



WEEK OF SEPTEMBER 28TH 2015 #39/52



Tickets on Sale Now!

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. Which one is yours?

Purchase tickets at eatwell.com/events



Girls It's Time To Start Laying

Agustin is very proud of his chicks. He has taken care of the breeder flock. Saved their eggs each week then loaded the incubator every week since January. Every Thursday we hear the chicks in the hatching cabinet, and he sorts them out before moving them to the brooder bins in one of our domes.

The first of the Black Australorps we hatched back in February should be laying well now. The problem is that they are not. We did buy 800 chicks of the hybrid layers to make sure we had enough chickens to lay for the winter as it will take some time before we get up to speed with the Australorp raising. These layers are not laying well either and they should be by now.

We have carefully examined every aspect of the chicken operation such as making sure they have lots of fresh water, feed and misters to keep them cool during hot spells. We have made minor adjustments but nothing that would cry out as the reason why the new flocks are not laying. The girls that have been laying all spring and summer are going into a natural moult and lay fewer eggs. Our new girls should be taking over. I have heard that other pasture raised operations are having reduced egg yields to varying degrees. At the present time belief is that the smoke from the fires caused a stress in the birds. They are jungle creatures, and if they smell smoke then survival is the base instinct not laying eggs. I am hoping that over the next few weeks production will increase dramatically as they get over this stress.

We have enough eggs for everyone this week but there may come a time when we have to cut deliveries. This will mean that those of you getting larger amounts of eggs each week will be credited and have less eggs to pick up. Please make sure that you check the sign in sheet every week to see how many eggs we have for you. If you are sending a significant other make sure they know the drill.

We hope that we will not have to do this but please be prepared. The chickens still eat the same; the feed bill is as big as ever but we just do not have enough eggs to sell at the present time.



Those of you who came to last year's pumpkin party may remember that we had six varieties of baked butternut squash to taste. Well here is the result, the winner was the heirloom variety 'Waltham Butternut'. We planted the overall winner for this years crop. We do listen, it is your farm.



These Black Australorp females were hatched and raised on the farm this spring from the breeding flock that we established over the winter with your help. They are just starting to lay eggs. We have put them a little ways away from the rest of the girls so that they can gradually get accustomed to each other.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Roasted Stuffed Spaghetti Squash

Uses: Spaghetti Squash, Onion, Chard

Fish in Cascabel-tomatillo Pipian - Serve with sautéed Kale

Uses: Tomatillos, Onion, Kale

Fettuccine with Sage Brown Butter - Serve with Fresh Tomato Basil Salad

Uses: Sage, Tomatoes, Basil

Valencian Chickpea and Chard Soup

Uses: Chard, Tomatoes, Onion

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

Fettuccine in Butter Sage Sauce

Recipe by Lydia Bastianich

1 pound Fettuccine

1 1/2 sticks of butter (12 tablespoons), or more to taste

10 whole fresh sage leaves

1 cup hot water from the pot of your pasta of choice

1 cup Grana Padano or Parmigiano-Reggiano cheese, grated

Cook pasta according to pasta instructions. While fettuccine cooks, melt the butter in a sauté pan over medium heat until just foaming.

Gently lay the sage in the pan and heat until the leaves crisp up, about a minute. Ladle in 1 cup boiling pasta water; stir the sauce,

and simmer for about 2 minutes, reducing liquid by half. Grind the black pepper directly into the sauce.

Keep the sauce hot over very low heat; return to a simmer, and immediately add cooked pasta to the sauce.

Toss with the sauce, then remove from heat, and sprinkle with cheese just before serving.

Fish in Cascabel-Tomatillo Pipian

Recipe by Rick Bayless

1 lb Tomatillos

1/2 medium White Onion, sliced 1/2" thick

2 oz dried Cascabel Chiles, stemmed and seeded

3/4 cup hulled raw Pumpkin Seeds

1 tsp Cinnamon

5 Black Peppercorns, preferably freshly ground

3 Cloves, preferably freshly ground

2 1/2 cups Fish Broth or Water

2 TB Vegetable Oil

Salt

2 lb boneless, skin-on Fish Fillets, (sea bass, snapper or halibut are good choices), cut into 6 servings

Place a piece of foil on a large - 10" skillet or griddle set over medium heat. Roast the tomatillos and onion directly on the foil, turning occasionally, until soft and blackened in spots, 10 to 15 minutes. Set aside to cool. Remove the foil from the skillet and add the pumpkin seeds to the hot pan. When the first one pops, stir constantly until all have popped from flat to round, about 5 minutes. Remove to a bowl to cool. Add the chiles to the skillet and toast, flattening them with a spatula, until fragrant - about 2 seconds. Flip and toast the other sides, then remove to a plate to cool. Put the onion, tomatillos, chiles and pumpkin seeds into a blender; add the ground spices and 1 cup of broth or water. Blend to a smooth puree and press through a medium-mesh strainer. Heat 1 TB of the oil in a large (4qt) saucepan over medium-high. Add the puree and stir constantly until it reduces into a thick paste, 5 to 7 minutes. Lower the heat to medium, add the remaining 1 1/2 cups of fish stock and simmer, stirring occasionally, so the flavors blend and the sauce thickens to the consistency of a light cream sauce (about 45 minutes). Taste and season with salt, usually about 2 tsp. Measure the remaining 1 TB of oil into a large (10") skillet set over medium-high. Generously sprinkle the fish fillets all over with salt and lay them skin side down in the hot oil. Cook until the skin is browned and crispy about 3 minutes. Turn the fillets over and cook until the fish is as done as you like, about 5 minutes longer for medium. Spoon a generous portion of the pipian onto six plates, and top each with a piece of the fish crispy skin side up.

Roasted Stuffed Spaghetti Squash

Recipe from Helen

I ran this recipe last year while Helen was visiting from Brittany. She made this for us a couple of times, delicious and essentially a complete meal in one dish; it is well worth a repeat.

1 Spaghetti Squash, washed

1 or 2 Onions, finely chopped*

1 bunch Chard, washed and finely chopped

1 lb good Sausage, flavor of your choice we used Fatted Calf Breakfast Parmesan Cheese for topping

Preheat oven to 375F. Wash the spaghetti squash and prick with a fork. Bake in a baking dish for about 1 hour, turning over half way through. Allow to cool before handling. During the cooling time, heat a skillet and fry up the sausage. When the sausage is almost cooked add the leeks and then the chard. Cook until the sausage is well browned and the leeks are tender. By this time the spaghetti squash should be cool enough to handle. Cut in half, and scoop out the seeds. Place on a baking sheet and top with sausage mixture. Grate parmesan cheese over the top and put back into the oven. Bake until the cheese is nicely melted and serve. *The original recipe used Leeks.

Valencian Chickpea and Chard Soup

From nytimes.com

1/2 pound (about 1 1/3 cups) chickpeas, rinsed and soaked for 4 to 6 hours or overnight in 1 quart water

2 tablespoons extra virgin olive oil

1 onion, chopped

2 to 4 garlic cloves (to taste), minced

1 teaspoon fresh thyme leaves

2 tablespoons chopped parsley

2 to 3 teaspoons sweet paprika, to taste

1 pound tomatoes, grated or peeled, seeded and chopped

Salt and freshly ground pepper to taste

1 bunch chard, stemmed, washed and coarsely chopped

Optional enrichment: 2 egg yolks 3 to 4 tablespoons fresh lemon juice 1 to 1 1/2 cups cooked rice

Drain the chickpeas and combine with 6 cups water in a large saucepan. Bring to a boil, reduce the heat, and simmer 1 hour. Set a strainer over a bowl and drain the chickpeas. Measure the broth and add enough water to make 6 cups.

Heat the oil over medium heat in a large, heavy soup pot or Dutch oven, and add the onion. Cook, stirring, until onion is tender, about 5 minutes. Add the garlic, thyme, parsley and paprika, and stir for about 30 seconds, until fragrant. Add the tomatoes and cook, stirring often, until the tomatoes cook down slightly and smell fragrant, 5 to 10 minutes. Add the chickpeas, broth, and salt and pepper to taste. Bring to a simmer, cover and simmer 30 to 60 minutes, until the chickpeas are thoroughly tender. Add the greens and bring back to a simmer. Cover and simmer 15 to 20 minutes, until the greens are very tender. Taste and adjust seasonings.

When ready to serve, if using the egg and lemon, beat together the egg yolks and lemon juice in a bowl. Making sure that the broth is not boiling, whisk in a ladleful of broth from the soup. Turn off the heat under the soup and add the mixture back into the soup while stirring vigorously with a wooden spoon. The eggs should not curdle but should cloud the soup.

Spoon a few tablespoons of rice into each soup bowl and ladle in the soup. Serve hot.

Advance preparation: You can make this through the second paragraph up to a day ahead. Reheat to a simmer and proceed with the recipe.

This Week's Box List

Roma Tomatoes

Heirloom tomatoes

Basil

Chard

Red Kale

Onions

Tomatillos

Spaghetti Squash

Sage

Melon from Terra Firma