so over 600 feet. First we have to cultivate deeply to remove any compaction from the previous beds and the tractor pathways in the field. Both Roberto and I were very pleased how easy this was. In the past he would pull up large chunks of compacted soil, not this time. I summarize that all the diverse cover crops and soil life created has loosened the soil. He completed this job way faster than we expected. He travels in diagonals across the field 15 degrees off the direction of the beds for the best shattering effect. The last time we did this we did see that it took a few months for the soil life to recover so we hope to be able to plant a very diverse cover crop. We will then start planting vegetable crops in the late winter or spring. We have trees and herbs ready to plant in this field this fall.



## Child Labor or an Amazing Experience?

I was asked by a polite young man of six years when the s'mores would be ready. To which I replied only after we had built the fire pit. So he and his friend helped me arrange the blocks for our new party fire pit under the supervision of their dads. They carefully lifted and placed many of the blocks. They understood the job quickly and were very proud of their work. The s'mores tasted great later that evening. A video of them building the fire pit is on our Facebook page and you tube channel.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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# RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

## Recipes and Menu Suggestions

Pasta with Marcella Hazan's Tomato Sauce - Serve with sliced Cucumbers dressed with a light vinegar and chopped parsley

Uses: Onion, Romas or Shady Lady Tomatoes, Cucumber

Pizza

Uses: Basil, Heirloom Tomatoes, Shallots

Savory Zucchini Muffins - Serve with Sliced Plums, Peaches and/or Nectarines

Uses: Summer Squash, Onion or Shallots, Lunch Box Peppers, Plums, Peaches and or Nectarines

**All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."**

## Marcella Hazan's Tomato Sauce

Sometimes a recipe so superior comes into my life (this time from my friend and chef extraordinaire Amie Bailey!), that I just sit and wonder how is it possible I missed this one? Doing a quick google search it seems I must be the only person because apparently this is one of the most favored Marcella Hazan recipes, the simplest, most delicious tomato sauce I have ever made! Nigel and I ate every bit of this, and had there been more, we would have gladly eaten that too. So simple, so delicious, and such a great way to use the bounty of summer tomatoes! Buon Appetito!

2 cups Tomatoes, I used Shady Ladies - Romas would be great, peeled, but left whole  
5 TB Butter  
1 Onion, peeled and cut in half  
Salt

Combine the tomatoes, their juices, the butter and the onion halves in a saucepan. Add a pinch or two of salt. Place over medium heat and bring to a simmer. Cook, uncovered, for about 45 minutes. Stir occasionally, mashing any large pieces of tomato with a spoon. Add salt as needed. Discard the onion before tossing the sauce with pasta. This recipe makes enough sauce for a pound of pasta.

## Tomato and Pesto Pizza with Mozzarella

*Greens Deborah Madison*

1 recipe Pizza Dough\* (Nigel's take on Bobby Flay's Pizza Dough)  
3 medium Tomatoes, yellow and red, try using the Heirlooms  
2 TB Extra Virgin Olive Oil  
1 clove Garlic, finely chopped  
Salt and Pepper  
1/2 to 3/4 cup Pesto, use your favorite recipe  
1/2 small Red Onion (or try the Shallots), thinly sliced  
3 oz Mozzarella Cheese, thinly sliced  
18 Nicoise Olives or other small Black Olive, pits removed

Prepare the pizza dough and set it in a warm place to rise. Slice the tomatoes thinly crosswise, and season them with 1 TB of the oil, the garlic, plus the salt and freshly ground black pepper. Prepare the pesto. Preheat the oven to 500 F, and if using a pizza stone, warm it for 20 minutes. Shape the dough, set it on a well-floured peel or on a pizza pan, and brush it with oil. Lay the sliced onion on the dough, and arrange the tomatoes and the cheese in overlapping layers. Slide the pizza onto the stone or bake it on its pan in the upper third of the oven for about 8 to 12 minutes, or until the edges and bottom are well browned. Remove the pizza from the oven, spoon the pesto over the tomatoes, and garnish with the olives.

## Nigel's Pizza Dough

Adapted from Bobby Flay's recipe

2 cups Eatwell Farm Heirloom Flour  
1 1/2 cups of All-Purpose Flour  
1 1/2 cups of Milk  
2 TB Olive Oil  
1 tsp Salt  
2 tsp Yeast

Heat 1/2 cup of milk to 110 F and add the yeast, with a pinch of sugar. Let sit and activate about 10 minutes. Mix both flours and salt, mix gently in a stand mixer using the dough hook. With your machine on low add the milk, oil and yeasted milk and mix for about 10 minutes. If it is really sticky add a bit more all purpose flour. Put in an oiled bowl, cover with plastic wrap and let sit in a warm, draft free spot and allow to rise to double size. This is enough for two pizzas. So cut in half, roll out and top. You can save the other half recipe, wrapped well, in the freezer.

## Cheddar Zucchini Muffins

From Allrecipes.com - Pam Ziegler

Makes 12 Muffins

We had these again with breakfast this Sunday in the Farmhouse Kitchen.

Since everyone enjoyed them so much I thought I would re-run this recipe. I think a great substitution for the bacon would be lightly sauteed, finely diced Lunch Box Peppers.

1 1/4 cups Eatwell Farm Heirloom Flour  
1/2 cup All-Purpose Flour  
1 1/2 tsp Baking Powder  
1 tsp Baking Soda  
1/2 tsp Salt  
1/4 cup Butter, melted  
1 Eatwell Farm Egg, lightly beaten  
1 cup Milk  
1 cup shredded unpeeled Zucchini  
1 clove Garlic, minced  
3/4 cup shredded Cheddar cheese

1/4 cup freshly grated Parmesan cheese  
4 slices Bacon, cooked crisp and crumbled

Preheat oven to 350 F. Spray 12 muffin cups with cooking spray. Mix the flour, baking powder, baking soda, and salt in a bowl. In another bowl, stir together the butter, egg, milk, zucchini and garlic until well blended. Mix the flour mixture into the milk mixture, about 1/2 cup at a time, stirring between additions, until the flour mixture is incorporated. Fold in the cheddar cheese, Parmesan cheese, and crumbled bacon, and pour the batter into the prepared muffin cups. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 30 to 35 minutes (I found they were done in 25). Allow muffins to cool slightly before removing from muffin cups; serve warm. Refrigerate leftovers.

## Sunday Suppers on the Farm

We have a Sunday Supper coming up this weekend on August 16th. Happy to say this dinner will feature our Eatwell Farm laid/hatched and pasture raised Chicken "Bruce" the Black Australorp! 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/>

### This Week's Box List

Heirloom Tomatoes  
Cherry Tomatoes  
Lunchbox Peppers  
Roma or Shady Lady Tomatoes  
Onions  
Parsley  
Cucumber  
Basil  
Shallots  
Summer Squash  
Plums  
Peaches or Nectarines  
Serrano Peppers