



WEEK OF SEPTEMBER 14TH 2015 #37/52



## Save the Date!

The Pumpkin Party at Eatwell Farm is scheduled for Sunday, October 11th. 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! This is your farm, please round up your friends and show them you are not crazy, food should be this this good.



## The Nest at Eatwell Farm

The last of the Tomato Sauce Parties was two weekends ago, 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.

## Three Dimensional Farming

Imagine a field of lettuce, just lettuce, all exactly the same. Not only boring but wrong for so many reasons. Now take a look at our fall pumpkin and winter squash field. Its a jungle but also a very highly efficient solar collector. We are capturing solar energy and producing great food for all of us. There is plenty of light, that is not a limiting factor. This is a great example of how Lorraine and I see the future of the way we farm with lines of trees and herbs between set of beds of vegetable beds. It is not only more aesthetically pleasing but more efficient too, harvesting more solar energy. The overall yield will be greater too.



Our newly planted strawberry field just got some love in the form of removing a few weeds and deflowering the young plants. The first fruit just do not taste great and we need all the energy to go into growing great roots for next year's harvest. We plan on having a big crop for 2016!



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](http://kellyandcole.com).

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

## Recipes and Menu Suggestions

### Collard Wraps

Uses: Collards, Basil, Mint, Parsley, Lunchbox Peppers  
Tomatoes, Onion

Maple-Serrano Butternut Squash - Serve with Chard Rice. You can add another bit of protein to this if you like.

Uses: Serranos, Butternut Squash, Onion, Chard and  
Lunchbox Peppers

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

## The Cycle of Life

It is with a heavy heart I sit at my computer today; the sky filled with smokey air, and I know thousands of people have been forced out of their homes. I am deeply saddened by the loss of Harbin, my go to place for sanity, relaxation, rejuvenation for over 25 years. It is where Nigel and I spend our birthdays and quick trips when we can. California fires can be ugly and cruel, raging fast; this one is all of that. But they will rebuild and nature will do what it does. But in the midst of all this sadness we are excited, anticipating a new life here on the farm; HelenMay, one of our cows, is literally at the start of birthing her new calf. I hope by this evening we will have a precious new member of our family. Fortunately for HelenMay, the natural ebb and flow of seasons has taken the temperature from 107 a few days ago to a windy 70 today. With this abrupt change I find my taste buds cycling right along with nature, thrilled by this collision of seasons when we get to enjoy basil, peppers and tomatoes, along side collards, chard and winter squash. So, in spite of the sorrow, I feel gratitude for this land I call my home, the nourishment it provides us, and all its delicious bounty. Looking forward to Autumn and some rain.  
- Lorraine

## Chard Rice

Eatwell Farmhouse Kitchen - Serves 6

I love to cook rice in our chicken stock with a good amount of vegetables. It makes plain rice so much more enjoyable, plus it is a great way to get more vegetables into a meal.

2 cups White Basmati or Jasmine Rice

2 TB Butter

1 TB Olive Oil

1 Onion, chopped

1 clove Garlic, chopped

1 TB Parsley

At least 1/2 bunch of Chard, bottom of the stems removed

2 - 4 Lunchbox Peppers, tops removed, chopped

1 Qt Eatwell Farm Chicken Stock

2 tsp Salt

In a heavy bottomed sauce pot heat the oil and butter over medium heat. Add the onion and cook until just barely translucent. Then add the garlic and chopped lunch box peppers. While they are cooking, chop the chard leaves and the stems separately. They should be nice small bite-sized bits. Add the rice to the pot and cook, stirring constantly, until the rice smells nutty and is just beginning to turn a little golden. Add the chopped chard, mix well, then add the stock and salt. Simmer until the liquid has cooked down to a level even with the top of the rice. Cover, turn the temp down to medium low, and cook until the rice is done, about 10 minutes.



## Maple-Serrano Butternut Squash

From [quericavida.com](http://quericavida.com) Serves 6

Funny what comes up when you google a few random ingredients. For some reason I was intrigued with the idea of combining butternut squash and serrano peppers, and this is what I found!  
6 to 7 cups Butternut Squash, peeled and diced

1 tsp Salt

1/4 tsp freshly ground Black Pepper

2 tsp Oil

4 slices thick-cut hickory smoked Bacon, chopped (2/3 cup)

1/2 cup Onion, finely chopped

2 cloves Garlic, finely chopped

2 Serrano Chiles, stems removed, seeded and chopped

3 TB real Maple Syrup

In a 5 qt saucepan, place squash and cover with water. Heat to boiling over medium-high heat. Stir in 1/2 tsp of the salt and the pepper. Reduce heat to medium; cover and simmer 9 to 14 minutes or until toothpick inserted in squash resists somewhat going through. Drain. Meanwhile, in 12" skillet, heat oil over medium-high heat. Cook bacon in oil 4 to 5 minutes or until crisp or desired doneness. Remove bacon from skillet. Stir in onion; cook 2 to 3 minutes or until onions are translucent. Add garlic and chiles. Cook 30 seconds; stir in squash, bacon, maple syrup and remaining 1/2 tsp salt. Cook about 1 minute or until heated through. Serve.

### This Week's Box List

Basil

Onion

Small Red Tomatoes or Roma

Tomatoes

Collards

Holey Chard (a little bug-bitten)

Plums or Melons from Riverdog

Lunchbox Peppers

Serranos

Parsley

Mint

Butternut Squash

## Collard Wraps

Recipe from Liz Young and Jan Weidner

Last week Nigel and I invited ourselves over to Liz and Jan's house for dinner. We actually had spring rolls made with brown rice wrappers, but Liz loves to make these with Collards. A truly delicious way to enjoy a variety of goodies from the box.

Collard Greens, bottom stem removed  
Lunchbox Peppers, tops with seeds removed, sliced into matchsticks

Thinly sliced Onion

Chopped fresh Parsley, Mint and Basil

Chopped Tomato

Some cooked Quinoa

Cucumbers and or Carrots, sliced into matchsticks

Humus

Blanch the collards very quickly, just to soften them a bit. Put all the chopped ingredients into their own little individual bowls, the cooked quinoa as well. Using one leaf of collards, put on a little bit of any or all of the ingredients, then roll up. You can put the humus in the wrap or dip as you go along. Enjoy!

## Vendors Needed for the Pumpkin Party

This year we're holding our Harvest Market during the Pumpkin Party on the farm. We'd love to have CSA members sell hand-crafted goods in the greenhouse. We cannot vendors selling sweets or meals this year as it will conflict with what we're offering.

Would you like to have a table at the Pumpkin Party on October 11th? Please send an email to Emily at [organic@eatwell.com](mailto:organic@eatwell.com) with details about what goods you'd like to sell.

## Event Crew Members Needed for the Pumpkin Party

Would you like to earn CSA credit by helping us out on the farm at events? We credit CSA members \$12 per hour worked in the CSA cash account associated with your subscription! Please email Emily at [organic@eatwell.com](mailto:organic@eatwell.com) to sign up to help with the Pumpkin Party on October 11th. We need at least five event crew members for the Pumpkin Party this year. **Come out and help your farm!**