



Potatoes are Flowering

For the last couple of years we have been planting potatoes in the summer to harvest in the fall. Those that we plant in February and harvest in May do not keep until the fall so it is nice to be able to get two crops a year. It is tricky to get them to grow in the summer as it is too hot for them. We make sure the soil is moist before we plant, then water the crop as little as possible until they emerge. Too much water and the seed potatoes rot in the ground.



Tree 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 an exercise to design your 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. Go to <http://www.eatwell.com/events> for event details and to purchase tickets.

Enter in the code: **E@twellCSA** for a special member discount.



Hippie Neighbors

We farm in a very conservative part of California. Our farming neighbors are very set in their ways and we are regarded as strange. I have heard that there is a certain amount of respect that we have 'lasted so long'. The good news is that many of the Walnut growers are starting to follow organic techniques by putting up owl boxes to control gophers. A couple of weeks ago I also heard from our good friend Bobby Borchard that the new fad is to put bat boxes in your orchard to control Codling Moth. Bobby has been doing this for over 20 years. It takes time but we are happy to see these changes.



A big thank you to all of you who came to the ice cream social and tomato tasting last Sunday. We are organizing 2 more this fall, one for pumpkins and another harvest market the Sunday before Thanksgiving. More details to follow. The ice cream was a hit. More pictures on Facebook and eatwell.com

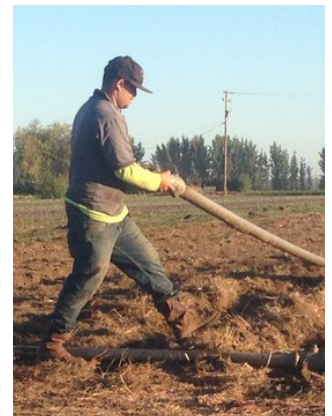


Fall Planting

Ramon and Josesito were caught on camera Tuesday morning just after dawn cultivating and irrigating more beds for the fall crops. Ramon was rolling beds that he had cultivated on Monday. Josesito then irrigates them a little and Ramon will come back on Wednesday to cultivate them again before he prepares the beds prior to planting. These beds were occupied by the chickens until last

Saturday. They were moved over to the next acre of summer pasture. That pasture had been grazed by the sheep until last Thursday. We are getting into a good groove here, and I like it very much. Jeremy who manages his sheep on the farm is understanding how our system works and it is a delight to see him fit his sheep in so nicely.

In a recent interview for Permaculture Voices podcast, I said that my greatest achievement was the training of the farm crew. They really understand what we do here as exhibited by their work and the independence with which they work. It is a joy to see. Their skill and dedication is what brings you your box of amazing produce every week. Have a great week...Nigel



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

Savory Zucchini Chard Muffins served with Arugula and Cherry Tomato Salad dressed with Lemon Balm Vinaigrette

Uses: Summer Squash, Chard, Onion, Eatwell Eggs, Arugula, Cherry Tomatoes

Roasted Pepper/Tomato/Onion Soup

Uses: Lunchbox Peppers OR Gypsy Peppers Roma or Shady Lady Tomatoes, Cippolini Onion, Rosemary

Roast Pork with Roasted Pepper Sauce serve with a good hearty noodle and the Shaved Summer Vegetables

Uses: Peppers, Radishes, Celery, Zucchini, Lemon Balm
Recipe at: <http://www.eatwell.com/blog/2014/9/16/roast-pork-with-roasted-pepper-sauce>

Last week I wrote about how I spent part of my Sunday roasting peppers, onions and tomatoes. My plan was to make a lasagne. It was an experiment that tasted great but had far too much liquid, but the leftover lasagne was fantastic! I was hoping that since I did not pre-cook the noodles the excess liquid from the tomatoes would be well absorbed. Live and learn, cook and win and sometimes lose. At least in this case it still tasted great and all the men in the house gobbled it up! In any case I do encourage you to consider roasting at least your peppers and if you don't use them now you can freeze them to enjoy summer color and flavor in the middle of winter. I guarantee you will be happy for them.

Savory Zucchini Chard Muffins

From allrecipes.com

Emily made these the other day and brought some to work to share with us. They were delicious.

You could easily make a meal of these with a fresh salad using the arugula and cherry tomatoes. I had mine room temp as a snack and it was fantastic, actually had to eat two of them!

3 TB Butter

5 slices Bacon, diced

3/4 cups diced Onion

1 tsp minced Garlic

1 bunch Chard, stems removed and leaves thinly sliced - I always use the stem I just cut the very bottom off and chop them quite fine

2 cups shredded Summer Squash

3 Eatwell Farm Eggs

1 tsp Salt

Freshly ground Black Pepper to taste

1 cup all-purpose Flour

1 tsp Baking Powder

3/4 cup finely shredded Swiss Cheese

Preheat oven to 400 F. Generously spray muffin cups with cooking spray. Melt butter in a skillet over medium heat, add bacon. Cook gently until bacon begins to curl, 3 to 5 minutes. Add onion, garlic and chard leaves; cook and stir until chard has wilted, stirring occasionally, 5 to 8 minutes. Transfer chard mixture to a large bowl; stir in zucchini, eggs, salt and black pepper. Add flour and baking powder; mix until flour is evenly distributed and moistened. Stir in Swiss cheese. Spoon batter into prepared muffin tin. Bake in the preheated oven until edges turn golden brown, about 20 minutes.

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>

Roasted Pepper/Tomato Soup

1 box Lunchbox Peppers OR Gypsy Peppers, roasted *ROASTING INSTRUCTIONS BELOW

Roma or Shady Lady Tomatoes, cored and roasted

1 Cippolini Onion, Roasted

Salt and Pepper to taste

Cream to taste, start with maybe 1/4 cup and add more if you like Rosemary, finely minced to garnish

Remove the stems and seeds from the peppers. If you want to take the time to remove the skins you can. I didn't for this recipe as they are quite thin and everything is pureed anyway. I did, however, remove the skins from the tomatoes after they were roasted. Put all of the ingredients into a soup pot and puree using an immersion blender, OR if you don't have one put everything into a regular blender and blend until smooth. Let everything cool a bit before putting them into the blender, then put into a pot. Slowly heat adding the salt and pepper to taste. Once heated through, turn the heat down to low and add the cream. Serve in soup bowls and sprinkle just a bit of finely minced rosemary. You can also make croutons using day old bread, cubed. Cook in a skillet with butter and toss those with the rosemary. Top your soup with the croutons.

*Give the peppers a quick wash, and put them on a parchment paper lined baking tray, pop then into a preheated oven, set to 500 F. In 20 minutes the Lunchbox Peppers are done, but Gypsy Peppers may take a bit longer and you will want to check them every few minutes and turn them. 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. Remove the peel, the stems and the few seeds. Peel the cippolini onions and 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 out the peppers. Once they are cool enough to handle you can easily pull the skin right off. 1 lb of tomato gives about 8oz in weight and volume after roasting.

Shaved Summer Vegetables

From Veg by Hugh Fearnley Whittingstall

Sometimes I find reading cookbooks from other countries so amusing. This recipe is all about summer vegetables, but it calls for kohlrabi and beets which may grow well in England in the summer, would never be considered summer veg here in California. I thought we could try it with the celery instead of the kohlrabi and beets.

2-3 stalks of Celery

3 1/2 to 5 oz of Radishes

1 medium Zucchini

Dressing - Lemon Balm Vinaigrette

1 part Sherry Vinegar

2 parts good Olive Oil

Salt and Pepper to taste

Lemon Balm leaves to taste

Put everything for the dressing into a blender and blend until smooth. Taste and adjust seasoning.

Trim all the vegetables. Using a mandoline, a vegetable peeler, or a very sharp knife, shave/slice the vegetables as thinly as you can. Mix together and divide among serving plates. Trickle over the dressing and serve.

These recipes will help you use everything in your box

Arugula

Cherry Tomatoes

Chard

Cippolini or Green Onions

Celery

Radishes

Lunch Box Peppers

Gypsy Peppers or Eggplant

Summer squash

Roma or Shady Lady Tomatoes

Melon (Riverdog Farm)

Lemon Balm