



WEEK OF SEPTEMBER 8TH 2014 #35/14



Sweet Potatoes

When I started farming here in 1993, yes 21 years ago, I had never grown sweet potatoes and only eaten them an handful of times. I grew them because I was asked for them. The grower from whom I got the cuttings gave me a 5 min guide to growing them. He said do not give them too much water. We did not but he really meant be very careful as I grew a 7 lb beauty that year. We can only grow one variety Diane, coming soon!



Tomatoes in your box today

You will find some under ripe and slight seconds in your box today. I am sorry for this but we have very few tomatoes this week. We have two acres that are set to start producing next week. The problem is that the planting for mid August to Mid September has finished so soon. They should overlap, but not this year. Those of you at the tomato sauce parties saw how abundant our tomatoes were. I do not fully understand why the planing schedule was off this year, but it could be the relatively mild weather in August. Apologies, Nigel



More sheep from Jeremy Shepard grazing pasture onto which the chickens will move later this week. The chickens do not like tall pasture which is why we mow it ahead of them. So why not let the sheep do it for us and save the diesel fuel? Their droppings add diversity to the soil flora and fauna too.

Planting Day



I have been talking about Permaculture in these pages for some time now. It started with a two day class in Kentucky given by Wisconsin farmer Mark Shepard. Mark took permaculture and incorporated many of the principles into farm scale agriculture. Learning from Mark was one of those moments when I felt such a fool in that what I thought

was more of a home garden/urban idea could easily be fitted to board acres. I had read the Permaculture manual several times in the early nineties but could not see a way to farm with it. Over the last five months I have been doing an online class in permaculture. At the completion there was a exercise to design you own place with what was learned. I took a section, the most northerly on the farm, and came up with what I believe to be a resilient model that deals with many issues we have such as water use and diversity of crops. On Saturday, the 27th of September, we will have a day on the farm to start the implementation of this design. This will not be a permaculture class but a practical session of taking the design and planting it into the field. There will be a mix of 50% hands on and the rest learning about why I designed it the way I did. The sign up for this event is live now so please consider joining us. There are only 20 places available. You will learn how to plant a tree, herbs, flowers, set up irrigation and mulching to protect the growing plants. There will be lots to learn even if you have a small garden. The event link and discount code are on the Recipe Page of this Newsletter.

Barn Raiser Update



Thank you for helping us reach our goal. We now would like to stretch this to build an app for all farmers to use that will help us track how each hen is laying.

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.

eatwell.com/ewbr



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

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!

Recipes and Menu Suggestions

Zucchini Patties served with Roasted Pepper Labneh and a simple Cucumber & Cherry Tomato Salad Topped with Basil Tips

Uses: Zucchini, Oregano, Onions, Lunchbox Peppers or you can use the Gypsy Peppers, Cucumbers, Cherry Tomatoes and Basil Tips

Braised Balsamic Chicken with Tomatoes and Swiss Chard - Serve with Rice or Quinoa (Recipe at: <http://www.eatwell.com/blog/2014/9/9/braised-balsamic-chicken-with-tomatoes-and-swiss-chard>)

Uses: Chard, Tomatoes, Onions

Zucchini Patties Served with Roasted Pepper Labneh

From the current issue of Bon Appetit

Funny how things just come together sometimes. I started writing yesterday about preparation and composition, then I find in this month's issue of Bon Appetit a recipe for Roasted Pepper Labneh which they are serving with Zucchini Patties. I have an abundance of yogurt and am always looking for new ways to use it up, so I am really looking forward to trying this combo! The recipe is slightly altered to suit the ingredients in this week's share

Zucchini Patties:

3 medium zucchini, coarsely grated

1 to 2 Cippolini Onions, coarsely grated - I am actually going to use some of my roasted cippolinis

1 TB Kosher Salt, plus more

1 large Eatwell Egg, beaten to blend

1/3 cup Panko

1 TB finely chopped fresh Oregano

Freshly ground Black Pepper

Vegetable Oil (for frying; about 1.5 cups)

Mix zucchini, onion and 1 TB salt in a medium bowl. Let sit 10 minutes, then wring out as much liquid as possible from zucchini and onion in a kitchen towel. Mix the egg, panko, oregano in a clean medium bowl; season with pepper. Pour oil into a large skillet, preferably cast iron, to a depth of 1/2" and heat over medium heat until oil bubbles when a pinch of zucchini mixture is added. Working in batches, drop tablespoonfuls of zucchini mixture into skillet and gently flatten with a spatula into 2" patties. Cook until golden brown, about 3 minutes per side. Drain on paper towels; season with salt. Serve with Roasted Red Pepper Labneh.

Roasted Pepper Labneh

Bon Appetit September 2014

2 - 3 Roasted Lunchbox Peppers or 1 Roasted Gypsy Pepper

1 tsp fresh Lemon Juice

1/2 tsp Honey

2 cups Labneh (Lebanese strained yogurt)

Kosher Salt

To make Labneh at home whisk 2 cups plain whole-milk yogurt or 2% Green yogurt and 1/2 tsp kosher salt in a small bowl. Line a fine-mesh sieve with 2 layers of cheesecloth and set over a medium bowl. Place yogurt mixture in sieve, cover with plastic wrap, and let drain in refrigerator at least 1 day and up to 2, if you want it slightly thicker.

Puree red pepper, lemon juice, and honey in a blender until smooth. Mix red pepper puree and labneh in a medium bowl; season with salt.

Homeschool Tour of Eatwell Farm

Thursday, September 18th

Join Nigel for a tour especially for children and parents who are curious about how sustainable, organic produce is grown. This event is open to CSA members and the public, so share the event details with anyone you know who would enjoy this special event.

Tickets are only \$5 per person, and each group will go home with a CSA box! Event details and tickets are found here:

<http://www.eatwell.com/events/2014/9/5/homeschool-tour-on-eatwell-farm>

Preparation and Composition

Composition: arrangement, disposition, layout; proportions, balance, symmetry. Technically the definition of composition relating to a painting, but sometimes dinner is much like art. What I often attempt with many of the ingredients in our weekly share is to pre-prepare and then compose. This week's share is perfect for this approach. There are so many tasty items that are perfect for roasting: cippolini onions, peppers, tomatoes, even the summer squash, and that is exactly what I am doing this quiet Sunday afternoon. The oven is on, it only makes sense to roast everything in one session (probably a few rounds of roasting) and then I will have them ready for future meals. In this case, today's preparation of roasting vegetables will become tomorrow's composition of lasagne. Whether I end up making the lasagne or not, I will have exquisitely delicious items ready for me to quickly turn into fabulous dishes.

I start with the Lunchbox Peppers, giving them a quick wash. I put them on a parchment paper lined baking tray, and pop them into a hot oven, set to 500 F. In 20 minutes they are done. You can do this with the Gypsy peppers but they will probably take a bit longer to roast and you will want to check them after 10 minutes and probably turn them at that point. As soon as you pull them from the oven put them into a bowl and cover tightly with foil or cling film to let them steam about 30 minutes. This makes it easier to

remove the skin. I most often completely forget this part and make a ridiculous attempt at peeling and invariably give up. Not the worst thing in the world, especially with all of the Lunchbox Peppers, their skins are thin and not particularly tough. Now that they are cool enough to handle you can remove the peel, the stems and the few seeds and they are ready to use. You can save them in good oil for a couple of weeks as long as they are fully covered, you can also freeze them to enjoy in the winter when peppers are no longer in season. I am using these in tomorrow's lasagne.

I only need one rack for the peppers, so while they get their start, I work on peeling cippolini onions. I cut them in half vertically, put them into a roasting pan,

drizzle a bit of good Olive Oil over them, then pop them into the oven. Once they get a bit of color to them, I flip them over. The onions cook until they are completely soft but not particularly colored, I could cook them to more of a caramelized point, but I want to keep them less cooked so I choose later how I want to use them. As soon as the onions are in the oven, I work on washing and coring the tomatoes. Since there aren't that many, I use a nice round pan and put them into the hot oven right after I take the Lunchbox Peppers out. 1 lb of tomato gives about 8 oz oz in weight and volume after roasting. With these simple ingredients you can quickly make a soup, or side dish. The peppers, onions, and tomatoes with a touch of light vinegar, some salt and pepper would make a great little very flavorful side to many meals. You can also freeze the peppers and the tomatoes to enjoy in the middle of winter. Not quite sure how the onions would do after freezing. If anyone knows please let me know!

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>