



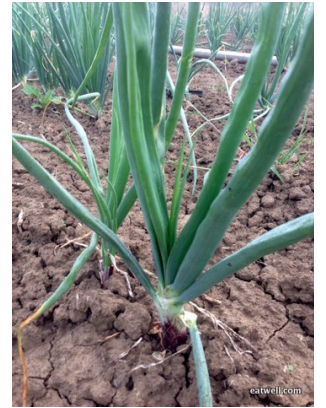
Around the Farm

Lunchbox Peppers
 We are hearing lots of good feedback about these delicious small peppers. They are a great size and the seeds are very easy to remove. We love them also for the fact that they do not sun burn. The fruit is tucked neatly away under the leaves. The seeds come from our neighbors Ken and Wey at Magnum seeds. This is their variety which they wanted to see how well it would do on the 'harsh' environment of an organic farm. Very Well.



We had to buy more used pickle barrels last week to put away all the wheat we have cleaned so far. Once filled, I will fill the barrels with carbon dioxide to deny oxygen to any bugs that may want to make a home in our wonderful wheat. We have to finish this job soon as the seed cleaner needs to go back to Tierra Vegetables in Santa Rosa who co-own it with us. They will clean

dried beans. We are now picking green onions for your box. The variety is Early Red Burger which was sown in late May then planted in July. If we left this until the spring it would flower but used now it is a delicious addition to any dish. We have more onions to plant in early November which will form bulbs to harvest in May. Our cabbages are growing very well. I like to assess the crop from the size of the leaves. In our soil after the wonderful work of the pasture and



Rouge Vif D'Temps

Fancy French name and a delicious winter squash. I grew this one at the suggestion of Cookery book writer Georgeanne Brennan. She lives close by and can often be found in our fields looking for vegetables for a book photo shoot. You need a good size oven to cook this whole but we like to slice it like a cake and bake it. I sell slices at the farmers market on Saturday. If you come to the pumpkin party on the farm make sure you ask for a slice to take home. It makes a great halloween decoration too.

Check out the Pumpkin Party details at www.eatwell.com/events



Roberto seen here changing the seeds in our twelve row planter. He takes all the seeds he needs out into the field in coolers to keep them cool and protect them from direct sunlight.



the chickens the fertility is so great that the leaves are huge. The broccoli leaves tell us how big the head will be. Last year they were too big at times and we could not fit the broccoli heads in your box. We have planted the broccoli closer this year to encourage them to make smaller heads.



To the left is a picture of onion and radicchio. They are growing well and what excites me is how few weeds are in the crop and we have only used our upgraded finger weeder. We invested another \$5,000 in this machine this year, and Jose and I are very happy with the results. The last picture shows Ramon and Miguel winding up drip lines onto spools for use next year. Drip irrigation saves water



but the lines are expensive and up until now it has been difficult to find a place to recycle it. I am hoping this will change in the next year as many of our chemical farmer friends are starting to use it. The winding machine works with the hydraulics of the tractor so all they need to do is make sure the lines are empty of water and that they wind onto the spool evenly. Have a great week... Nigel

Recipes and Menu Suggestions

- Malfatti with Tomato Sauce served with Green Salad
 Uses: Chard, Tomatoes, Lunchbox Peppers, Oregano, Romaine Lettuce
- Red Kuri Squash and Turnip Hash - Enjoy by itself
 Uses: Red Kuri Squash, Turnips and Turnip Greens, Onions, Lunchbox Peppers, Summer Squash or Parsley
- Tomato and Pomegranate Salad would be a delicious side for fish or chicken
 Uses: Tomatoes, Lunchbox Peppers, Onion, Oregano

I am very excited about this week's share; Red Kuri Squash and Napa Cabbage, yes! The nights and mornings are cooler here on the farm, and these wintery vegetables sound perfect. AND seeing chard and tomatoes together on the list, I got the craving for Malfatti. Sometimes described as the filling for raviolis cooked as dumplings, sometimes as a gnocchi, (made with spinach or chard) or chard and ricotta dumplings, whatever you call them, Malfatti are delicious! This dish satisfies the desire for heavier meals without the addition of the ravioli pasta. You can also use spinach instead of chard, so save this recipe for later when the spinach is back in season.

I made the Red Kuri Squash and Turnip Hash last night for dinner. It was fairly quick to put together, didn't take any fussing over and was quite delicious. I did this recipe with Chorizo, but it could easily be made as a vegetarian dish with the addition of some spices: chili powder, a touch of cumin and coriander, maybe a little cinnamon. We have leftovers and those will probably taste even better. If you wanted more greens it would certainly handle the addition of the collards. And speaking of collards, Liz our former CSA Queen, often uses collard leaves to make wraps. She does this frequently when working at the market with us and fills them with avocado and other goodies. You could use the Hash as a wrap filling, but if you wanted to get really adventurous you can try cooking the leaves (bottom stems removed) in a pan with simmering water, just until supple. Lay one leaf out in a baking dish and fill it with a couple of tablespoons of hash, roll it up and do the next one. Once you have your rolls made pour over a light tomato sauce and bake about 30 minutes. You can grate cheese over it or not, either way it would be a good repurposing of the hash!

Tomato & Pomegranate Salad

From the soon to be released! *Plenty More* by Yotam Ottolenghi I have not yet tried this recipe, but when I do I am planning on serving it on a base of shredded Napa Cabbage to get some more crunch and extra veg. Thanks, Jill, for sharing.

- 1 + lbs Tomatoes, chopped fairly small
- 1 or 2 Lunchbox Peppers, small dice
- 1 of the Red Onions, finely chopped
- 1 clove Garlic, crushed
- 1/4 tsp ground Allspice
- 1 tsp White Wine Vinegar
- 2 tsp Pomegranate Molasses
- 2 TB Olive Oil, plus a little extra to drizzle at the end
- 6 oz Pomegranate Seeds
- 2 tsp Oregano leaves, to garnish
- Salt and Black Pepper

In a large bowl, mix together the tomatoes, red pepper and onion and set aside. In a small bowl whisk the garlic, allspice, vinegar, pomegranate molasses, olive oil, and 1/4 tsp +/- salt, until well combined. Pour this over the tomatoes and gently mix. Arrange the tomatoes and the juices on a large flat plate. Sprinkle over the pomegranate seeds and oregano and finish with a drizzle of olive oil.

Malfatti with Tomato Sauce

Serves 4

This version is from cookyourdream.com and originally called for spinach, but I have switched it to the chard. There are many recipes, some that are made with brown sage butter, and that also looks fantastic.

- 1 TB Butter
- 1 Shallot, finely chopped
- 3.5 oz fresh Chard
- Salt and freshly ground Pepper
- Pinch of grated Nutmeg
- 8 1/2 oz Ricotta Cheese
- 2 oz grated Parmesan
- 1 Eatwell Farm Egg + 1 Yolk
- 1 to 4 oz Semolina or All-Purpose Flour

Melt the butter in a frying pan and sauté shallot for about 4 minutes. Add chard leaves, season with salt, pepper and nutmeg and cook for 5 minutes until wilted. Drain in a sieve placed over a medium bowl, pressing to squeeze out excess liquid. Save the squeezed liquid. Chop the chard. In a large mixing bowl, combine drained ricotta, parmesan, egg, egg yolk, chopped chard and chard liquid. Season with salt if needed. Start adding flour/semolina, mixing well between each addition, to get a soft mixture but not very sticky. If you make the mixture too thick, the malfatti will get heavy and chewy. Sprinkle some flour on a plate. Form the mixture into a small egg-shaped pieces using two spoons dipped into hot water. Place them carefully

on a plate, sprinkle some more flour over and refrigerate for 1 to 2 hours. To cook the malfatti, bring a large pot of salted water to a boil. Cook the malfatti in batches so that they have enough space and water to cook. When they float to the surface continue cooking for another 1-2 minutes. Remove them with a slotted spoon, drain and keep warm until all the malfatti are done. Divide them between plates, pour tomato sauce over and sprinkle with parmesan and oregano leaves.

FOR THE TOMATO SAUCE:

- 2 TB Olive Oil
- 2 Garlic cloves, chopped
- Salt
- 1/2 dried Chili Pepper OR use as many of your Lunchbox Peppers as you would like, keeping in mind that will not make for a spicy

tomato sauce.

- 1 lb Shady Lady or Roma Tomatoes, cored and chopped coarsely
 - 2 tsp fresh Oregano, finely chopped
 - Extra Parmesan, to serve
- Prepare the tomato sauce. Heat olive oil in a pan, add garlic and chili pepper, fry for a minute. If you are using lunchbox peppers, chop them to the size you prefer and add them in with the garlic. Stir in the chopped tomatoes, season with salt and pepper and cook, stirring occasionally for 15 - 20 minutes, until tomatoes and peppers are soft.

Red Kuri Squash & Turnip Hash

Eatwell Farmhouse Kitchen

- 1 Sweet Potato, peeled and diced - small
 - 2 Red Onions from your share, chopped fairly fine
 - 1 lb good Chorizo
 - 2-3 Lunchbox Peppers
 - 1 bunch Turnips, peeled and diced - small
 - 1 bunch Turnip Greens, washed, stems removed, leaves chopped
 - 1 Red Kuri Squash, also peeled and diced - small
 - 1 cup water
 - Salt and Pepper to Taste
- *If you have Summer Squash you could dice those up and add them OR if you have the Parsley that would also be delicious chopped up and added.*

In a good sized skillet cook the chorizo. When it has browned add the onion and allow the onion to cook some. Then add the peppers, sweet potato, red kuri squash, turnips and water. Cover and cook until most of the veg is fairly tender. At this point you can add the summer squash if you are using it along with the turnip greens. Cook about 5 more minutes. Taste for salt and pepper and add them if you like.

These recipes will help you use everything in your box

- Shady Lady Tomatoes*
- Roma Tomatoes*
- Summer Squash or Parsley*
- Tokyo White Turnips*
- Collards*
- Rainbow Chard*
- Lunch Box Peppers*
- Romaine Lettuce*
- Red Burger Onions*
- Napa Cabbage*
- Red Kuri or Butternut Squash*
- Oregano*