



WEEK OF AUGUST 31ST 2015 #35/52



The young plant in the picture produces this leaf in only four days after emerging frozen from a warehouse in Turlock. The strawberry crowns are lifted from the nursery fields in January. They are then sorted, graded and packed into boxes. To keep them in a dormant state they are held below freezing.

So last week when we collected our plants and transplanted then they has a very sudden spring awakening.



## After the Wheat

Last fall Lorraine went on a road trip with our good friend Annie the pig farmer. They attended a biodynamic meeting in Covelo. Lorraine came home with the idea of planting wheat and clover at the same time in the fall. The wheat grows and is harvested in June. We then irrigate the stubble and the clover bursts into life to provide a cover crop for the chickens to eat. Well the results are in. It works but only if the wheat is irrigated later in the spring. Here is what I observe..... The clover/wheat which was next to a cover crop and had water applied throughout the spring has a wonderful clover crop after the wheat. Unfortunately the wheat grew so tall we could not irrigate it with our sprinklers. The heirloom wheats are tall unlike the mutant modern varieties. We do not use wasteful flood irrigation which also could have caused the wheat to fall over if it was windy in the spring.

We love to grow heirloom wheat and we will continue to find ways to fit it into the farm rotations.

## Planting the Fall Garden

Now is the time we plant many of the crops we will enjoy later this fall and through the winter. This may sound a little crazy as we are in the midst of the summer crops. These plants were ordered back in January when I sent the schedule to the nursery in Gilroy. Here we are planting Italian flat leaf parsley. Unfortunately the seed was sown in the wrong trays at the nursery for our machine. Even so we speed along in comfort. A few weeks ago our sons Andrew and Eric were press ganged into working on this machine. After struggling with planting a difficult batch of onions they moved onto cabbage and Ramon says they remarked 'Indy for nothing!'. We keep the carousel of cups loaded with plants, and the Italian machine does the rest. Now that we have this it is difficult to imagine how we managed to plant all our crops before.



## Strawberry Plantings

How we grow strawberries does take a little explanation. We removed the woven plastic fabric from an old strawberry field. Roberto prepared new beds where strawberries have never grown before. This plastic has already been used on two previous strawberry crops. The plants will now grow and establish a strong roots system ahead of the winter. They will then be in great shape to produce abundant strawberry crops in May.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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## Haircut Time

Below is a photo of lavender plants which we transplanted last fall. They are growing in our alley cropping beds where trees will begin to be planted this fall and winter. Ramon is mowing them at about 8" height. This is the easiest way we have found to encourage them to branch out and form a wider, bigger plant. If not, the plant starts to get tall and can open up and reduce the number of years that we can pick the wonderful flowers. I am often asked how we grow our lavender and I reply 'tough love'. So many, including myself in the early days, do not prune lavender hard enough. They end up with large open plants which look ugly and cannot be rejuvenated. Pull them out and start again is my reply when they describe this situation. The pain on people's faces is dramatic. The work you do taking care of lavender in the very first part of its life is very important, like raising children.



## Recipes and Menu Suggestions

Roasted Lunchbox Pepper and Summer Squash Frittata served with a Tomato and Basil Salad

Uses: Red Onion, Lunchbox Peppers, Summer Squash, Tomatoes and Basil

Roasted Lunchbox Pepper and Roasted Tomato Soup - I think this would be fantastic with Corn Bread!

Uses: Lunchbox Peppers, Tomatoes, Red Onion, Parsley

Pasta with Pesto served with Watermelon and Cherry Tomato Salad

Uses: Basil, Watermelon, Cherry Tomatoes - Uses your favorite pesto recipe. If you don't have one you can search our archives for one.

Falafels served with Roasted Lunchbox Pepper Yogurt/Tahini Sauce, chopped Tomatoes and Cucumbers

Uses: Red Onion, Parsley, Tomatoes, Cucumbers, Lunchbox Peppers

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

I never liked peppers until we went to Bulgaria. On that trip we ate peppers every day, none of them bothered my stomach, and ALL of them were delicious. Now with our Lunchbox Peppers I have turned into an avid pepper fan! This weekend all of our meals had at least some peppers and everything was fantastic. It all began with the Pepper and Summer Squash Frittata. - Lorraine

## Falafels

From Jerusalem by Yotam Ottolenghi

To be honest I have not tried this yet, I had a craving for falafels and had a box mix already in the house, so I used it, but they just weren't that satisfying. I am going to try this tomorrow using canned chickpeas (garbanzos) because I have some. If that doesn't work I am definitely getting some dried beans and doing it the way he explains in the recipe. Falafels are perfect for this time of year, fresh chopped tomatoes, chopped cucumbers and I made a roasted pepper yogurt tahini sauce to go on top! Yup, more roasted peppers.

1 1/4 cup dried Chickpeas  
 1/2 medium Onion, finely chopped 1/2 cup  
 1 clove Garlic, crushed  
 1 TB Parsley, finely chopped  
 2 TB cilantro, finely chopped  
 1/4 tsp Cayenne Pepper  
 1/2 tsp ground Cumin  
 1/2 tsp ground Coriander  
 1/4 tsp ground Cardamom  
 1/2 tsp Baking Powder  
 3 TB Water  
 1 1/2 TB All-Purpose Flour  
 About 3 cups Sunflower Oil, for deep frying  
 1/2 tsp Sesame Seeds, for coating  
 Salt

Place the chickpeas in a large bowl and cover with cold water at least twice their volume. Set aside to soak overnight. The next day, drain the chickpeas well and combine them with the onion, garlic, parsley and cilantro. For the best results, use a meat grinder for the next part. Put the chickpea mixture once through the machine, set to its finest setting, then pass it through the machine for a second time. If you don't have a meat grinder, use a food processor. Blitz the mix in batches, pulsing each for 30 to 40 seconds, until it is finely chopped, but not mushy or pasty, and holds itself together. Once processed, add the spices, baking powder, 3/4 tsp salt, flour and water. Mix well by hand until smooth and uniform. Cover the mixture and leave it in the fridge for at least 1 hour, or until ready to use. Fill a deep, heavy-bottomed medium saucepan with enough oil to come to 2 3/4" up the sides of the pan. Heat the oil to 350 F. With wet hands, press 1 TB of the mixture in the palm of your hand to form a patty or a ball the size of a small walnut, about a scant 1 oz. Sprinkle the balls evenly with sesame seeds and deep-fry them in batches for 4 minutes, until well browned and cooked through. It is important they really dry out on the inside, so make sure they spend enough time in the oil. Drain in a colander lined with paper towels and serve at once.

## Roasted Pepper Soup

Eatwell Farmhouse Kitchen Serves 4

Made this for lunch today and it was exactly what I wanted. I had briefly checked out a few recipes but all of them had far too many ingredients. With ingredients this flavorful it seemed like celery, carrots and loads of herbs were really unnecessary, and not in season for us.

About 1 lb of Lunchbox Peppers, roasted with the tops on

About 1 lb of Red Tomatoes, take the top core off but leave whole

About 6 oz Red Onion, chopped

1 clove Garlic, minced

1 TB good Oil

1/4 tsp Cumin powder

1 tsp Paprika

1 1/2 tsp Salt

1 cup Eatwell Farm Chicken Stock

1/2 cup Cream or 1/2 n 1/2

Sour Cream and Yogurt

Parsley, finely chopped

Roast the peppers and tomatoes for about 20 minutes in the oven preheated to 400 F, but keep them on separate roasting sheets. While those are roasting heat some good oil in a heavy bottomed sauce pan and sauté the onion and garlic. Once they are soft and onions are glassy add the cumin and paprika, mix well. When the peppers and tomatoes are done, allow them to cool to handle. Cut the tops off the

peppers, cut in half and add them into the pot.

Peel the tomatoes, then add them, along with the stock, and salt, to the pot. Let simmer a couple of minutes, then using a hand blender puree everything until smooth (or put small batches into a blender and blend). If you want the soup nice and creamy push it through a fine mesh sieve. Then add the cream, adjust seasoning if needed. Serve with a dollop of sour cream or yogurt and top with parsley.

### This Week's Box List

Cherry Tomatoes

Small Red Slicers

Grapes

Plums or Nectarines or

Peaches

Watermelon

Cucumbers or Summer

Squash

Basil

Parsley

Red Onions

Lunchbox Peppers

## Roasted Pepper and Summer Squash Frittata

Eatwell Farmhouse Kitchen Serves 4

4 to 6 oz of Red Onion, thinly sliced

1 lb (approximately) Summer Squash, thinly sliced

2 TB good Oil

1/2 lb Roasted Lunchbox Peppers, tops removed after roasting

1 good pinch of Saffron, soaked in 2 TB hot water

6 large Eatwell Farm Eggs, well beaten

1 TB grated Parmesan

2 oz grated Sharp Cheddar

1/2 to 1 tsp Salt

Freshly ground Black Pepper

1/4 cup Cream or 1/2 n 1/2

Put the Lunchbox Peppers onto a baking tray and roast in preheated oven for about 20 minutes at about 400 F. While they are roasting, heat the oil in a skillet and slowly sauté the onions and summer squash. You don't want either to brown, so give yourself some time here, at least 20 minutes. When the peppers are done roasting allow them to cool so you can handle them. Remove the tops and seeds, cut in half or quarters if they are large. The skins are quite thin on these peppers so I don't bother with removing them unless they easily come off. Toss the peppers in with the onion and squash, mix well. In a bowl beat the eggs and add the salt, pepper, saffron (with the liquid), parmesan and cream. You can either put the veg into a nice casserole dish or if you are using a large enough, oven proof skillet you can bake it all right in there. Pour the egg mixture over the veg, top with grated cheddar. Bake at 375 of 10 minutes then put under the broiler for just a touch over 1 minute to brown the top.

## Other Recipes at [www.eatwell.com](http://www.eatwell.com)

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