



WEEK OF SEPTEMBER 1ST 14 #34/14



Cocktail Germinates
Our cover crop/pasture cocktail is germinating nicely. The mix is there to stimulate as much bacteria and fungal growth in the soil as possible. Our goal is to provide a smorgasbord of them to consume. These mixes of seeds have been called soil primers being that they prime the biology into action. Whatever the academics want to call them, we love what they do to the soil, the life they stimulate, and the produce they grow.



Our Barnraiser Update

There are times when we want to make improvements to the farm and the time and/or the money is just not there. It costs a lot to just keep the farm running nicely, so this is why we have asked for help with this project. Many people have asked me over the years what happened to the baby chicks, and I tell them there is really no viable alternative at the present time. That was until we met Jim Adkins from the Sustainable Poultry Network. Now we have a great line of dual purpose chickens and the skill behind it to make this work.

We are over 66% towards our goal of \$20,000 with just over a week to go. Please consider donating to this project. It will make a very big difference on the farm and show other farmers it can work too. Here are some of the amazing thank you gifts.



Name a Hen in the breeding flock for \$50. You will be able to follow your girl's laying progress online in our database.

Name a Rooster plus every other gift up to that point for \$750. Jim came to the farm in July and selected the best roosters in our breeding flock.

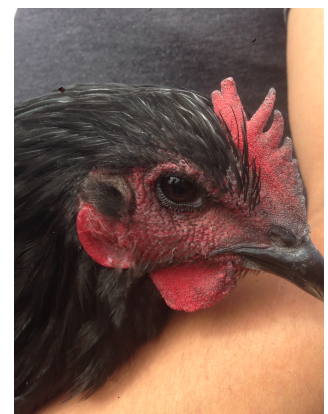
Eggs and Bacon \$100. A pound of wonderful bacon from members Stephen and Jill at Damn Fine Bacon. A stellar combination.

Ice Cream Party for 10 people \$250.

These thank you gifts just sweeten the deal. The real joy is in the humane, truly local and marvelous tasting eggs and chicken. Thank you all for your support of our work on the farm. This project will go on for many years as the work selecting the chickens that do the best on the farm will never end. What you help us with is the costs of the equipment etc to set this up.

Please find out more at..

barnraiser.us
eatwell.com



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!



Fall Potatoes

Our organic potato seed is grown in the high mountains of Colorado by Sheldon. Together with other organic farms in this area, we order a full 22 pallet truck load which arrives in late January. This year I saved some of the seed in our cooler until Mid July. It had sprouted way too much but the crew managed to tease them apart to plant. I am very pleased that so few failed to grow. When it is hot we have to be very careful not to over water them or they will rot in the ground. Harvest is expected at the end of October. A great treat for our fall boxes.



Cucumbers have been absent from our fields this year, and we think we know why. The crop has germinated then the Cucumber beetle has moved into to devour the seedling. Now we have a planting that ran the gauntlet and made it through. I have a plan for next year in the works.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

Recipes and Menu Suggestions

Summer Veg Mac and Cheese - Because you use quite a bit of veg in this recipe, it can be one of those great all contained kind of meals that you eat just on its own. But if you want more veg, serve it with some fresh corn on the cob which would be a nice crunchy contrast to the mac and cheese.

Uses: Onion, Gypsy Peppers, Cherry Tomatoes, Summer Squash

Shakshuka - Serve with some good crusty bread to soak it all up!

Uses: Onion, Lunchbox Peppers, Heirloom Tomatoes, Chard

Simple Salad or a Fortified One - Serve with good bread or as an addition to a bigger meal.

Uses: Lettuce, Tomatoes, Lunchbox Peppers, Basil

Shakshuka

From Epicurious

One of our first CSA members, Pat, sent me a link to this recipe a few weeks ago. I have adjusted it a little, but it is a fantastic match for this week's box!

3 TB Vegetable Oil
2 medium Onions, chopped
Basket of Lunchbox Peppers
7 cloves of Garlic, finely chopped
3 to 4 Heirloom Tomatoes, cored and chopped
1/4 cup Tomato Paste
1 Bay Leaf
2.5 TB sugar (I would omit this as our tomatoes are so sweet)
1 TB sweet Hungarian Paprika
1 TB ground Cumin
1 bunch Chard, leaves chopped, stems finely chopped, keep separated
8 Eatwell Farm Eggs

Heat oil in a large skillet. Add the onions and sauté over medium heat until translucent, 5 to 10 minutes. Add the peppers and cook just until softened, 3 to 5 minutes. Stir in the garlic, chard stems and tomato paste, and sauté for another 2 minutes. Add the chopped tomatoes, bay leaf, sugar, salt, paprika, cumin, and pepper, and simmer for 30 minutes. Layer the Chard leaves on top. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

One More Thank You Gift

I wanted to add to the list of thank you gifts Nigel has already mentioned. For those of you who are able and willing to give a more substantial donation of \$1000.00, we have organized a dinner, here on the farm, cooked by yours truly, for you and five of your friends or family. You choose the season, we agree upon a date, and we all have a really great time. I can assure you we eat extremely well here at Eatwell, and I know you will have a wonderful time. Weather permitting, we can eat outside or in our unique home. Nigel can take you on a private tour of the farm. We do also have the option to schedule this as a Sunday Brunch, giving you more time to explore our farm and this region.

Food Forest Planting Practical

September 27th at Eatwell Farm

Gather up your shovel, hand trowel and a good pair of work gloves, and head out to the farm to spend a day learning about Nigel's permaculture design for the farm and planting the next generation of trees, shrubs and herbs in our food forest. The day's work will play an integral part in boosting resilience on the farm, decreasing fuel usage, and expanding the diversity of the farm.

As a CSA member, you get a \$20 discount. Just type the discount code/password: E@twellCSA to see special tickets for members.

Check out the event details and purchase your tickets here:

<http://eatwellfoodforestpractical.bpt.me>

Summer Veg Mac & Cheese

A couple of weeks ago when I was looking through [The Homesick Texan](#), I came across a recipe for Poblano Macaroni and Cheese. It sounded so good to me, so I made up my own version. We enjoyed this last week and had enough for several meals.

2 TB of good Veg Oil or a not so flavorful Olive Oil
Gypsy Peppers, probably all of them (but as much as you would like to use), washed, seeded and chopped
1 or 2 Onions, diced
Summer Squash, probably all of them (but as much as you would like to use), cut into disks or cubes
1 basket Artisan Cherry Tomatoes, cut in half
1 lb good Chorizo - this is not necessary to the dish, so you can make it vegetarian
1 tsp ground Cumin
Pinch of Cayenne
Salt and Pepper to taste
4 TB Butter
4 TB Flour
2.5 cups Milk
16 oz of Elbow Macaroni, cooked according to instructions
4 cups of grated strong Cheddar, more if you like it cheesier

In a large skillet, heat oil over medium high.

Add onions and peppers, and cook until the onions turn glassy. Then add the cumin, cayenne and summer squash. Cook for about 5 minutes. You can cook the chorizo in this skillet or in a separate pan if you want it browner and would like to skim off the oil from the sausage; once the chorizo is cooked though, add it to the vegetables along with the cherry tomatoes. In a heavy bottomed pot, melt butter over medium heat just until it is foamy. Whisking constantly, add the flour and cook until the flour just begins to turn golden. Then slowly add the milk. It is actually best if the milk is pre-warmed. Whisk constantly to prevent lumping. This should be fairly thick, but you should be able to stir in the cheese. Stir until the cheese is melted and

season with salt and pepper.

Butter the sides of a large casserole dish or dutch oven, then put in the cooked macaroni. Mix in the vegetables and chorizo (if using), pour the cheese sauce over, and mix well. You can top with bread crumbs if you like or cotija cheese or a little more grated cheddar (that is what I usually do). Bake until the top is just turning a little brown.

A Taste of Italy Salad

Eatwell Farmhouse Kitchen

1/2 cup good olive oil
1/4 cup sherry or good balsamic vinegar
Salt and freshly ground pepper to taste
1 bunch of basil, bottom stems trimmed
Lettuce, leaves washed and torn
Tomatoes, chopped
1 or 2 lunchbox peppers, seeded and thinly sliced
Good parmesan cheese

In a blender put oil, vinegar, basil, a good grinding of black pepper and a teaspoon or so of salt. Blend until the basil is pureed and the dressing is fairly emulsified. Put your washed, torn lettuce into a salad bowl, top with tomatoes, peppers, and dress with Basil Dressing. Grate fresh Parmesan on top. You can make this more of a meal salad by adding some cooked chicken or good tuna, some chopped hard boiled eggs, some olives and/or capers.

[These recipes will help you use everything in your box](#)

Chipolini Onions
Rainbow Chard
Summer squash
Heirloom tomatoes
Cherry tomatoes
Lunchbox peppers
Gypsy peppers
Grapes (Capay Canyon Ranch)
Plums
Italian Basil
Lettuce
(Eggplants in trade box)