



WEEK OF OCTOBER 5TH 2014 #39/14



### Sunday Supper

Last Sunday Lorraine and I were in San Francisco for the market fundraiser for the children's cooking program Food Wise Kids. There was a team of local chefs cooking food from six different farms. Team Eatwell had some great chefs and fantastic food. Lorraine got to sample out her Softers before the event and then spoke with me introducing a video about the kids cooking and camping on our farm this summer. They raised over \$50,000.



## Restoring Our Soils

There is a lot of talk about sustainable farming. When we took over stewardship of this farm it was already degraded from it's original, natural state. My goal was never to keep it in that



state but to restore it. It took a while to figure out the right way to do this. We used many truck loads of food waste compost from San Francisco. This is full of fertility and biological life, so important to kick start the life back in the soil. I firmly believe that small but continuous applications of good quality compost gradually stoke the biological fire of life in the soil. You cannot just buy a massive

amount of compost, dump it on the soil, and then expect it to burst into life. It is like making a fire, you start with kindling and gradually add larger and more logs until you really do have a roaring fire.

We now no longer need to add more compost each year as we have



developed a rotation that continues to build the fertility of the soil. Each year we plant one third of our vegetable area, 20 acres, to pasture. Over the next year, the chickens and sheep graze it. Their droppings add fertility and the clovers fix nitrogen from the air. As the grasses and clovers grow, we with graze them or mow them. They then send a flood of root exudates out into the soil to feed the fungi and bacteria that we have encouraged with the compost applications. These fungi and bacteria are in turn food for other soil organisms

such as nematodes and protozoa. They excrete plant available nutrients which provide more fertility to grow more pasture or the following crops that we plant after the pasture. It is a virtuous circle of life. I find it all very exciting and fascinating. We now no longer buy in any organic fertilizers and we have fewer and fewer pest problems. I put this down to the amazing job that the chickens do searching for bugs in the pasture. We have now almost completed two rotations, and the crops are getting better every year. **Want to learn more? Come to the**



**planting day this Saturday. [www.eatwell.com/events](http://www.eatwell.com/events) Use the member discount code: E@twellCSA to get \$20 off your ticket! Have a wonderful week.... Nigel**

## One of the chosen ones

This Friday Jim Adkins, our chicken consultant, will be back on the farm selecting the 50 best females for the breeding families. The rooster in the picture has already made the cut into the top seven roosters. This week I will be in Modesto at a two day chicken breeding class put on by Jim and the sustainable poultry network. There is a tremendous amount to learn how to select the best for breeding. These events are held on each coast every year. I will be one of forty farmers attending this year's class.



Tomas, part of team Eatwell, cooking rabbit outside of the Ferry Building last Sunday afternoon. Tomas has a wealth of knowledge about cooking and raising animals from his family in Switzerland.

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

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

With one exception, all the recipes this week are salads, most are extremely simple Japanese recipes. Enjoy any and all of these with whatever protein and carb (or no carb) you would like to enjoy this week. The choices are endless, fish, chicken, beef, lamb, pork, tofu, tempeh since many are Japanese. All recipes can be found by clicking "recipes" under the CSA Farm Box tab at [www.eatwell.com](http://www.eatwell.com)

Tomato Wedges Drizzled with Soy Sauce

Napa Cabbage Salad with Sesame Seeds

Daikon and Daikon Leaf Salad

Tomato and Pomegranate Salad

Sake Steamed Sugar Pie Pumpkin with Miso

Swiss Chard and Romaine Salad with Shaved Romano Cheese

Before I start with recipes, I just have to share a very exciting moment I had this weekend. I had the honor of meeting Jacques Pepin, who was attending the big CUESA fundraiser Sunday Supper. Christine Farren of CUESA took me right over and introduced me to *him* as one of her favorite farmers! I can not tell you how excited I was to meet him. The first cook book I had ever purchased was his *La Technique*, and I have loved his cooking programs right from the beginning. I have watched countless reruns of *Julia and Jacques Cook at Home*, and often go straight to the kitchen to cook one of the recipes I watched them make. Together, Jacques Pepin and Julia Child taught, inspired and wowed me with food, skills, recipes and techniques. I have never taken a cooking class, but I can honestly say that I attribute much of what I have learned to my Mother and these two icons of culinary TV education. Here's to the teachers who share their hearts, knowledge and passion!

Last Christmas Cam gave me *Japanese Farm Food* by Nancy Singleton Hachisu. Something about Daikon immediately sends me to a Japanese cookbook, and while flipping through the pages, I found recipes for very simple salads for Daikon, Napa Cabbage, and Tomatoes. Last week I included a new Ottolenghi recipe for a Tomato Pomegranate Salad, and since we have pomegranates in the box this week I am going to re-run that one. So, this week, I am focusing most of the recipes on very simple salads. These are all good ways to use the vegetables (and fruit) in the box, and they are quite easy to make. Hope you enjoy Japanese style and flavor, because that's where we are headed this week, *Yo i Appetit!*

## Sake Steamed Sugar Pie Pumpkin with Miso

*Japanese Farm Food* by Nancy Singleton Hachisu - Serves 6  
The original recipe calls for Kabocha squash, but sugar pie pumpkin is a good substitute.

\*3 TB best-quality Miso

6 TB Sake

1 1/3 lbs of Sugar Pie Pumpkin

3 TB cold pressed Sesame Oil

2 whole dried Red Peppers, torn in half

Muddle the miso with 3 TB of the sake in a small bowl. Peel the squash, and cut into bite sized portions. Heat the oil with the dried red peppers in a large wok or skillet over medium-low heat until the peppers turn bright red and become aromatic. Throw in the pumpkin and toss to coat the pieces with oil. Splash in the remaining 3 TB of sake and toss once to distribute. Cover and cook, stirring occasionally for about 6 minutes, until the pumpkin slices have softened through to the skin. Add the miso-sake mixture, stirring carefully to evenly coat the slices without smashing or breaking them. Serve hot, at room temperature, or cold the next day. Ratio: oil:miso:sake - 1:1:2 \*A note about Miso. Miso is a fantastic flavor ingredient and has amazing healing properties. There are many varieties of miso, red, white, brown, barley, soy, etc. When choosing a miso always buy organic. I buy a very delicious fresh Miso from Aedan Fermented Foods who often have a stand at the Saturday Ferry Plaza Farmers Market, but they told me their products are also available at GoodEggs.com. They are super sweet people, extremely dedicated to their craft.

## Tomato Wedges Drizzled with Soy Sauce

*Japanese Farm Food* by Nancy Singleton Hachisu - Serves 6  
4 to 6 medium Tomatoes, Shady Lady or Romas medium sized slightly underripe

Organic Rapeseed Oil or another good Organic light Oil

Organic Soy Sauce

Organic Rice Vinegar

\*Several Chives (or a couple of thin scallions), cut into fine rounds  
10 Shiso leaves, cut into threads

Right before serving your meal, core the tomatoes and slice into 6 thick wedges. Arrange tomato wedges on a plate. Drizzle with a little oil, followed by soy sauce, and finish with a few drops of vinegar (this is a light dressing that just kisses the tomatoes and is not meant to drench them or overpower their innate tomato-ness). Sprinkle with the chopped chives and strew with the shiso threads. Serve immediately. \*Since the onions are so fresh I would try chopping the tenderest parts of the onion green, very finely and using those instead of chives. I don't believe the shiso leaves are absolutely essential to the recipe, although I know they would impart a nice flavor, but I also realize most of us don't have easy access to them. If you do, fantastic, if not, I am sure the salad will be very enjoyable without them.

## Daikon and Daikon Leaf Salad

*Japanese Farm Food* by Nancy Singleton Hachisu  
Serves 6

1 medium-small daikon (about 1 1/3 lbs)

1 TB Sea Salt

2 small or 1 medium Yuzu (or substitute

Meyer Lemon)

2 TB Organic Miso

2 TB Organic Rice Vinegar

4 TB Organic Rapeseed Oil

2 TB Slivered Scallions (again I would use a bit of the green off this week's onions)

Slice the daikon into manageable lengths.

Cut those pieces in half vertically and slice lengthwise into fine slabs. Lay those slabs flat on the cutting board and slice into fine julienned strands about 1.5 inches long. Put the julienned daikon into a medium-sized bowl as you go. Chop a large handful of the most tender leaves medium-fine and add to the

julienned daikon. Sprinkle with the salt and massage in gently. Let sit for 10 minutes. Pare off the yellow zest of a yuzu or meyer lemon with a sharp knife, avoiding the white pith. Stack roughly and slice into fine slivers. Muddle the miso with the vinegar and whisk in the oil until emulsified. Squeeze the daikon and daikon leaves in handfuls and drop into a clean bowl. Toss with the yuzu peel and onion greens. Give the dressing a quick whisk and fold into the daikon right before serving. Ratio: miso:rice vinegar:oil - 1:1:2

## Napa Cabbage Salad with Sesame Seeds

*Japanese Farm Food* by Nancy Singleton Hachisu - Serves 6  
Half a Napa Cabbage, sliced vertically through the head (about 1 1/3 pounds)

1/2 TB fine Sea Salt

2 TB mild Citrus Juice (Yuzu, Seville Orange, Meyer lemon)

2 TB Organic Rapeseed Oil (or other good light vegetable oil)

1 TB unhulled Sesame Seeds

\*Fennel, thinly sliced plus some finely chopped fronds

Slice the cabbage crosswise into fine strands and toss lightly in a large bowl with the salt. Measure the citrus juice into a small bowl and slowly whisk into the oil to emulsify. Pour over the cabbage, mix gently to distribute the dressing. Toast the sesame seeds over medium-high heat in a dry frying pan until they are fragrant and start to pop. Toss into the salad and serve immediately. Ratio: citrus juice: oil:sesame seeds - 2:2:1

\*The fennel is not in the original recipe, but we made a salad almost exactly like this one last week with the addition of the fennel. It was minutes in the making, fresh, crunch and absolutely delicious, even leftover!

These recipes will help you use everything in your box

*Sugar Pie Pumpkin*

*Roma Tomatoes*

*Shady Lady Tomatoes*

*Romaine Lettuce*

*Onions*

*Summer Squash*

*Tomatoes*

*Fennel*

*Napa Cabbage*

*Pomegranates*

*Rainbow Chard*

*Daikon Radish*