



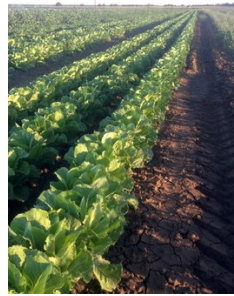
WEEK OF SEPTEMBER 24TH 2014 #37/14



## Around the Farm

This is a busy time of the year when we change seasons. Almost all of the transplanted crops for the fall and winter are in the ground. We have started to seed things like spinach and lettuce which can only be sown when the temperatures do not rise above 90F.

The lettuce in the picture here is a heat tolerant



variety called Sunbelt. It is almost ready to pick. It needs lots of water and cool weather which we are having now. The lettuce in your box today was sown by seed in August in a cool spell.

Oranges only turn orange when it gets cold in the winter, their natural color is green. These are Seville's for marmalade making in March. You will be able to order five pound bags as an extra item when they are ready. So far every year they have sold out and thank you to you all who send



**Fresh Figs Anyone?**  
I think I was 21 before I had my very first fresh fig. Now I am hooked. We have 50 small trees of a variety called 'Sultan' to plant this coming Saturday at our planting event. We will also be planting pomegranates, olives, lavender, strawberries and lots of herbs. So if you have ever wanted to get your hands dirty and see how it is done come and help us. There will be time explaining the plan for the farm also.  
<http://www.eatwell.com/events>



## Butternut Taste Test

I plant our winter squash so that it matures slowly at the end of September and into October. It tastes so much better that way. Many of my contemporaries around here have already got their crop in the barn. It ripens too quickly if you plant early. I have five varieties of butternut this year so that we can all have a grand experimental taste test. I will have some at the Pumpkin Parties on the farm and at the Ice cream social to try too. Each week we will put a different variety in the box and invite your feedback.



The canal that brings our water from Lake Berryessa is running well but will close on October 15th. Water is only available from April 15th through the summer. Our well fills in over the winter. This year we have to make some changes so that we can get enough water to the vegetables which are all on the field leased to us by the Erwin Family in Dixon.



me samples of their marmalade. I really do enjoy it.

Roberto is preparing more beds for cauliflower, broccoli etc that we will plant this Thursday. The chickens are eating the pasture which he will prepare next and fertilizing it at the same time.

Agustin is spending every spare moment from taking care of the poultry building another duck house. We have axles onto which he constructs the mobile duck homes. Everything around here gets painted barn red to protect it from the weather.

We have now finished all the dry onions from the april planting and our next crop was planted in early July. We planted more about a month ago and have a big

planting coming in early November. Our goal is to have onions as often as possible throughout the year. I am now finalizing the planting plan for next year so please let me know if you have any ideas for the box, more or less of something, or something new. Tomatillos will be back next year, more onions, lunchbox peppers will arrive earlier and lots of melons and cukes.

Have a wonderful 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!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM)

TEXT/VOICE 707-999-1150

## Recipes and Menu Suggestions

A Delicious Starter: Arugula, Prosciutto, and Melon with a Creamy Lemon Mustard Vinaigrette

Lazy Chiles Rellenos serve with Sauteed Summer Squash and sliced Shady Lady Tomatoes

Uses: Poblano Peppers, Summer Squash and Shady Lady Tomatoes and Eatwell Eggs of course!

Autumn Soup serve with good bread and butter

Uses: Kale, Mustard Greens, Celery, Roma Tomatoes

Composed Salad with Creamy Lemon Mustard Vinaigrette

Uses: Romaine, Radishes, Lunchbox Peppers, any leftover Tomatoes, Celery, Roasted Summer Squash

Creamy Lemon Mustard Vinaigrette - Found online at: <http://www.eatwell.com/blog/2014/9/23/creamy-lemon-mustard-vinaigrette>

Happy Autumn! This change of season is very much highlighted by the contents of this week's share. We are straddling the end of summer's sweet bounty and the hearty and earthiness of winter, peppers, tomatoes, melons, alongside greens, radishes and celery. Eating seasonally, we become aware of these very special times. During our canning parties I couldn't help but remember scenes from The Waltons; mothers, grandmothers and children sitting on a porch prepping peas, beans for canning. In my childhood I visited older relatives in Germany, where my great aunts would spend hours in the cellar kitchen canning everything from their gardens. I was in awe of the shelves loaded with colorful jars, something I never saw here in California. So, today looking at our list of delicious goodies, I am appreciating all this summer has given us, and look forward to what will come in the cooler months!

## Lazy Chiles Rellenos

Serves 4

From Tasty Kitchen: A Happy Recipe Community added by Ree

The original recipe serves 9 so I have cut it in half to be more appropriate to the amount of peppers in your share. The original version uses a 9 x 13, obviously it will need to be much smaller than that, you might even try a loaf pan. I had this in the newsletter a year ago, and since then I have made it several times, twice in the last couple of weeks. Aside from taking some time roasting the peppers, it is a very simple and quick meal and we all love it. The last batch was a bit undercooked, but we fried up some fresh corn tortillas the next morning and scrambled the leftovers in the pan with the tortillas and enjoyed them for breakfast. It was super delicious!

4 whole roasted, peeled and seeded Poblano Chiles\*  
3/4 cup Monterey Jack Cheese, grated  
3 Eatwell Farm Eggs  
1 cup whole Milk  
Salt and Pepper to taste  
1/4 tsp Paprika  
Pinch of Cayenne

Preheat oven to 325 F. Mix together eggs, milk, salt, pepper, paprika and cayenne. Cut chiles in half and add a single layer of chiles on the bottom of baking dish. Top chiles with half the grated cheese. Repeat with another layer of chiles and another layer of cheese. Pour egg mixture all over the top. Place into a larger baking dish or rimmed baking sheet. Pour in 1/2 inch of water and bake for 35 to 45 minutes, or until completely set. Cut into squares and serve with warm corn tortillas.

\*I have written about roasting peppers in the last two newsletters, but in case you missed that it is quite simple: Clean peppers, put on to a baking sheet (I like mine lined with parchment paper) and put into an oven preheated to 500F. Roast for 10 minutes, turn peppers over and roast another 10 minutes. Remove and immediately put into a bowl and cover tightly with cling film. Let rest/steam/cool for about 30 minutes, remove stems, peel, seed and you are good to go!

## Autumn Soup

Eatwell Farmhouse Kitchen

I love soups even in the summer. In Germany one of my aunts would make me soup for lunch everyday. They are a great way to use a lot of vegetables, almost always taste better leftover, and seldom require much time. You can even put it all together and let it slow cook in a crockpot. So this isn't really a recipe per se and certainly nothing set in stone. Add to it as you see fit. I am keeping this on the lighter side, but you can make it a heartier fare by adding beans, lentils leftover chicken or beef, rice or noodles. I typically keep my noodles out of the soup pot itself and add them (pre-warmed a bit) to the bowl as I am serving. I hate mushy noodles.

4 to 6 stalks of Celery, trim ends, dice fairly small

1 Onion, diced

1 to 2 cloves Garlic, minced

2 to 3 TB Butter or good Olive Oil, or a combo of the two is even better

1 bunch Kale, bottom of stem trimmed off, stems chopped finely, leaves chopped fairly small

1 bunch Mustard, bottom of stem trimmed off, stems chopped finely, leaves chopped fairly small

3 (more or less) Roma Tomatoes, core removed and diced

1 Qt Eatwell Chicken Stock or 1 Qt good Veg Stock

1 Qt Water

Salt and freshly ground Pepper to taste

In a heavy bottomed pot heat the butter/oil over medium temp. Add the onions and cook until they start to soften, then add the celery. Cook, stirring occasionally about 3 to 5 minutes, then add the garlic. Give it a good stir to mix the garlic in with the onions and celery. Don't let the garlic color. Add the chopped tomatoes, stir and let them cook at least 5 minutes. Add all of the greens, cook until wilted then add the stock and water. Salt and pepper, taste, adjust. Cover with a lid and simmer for 20 minutes. Taste again, and adjust for salt and pepper. If you are adding cooked beans

do that when you add the water and stock. Cooked meats or any of the other suggested ingredients you can add later or warm separately and just add to the bowl.

## Composed Salad

Eatwell Farmhouse Kitchen

I am usually not the biggest fan of making salad, but I do love a good big meal type salad. I especially love doing one like this when we have leftover chicken meat or some really good tuna. Of course you could also use leftover steak or salmon. I always have a container of mixed olives from the olive bar at the Davis Coop, so I usually put some of those on. Add grated cheese, sliced hardboiled eggs, a few capers... whatever you have around. Quickly toast some nuts or pumpkin seeds to round a big salad out rather nicely.

Romaine, separate and wash the leaves - you can chop them or leave them whole

Lunchbox Peppers, stems and seeds removed, sliced into long thin strips

Radishes, thinly sliced

Then add any of these items that you might have leftover from this week's share:

Celery, thinly sliced

Wedges of Tomatoes

Slices of Roasted Summer Squash

These recipes will help you use everything in your box

Arugula

Red Kale

Shady Lady Tomatoes

Roma Tomatoes

Lunchbox peppers

Hot Poblano peppers

Red or Green Mustard

Celery

Radish

Lettuce

Melon (Riverdog Farm)

Summer Squash