



WEEK OF SEPTEMBER 7TH 2015 #36/52



Save the Date!

The Pumpkin Party at Eatwell Farm is scheduled for Sunday, October 11th. We'll include details about this event in your weekly email this Friday! This year we'll have pumpkin picking, Eatwell Farm lunches featuring pasture raised chickens and heirloom flour, games, hay rides and more! You won't want to miss it!

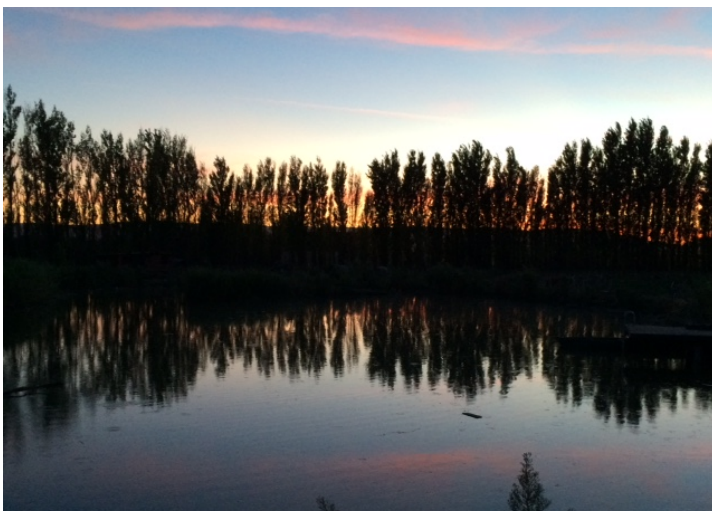


The Nest at Eatwell Farm

The last of the Tomato Sauce Parties was this past weekend, and that was the last of the overnight events on the farm for the year. A couple of our members took us up on the offer to spend one more night. Kelly and Cole enjoyed a quiet afternoon under the trees in the orchard, watched an amazing sunset, popped up to the house in the morning to "borrow" some butter for their breakfast and shared a few biscuits and Highwire Coffee with us. I was so happy they chose to stay the extra night; this is your farm to enjoy and escape to, and that is exactly what they did. In the next week or so The Nest At Eatwell Farm will be ready for visitors; it's a brand new Lotus Belle tent, kitted out with organic linens, king sized bed and hopefully a bit of whimsical Arabian Nights feel to it. Beautifully situated in the first row of the orchard, right next to the lavender field, The Nest is a place of retreat, rest and relaxation. You can wander and enjoy the farm, pick strawberries, tomatoes or peppers, cook if you like up in the greenhouse. If you are a cyclist this is a fantastically flat area with long country roads, and the ride over to Winters is really beautiful. The town of Winters was established in 1875, and still maintains that very charming old time western town feel. Brick buildings line the downtown, great restaurants, a few of the local wineries have tasting rooms, just outside of town is Berryessa Gap Brewery and then there is The Palms for some night time entertainment. Winters is only about a 10 minute drive from the farm. Here's a link for a bit more info: <http://discoverwinters.com/>. We are hoping to sign up with HipCamp and/or AirBnB, but in the meantime if anyone is interested please give me a call 530-554-3971. The rate is \$150.00 a night, we do have sleeping pads if you want to bring kids along. Farm cooked meals can be provided for an additional charge, including the option of our farm breakfast either here in the farmhouse kitchen or brought out to you in the orchard. One last thought, holidays are approaching and a weekend on the farm would make a truly delightful and thoughtful gift.

Planting the Fall Garden

This week will be hot on the farm with temperatures at 100 and above. Fortunately the last two weeks have been cool. We were able to transplant many of the fall and winter vegetables. Roberto sowed a couple of acres of direct seeded crops too. Joseito's job this week is to keep all the crops well watered but not too much. Excess water encourages weeds to germinate. There is a fine balance of providing just what the crop needs without stimulating the weeds. The soil surface needs to be moist so that the germinating seeds can emerge, keeping enough moisture at the root depth only. He walks the fields several times a day; even then with temperatures over 100 this is not an easy task to get right.



Sunset over Eatwell Farm's pond at the last Tomato Sauce Party.



Kelly took the photos of The Nest a few weekends ago during the second tomato sauce party. View more of her photos and read about her adventures at kellyandcole.com.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

ORGANIC@EATWELL.COM
TEXT/VOICE 707-999-1150



Recipes and Menu Suggestions

Harissa on Scrambled Eatwell Egg

Uses: Lunchbox Peppers, Onion, Serranos and Eggs

Thai Inspired Chicken or Tofu with Green Curry Coconut Sauce -
Serve with Rice or Noodles

Uses: Lemon Verbena, Serrano, Onion, Lunchbox Peppers,
Tomatoes, Summer Squash

Tarator Soup - Serve as a starter to Gemelli with Blistered Cherry
Tomatoes,

Uses: Cucumbers, Cherry Tomatoes, Basil, Parsley, Onion

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

Tarator

Found on Food.com by Nelka 3-6 servings

This time of year I am forever reminded of all the delicious food we ate in Bulgaria. The Bulgarians really know how to enjoy the bounty of summer, with simple recipes and dishes that you want to eat day after day. We literally eat a Schopska Salad (tomato, cucumber, feta, a bit of oil and onion) probably 5 times a week. If you have Cucumbers in your box this week here is an easy soup.

2 Cucumbers (about 1 lb)
1 Lb Plain Yogurt
3-4 cloves Garlic
2-3 TB of crushed Walnuts (optional)
1 bunch fresh Dill
Oil
Salt
Water (optional)

Cut the cucumber into cubes and put them in a bowl. You may also grate them but it changes the look and the consistency. Beat the yogurt with a fork until it gets liquid and pour it over the cucumbers. Add the crushed garlic, the walnuts and the minced dill as well as salt and oil to taste. If needed add some water to make the soup as liquid as you like, but take care not to make it too thin. Put into the refrigerator to cool or add ice cubes. Serve cold.

Gemelli with Blistered Cherry Tomatoes, Chickpeas, and Smoked Paprika

Vegetarian Times Sept 2015

2 TB Olive Oil
16 oz Cherry Tomatoes
1 clove Garlic, minced
1/2 tsp Smoked Paprika
1/4 tsp Red Pepper Flakes
2 TB chopped fresh Italian Parsley
1 TB chopped fresh Marjoram, I am making it with our fresh Basil instead
1 15 oz can of Chickpeas, rinsed and drained
8 oz Gemelli pasta
1 cup crumbled Feta Cheese

Heat 1 TB oil in large, non-stick skillet over high heat. Add tomatoes and cook 10 minutes, or until tomatoes blister in spots, stirring occasionally. Stir in remaining 1 TB oil, garlic, paprika, and red pepper flakes. Fold in parsley and marjoram (or basil), then chickpeas. Remove from heat. Meanwhile, cook gemelli in large pot of boiling salted water according to package directions. Drain, reserving 3/4 cup cooking liquid. Add gemelli to tomato-chickpea mixture in skillet and toss to coat. Mix in enough reserved cooking liquid to moisten. Season with salt and pepper, if desired, and serve sprinkled with feta.

Harissa

Inspired by a recipe in The River Cottage Preserves Handbook by
Pam Corbin

9 oz roasted Lunchbox Peppers (the recipe actually calls for tomatoes)
2 oz Serrano Chiles
2 fat cloves Garlic
2 oz Shallots - or use the onion from this weeks share
1 tsp Caraway Seeds
1 tsp Coriander seeds
1/2 tsp Salt
1/4 cup Olive Oil

Roast the lunchbox peppers on a parchment lined baking sheet in an oven preheated to 450 F for 15 to 20 minutes. If you choose to use tomatoes instead, cut the core out and drop the tomatoes into a pan of boiling water for 30 seconds, then scoop out and peel off the skins. Remove the stems from the chiles (and lunchbox peppers if using those). The seeds contain most of the fruit's heat and you can decide how much, if any, you want to leave in. I wear gloves when messing with hot peppers. Make sure you don't rub your eyes! Put the skinned tomatoes, or roasted lunchbox peppers, serranos and all the other ingredients except the oil in a food processor and process until well blended. Pour into a small sauce pan and heat until boiling, then simmer for about 10 minutes until reduced and starting to thicken. Let cool, then pack into warm, sterilized jars, leaving 3/8 inch gap at the top. Pour oil over the paste to completely cover it.

Seal the jars. Store in the fridge and use within 4 months. If you want to extend the shelf life, pack in small, sealable containers and freeze. Once opened, keep in fridge, making sure the paste in the jar is completely covered by a layer of oil.

Thai Inspired Chicken or Tofu Green Curry

Eatwell Farmhouse Kitchen

For each of the Sauce parties this year I cooked up several of our Bruces. It was a great opportunity for people to literally taste the difference, and as we are now getting into full swing of processing our birds I am focusing much of my cooking on chicken dishes. This is a different type of bird than what we are all accustomed to from the market, so this is a

learning time for me. Last night I made a Thai inspired Chicken with Coconut Green Curry sauce. This recipe would be equally delicious made with tofu, either fried or plain. So for those of you who have the Summer Squash this week here is the recipe:

1 whole Bruce or for a vegetarian version use at least 1 lb of Tofu
4 TB good Oil
1 or 2 Onions, chopped
1 Serrano Chili, minced, depending on how much heat you like use the seeds for more spice or remove for less - also this was fairly mild so you could certainly use more of the peppers
Summer Squash, cut into bite sized chunks
1 or 2 cloves of Garlic
2 TB Fish Sauce
2 cans of Coconut Milk
1 TB Green Curry Paste, more or less to taste
2 - 4 Sprigs of Lemon Verbena
2-4 Lunchbox Peppers, tops removed, the rest chunked
4 of the Red Tomatoes, quartered

In a dutch oven, or heavy bottomed pot with a well fitting lid, heat the oil over medium to high temp. Throw in the onion and sauté until glassy, add the garlic and the serrano pepper, cooking another minute or two. Put the chicken in the pot and cook on one side until somewhat browned, repeat on other side. Once browned, turn the temp down a bit, add the fish sauce, curry paste and mix into the onions and pepper. Add the coconut milk, mixing it around once the cream has melted in. Cover and cook on a low simmer for about 45 minutes. This could also cook in a preheated oven or a stock pot. Add the lunchbox peppers, tomatoes and the summer squash and cook until the chicken is really tender, probably about another 30 minutes, maybe a bit more. **If you are using Tofu**, you could brown the tofu a bit right after you put the fish sauce and green curry paste in, or add it to the pot after the coconut milk. With the coconut milk add the lunchbox peppers, tomatoes and summer squash, cook until the veg is tender. Serve with rice or noodles.

This Week's Box List

Cherry Tomatoes
Small Red Tomatoes
Basil
Parsley
Onions
Cucumbers or Summer
Squash
Lunchbox Peppers
Serrano Peppers
Plums
Lemon Verbena