



WEEK OF AUGUST 17TH 2015 #33/52



Get Saucy with us on the farm!

Buy Tickets for the Tomato Sauce Parties at eatwell.com/events

Farm Sauce Party Dates

August 22nd - 23rd

(Less than 10 tickets remaining)

September 5th - 6th

(Labor Day Weekend!)

Oakland Sauce Party

August 29th

saucyinoakland2015.bpt.me



Lunchbox Peppers

So it's back to school time and a good lunch is so important. These peppers are much loved by our younger members as they are sweet and have very few seeds. They are not liked by Ken from Magnum Seeds. He complains that there are so few seeds. If seeds are what you sell, these peppers are not much fun or profitable. We have to buy the seeds from Johnny's Selected Seeds in Maine who charged us handsomely and did not give us the correct mix.

As an organic farmer I have to buy organic seed if available. The seed is only available as a mix organically. Next year I will buy the untreated non organic single varieties and mix them myself. These peppers grow wonderfully well here producing lots of leaf to shade the fruit from the sun. We rarely get sunburnt fruit.

I have to admit to eating this crop raw most of the time. Lorraine did make a delicious rice dish with them and our chicken stock last week.



It's a Jungle Out There

Our three sisters planting of squash, corn, and beans are growing like crazy. All but the beans which seem to have been set back by something munching on them. The water is applied with drip irrigation under this crop. Jose gives them a deep watering every week which encourages the roots to go down deep. Frequent water keeps the roots near the surface so the roots do not explore the soil profile thoroughly. I believe the more soil the plant roots explore contributes to an enhanced flavor.



Pumpkin Party

Sunday October 11th is a date to save. Our first planting of winter squash is growing nicely. We wanted some early as there is a demand from customers, and it spreads the work of harvesting over a longer period. The main planting will mature nicely ready for the pumpkin party. We will have all the regular winter squash plus lots of big ones and ugly ones. Everyone gets a chance to pick a squash of their choice; then we have a wonderful potluck lunch in the members garden followed by a tour of the farm.

Save the date.

Lack of Watermelon

Just so you know we did plant watermelon for your boxes. The seed was planted close together so we could reduce the size to fit in the box. The result was that the plants decided to produce less fruit and make all of them too big. It seems we could not out smart them.

For many years I have been in search of a small delicious melon. There are very expensive seedless varieties that do produce the required size but I have never been impressed with the flavor.

Our neighbors at Magnum Seed did have a variety from Japan that had a thin skin and great flavor but, alas, we are not able to import the seeds. The seed companies here just want to sell the seedless varieties. Yes, small is beautiful since big melons act as weapons of mass destruction, and our delivery drivers are never happy with carrying the extra weight in the box. 2016 will be a new year, and we will try again.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Pizzas made with Tomato Sauce and also with Plums - Serve with a nice Cucumber Salad

Uses: Roma Tomatoes, Onion, Plums, Basil, Cucumbers
Herbed Chicken served with Eatwell Farm Summer Rice Pilaf and oven grilled Summer Squash. Add some sliced Heirloom Tomatoes to really round out this meal

Uses: Rosemary, Parsley, Onion, Lunchbox Peppers,
Cherry Tomatoes Summer Squash, Heirloom Tomatoes,

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

In last week's newsletter I included Marcella Hazan's Tomato Sauce Recipe. It is so good, I am repeating it for this week. This past weekend we had a Sunday Supper on the Farm and as a starter we served Nigel's Pizza, one made with Plums and the other with the Tomato Sauce. Both were very delicious, so Pizza is in this week's newsletter also. Even with the heat, we have been baking quite a bit here in the Farmhouse Kitchen; breads, tarts, and Nigel's pizza. Learning how to bake with our freshly milled heirloom flour has been a lot of tasty fun. Nigel's pizzas use more than 50% our whole wheat flour, which gives the crust nice nutty flavor. If you haven't worked with our flour I would encourage you to give it a try, nutritionally superior, as well as superior flavor! - Lorraine

Nigel's Pizza with Tomato Sauce

Brush the rolled out pizza dough with olive oil. Spoon on some tomato sauce and spread. Sprinkle with a bit of Eatwell Farm Rosemary salt, especially on the edges. Top with a bit of mozzarella (we actually used Burrata) and basil leaves. Bake in a preheated oven; you want your oven really hot, as hot as you can get it. We have a pizza stone, so our pizza goes straight onto that after it has been thoroughly heated. Use a good amount of polenta under your pizza dough to get it to slide off the peel if you are using one, or put it straight onto a baking sheet. You can still use some polenta underneath. Bake a few minutes until crust is golden and cheese is melted. Same baking instructions apply to the plum pizza.

Nigel's Plum Pizza

Eatwell Farmhouse Kitchen

Nigel was rather skeptical when I suggested this combo, but it was really tasty! And such a nice way to use the plums from this week's share. Summer time brings so much fruit; it is nice to have a recipe to use them in something that is a meal.

A few Plums, sliced

A few slices of Prosciutto

Olive Oil

Lavender Salt

Basil

Roll out the pizza dough. Brush liberally with olive oil. Sprinkle with Eatwell Farm Lavender Salt. Top with slices of plums, some pieces of Prosciutto, and Burrata. Add a little basil if you like. Follow baking instructions from the tomato sauce pizza.

Marcella Hazan's Tomato Sauce

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 using the sauce.

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 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.

The Main Course - Sunday Supper on the Farm

Eatwell Farmhouse Kitchen

We had one of our dinners here this past Sunday. Pizzas were the starter, but the main course was Herbed Eatwell Farm Chicken (aka "Bruce") slow cooked, served with oven grilled Summer Squash and Eggplant (yes, it is coming), Eatwell Summer Rice Pilaf and Schopska Salad. Here is how I made a dinner essentially utilizing most of what was in this week's share. I did grab some extra herbs, but you can stick with Rosemary and Parsley.

Roasted Bruce

Eatwell Farmhouse Kitchen

1 Eatwell Farm Chicken (Purchase one at the Ferry Plaza Farmer's Market on Saturdays)

Salt and freshly ground Pepper

Fresh Rosemary, about 1/4 of the bunch finely chopped

1/2 bunch Parsley, finely chopped

1/2 stick of Butter, room temp

2 cloves Garlic, minced

1 Onion, finely chopped

Mix the butter with the rosemary, parsley, onion, and garlic. Rinse the chicken, pat dry. If you have a tagine or a good sized dutch oven or slow cooker you can leave the chicken whole. If you want to do this in a skillet, cut the chicken into pieces. Rub liberally with herb butter, Roast for about 2 hours at 325, covered the entire time.

Eatwell Farm Summer Pilaf

Eatwell Farmhouse Kitchen

I love rice cooked with our chicken stock. There is so much flavor, and when I add a load of sauteed veggies, the starch becomes so much more. You can add a few cherry tomatoes or an heirloom tomato to this if you like.

2 cups Organic Jasmine Rice

4 cups Eatwell Chicken Stock

Salt and Pepper

2 TB Butter

Lunchbox Peppers, you can use the entire box if you like, but 1/2 is probably sufficient, chopped fairly small

1 Onion, chopped

1/4 bunch of Parsley, finely chopped

1/4 bunch of Rosemary, finely chopped

In a heavy bottomed sauce pan heat the butter. Sauté the onions, and lunchbox peppers until the onions turn a bit glassy. Add the rice and cook on medium heat, stirring constantly so it doesn't burn, until the rice smells nice and nutty. Add the stock, herbs, salt and pepper and cook following your preferred method for cooking rice.

This Week's Box List

Roma Tomatoes

Heirloom Tomatoes

Cherry Tomatoes

Lunchbox Peppers

Basil

Parsley

Summer Squash

Plums

Nectarines

Cucumbers

Onions

Rosemary