



WEEK OF OCTOBER 5TH 2015 #40/52



Tickets Still Available

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, pumpkin painting, 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 good.

Purchase tickets at eatwell.com/events



Good Neighbors and Whitefly

Everyone likes to have them, it makes life so much more pleasant. We are lucky that Wey and his seed company Magnum Seeds are the best. I was delivering some seed to them last week when Wey asked me how much summer squash seed we would need for next year. Wey likes to think that the seed he gives us tests his seed in the riggers of organic farming. He can often be seen walking our fields looking at how well his varieties are doing. I like to remind him of the time he was furious when his prized summer squash variety was covered in whitefly bugs. He blamed it on me, unfortunately for him ours of exactly the same variety was completely bug free. We all enjoyed his frustration, especially his coworkers. For next year Wey has a very dark green zucchini, the grey Mexican squash, yellow squash and this flat round one in the picture.

Why We Charge For Farm Events

For many years all farm events for members were free. In recent years with my illness our energy and time to put these on has been limited. We asked Emily to take on responsibility for these and this meant paying her and hiring help. Furthermore our insurance underwriter decided to take a much closer look at what we do and decided to double our insurance from \$5,000+ per year to over \$10,000. The charge for events, we believe, is only nominal to cover our expenses. Please take the opportunity to see how and where your food is grown. It is always fun and a great thing to share with your friends and neighbors.



This is the time of the year we pick and store crops growing all summer long such as onions and winter squash. Later when we need them for your boxes we will clean and grade them. For now they are in crates and bins inside the event center away from the weather.

Egg Production Update

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.



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!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150



RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Wheat Berry Salad, broiled chicken breast or fish, simple salad of sliced Heirloom Tomatoes sprinkled with Eatwell Farm Lavender Salt

Uses: Apples, Red Russian Kale, Basil, Parsley, Onion, Heirloom Tomatoes

Eatwell Farm's Letcho - Serve with sautéed Chard

Uses: Onion, Peppers, Tomatoes, Chard

Roasted Winter Squash & Pepper Soup - Serve with Kohlrabi

Carpaccio and crusty Bread

Uses: Winter Squash, Lunchbox Peppers, Kohlrabi

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

Wheat Berry Salad

Eatwell Farmhouse Kitchen - Serves 6

This is a variation on the Wheat Berry Salad we had back in May.

2 cups Eatwell Farm Wheat Berries

1 TB Oil

1 medium sized Onion, chopped

1 clove Garlic, chopped

1 bunch Red Russian Kale, chopped

1/2 bunch Basil, finely chopped

2 TB chopped fresh Parsley

1 or 2 Apples, cut into small bite sized chunks

For the Dressing:

Zest from one Orange

1/4 to 1/2 cup fresh Orange Juice

1/4 cup Extra Virgin Olive Oil

Salt and Pepper

Toast the wheat berries in a dry pan over medium heat for probably no more than 2 minutes. The color will just start to change and you will smell them toasting. Pour into a pot and cover 2" above with water, bring to a boil and cook for about 45 minutes (low boil). Test for tenderness. Once they are done drain well and let cool. In a skillet heat the 1 TB oil and sauté the garlic and onion until soft. The kale you can either sauté in the pan with the onion and garlic or cook in some boiling water just until soft, but make sure to drain it well. For the dressing; mix together the orange juice, zest, oil, salt and pepper. Once the wheat berries are cool add the kale, onion/garlic, and dressing, mix well. You can top the salad with the chopped parsley, basil and apple, or mix it all in together. If you want to fancy this up some you can add feta and or some toasted walnuts.

Eatwell Farmhouse Kitchen's Variation on Letcho

Serves 2

Letcho is a popular Hungarian dish, typically made with green bells and Hungarian sausage. I made this in a small casserole dish, using our Lunchbox Peppers.

1/2 cup uncooked Rice

1 cup Water or Chicken Stock

1 tsp Salt

1/2 box Lunchbox Peppers, tops removed and chopped

1/4 lb Tomatoes, Shady Lady or Roma, roughly chopped

1/2 Onion, sliced thin

3 oz flavorful Sausage meat, if you have access to a good Hungarian

Kolbasz great, if not use something like Chorizo

Paprika

Cook the sausage meat with the sliced onion. If you need it, add a little oil to the pan. If you don't have a small covered casserole dish you could also use a small sauce pot that is oven proof, as long as it has a well fitting lid. In the casserole add the uncooked rice, then the water and the salt. Next, add the onion and sausage meat, then top with lunchbox peppers and tomato. Sprinkle a little paprika over the top, put the lid on, and bake in an oven preheated to 350 for 45 minutes. Check to make sure the rice is cooked, give it another couple of minutes if needed.

A Quick Note on Romas

This weekend I roasted up as many of the Romas as I could get my hands on. These long romas are San Marzanos, seeds from Italy. Roasted they are simply crazy delicious. I cut the bottom off and put the washed tomatoes into a large fry pan. Pop into the oven and roast for 1 1/4 to 1 1/2 hours. Let cool, then remove the peel. I packed them into our empty salt jars, but you could use any container (small mason jars would be perfect), pour over enough tasty Olive Oil to fully cover (so you will want to make sure the tomatoes are packed into the jars quite well) and seal. I think these will keep in the fridge for at least a couple of weeks. Nigel and I have been eating these roasted tomatoes with our lunches for the last 3 days. Can't get enough of them! - Lorraine

Kohlrabi Carpaccio

From River Cottage Veg by HFW - Serves 4

1 Kohlrabi, peeled and sliced into paper-thin rounds with a veg peeler

1 1/2 to 2 oz hard Goat Cheese

A few Sprigs of Thyme, coarsely chopped

OR 1 Tb (more or less) rough chopped Parsley

1/2 Lemon

Extra Virgin Olive Oil

Good Salt and freshly ground Black Pepper

*Green Mizuna

Lay the kohlrabi slices out on a serving plate, overlapping them to almost cover the surface. Shave over some goat cheese - again using the vegetable peeler. There's no need to cover the kohlrabi. Sprinkle on the thyme, and or parsley, squeeze over a few drops of lemon juice, and trickle on a little oil. Season with salt and pepper. I am adding *Green Mizuna to this recipe and would suggest that you put the kohlrabi on a thin bed of the mizuna, similar to the arugula used when serving beef carpaccio.

This Week's Box List

Heirloom Tomatoes
Roma or Shady Lady Tomatoes
Chard
Red Russian Kale
Kohlrabi
Green Mizuna
Lunchbox Peppers
Basil
Onions
Winter Squash
Parsley
Apples (Hidden Star Orchards)

Roasted Pepper & Butternut Squash Soup

Eatwell Farmhouse Kitchen - Serves 4-6

1 Winter Squash

1/2 box Lunchbox Peppers (about 2 cups worth)

2 cups Eatwell Farm Chicken Stock OR good Vegetable Broth

2 TB finely chopped Parsley

2 tsp Eatwell Farm Rosemary Salt

Freshly ground Black Pepper

Juice and zest from 1/2 Lemon

1/4 tsp Red Pepper Flakes

1/4 cup Cream

1 TB Maple Syrup

Roast peppers and squash on a tray for 20 minutes, in an oven preheated to 375 F. Take the tray out and allow the squash to cool enough to handle, then cut in half, remove seeds and place on a baking tray cut side down. Add enough water to come up 1/2" and put back into the oven for another 30 minutes, or until cooked through. In a small soup pot add the chicken stock or vegetable broth, add the salt, pepper and red pepper flakes. Take the tops of the peppers off, cut them in half or quarters and add them to the soup pot. Add the lemon zest and juice, and cook on a low simmer. As soon as the roasted squash is ready to handle, peel and chop and add to the pot. With a stick blender, puree the soup. Cook for on medium low for another 10 minutes, then add the cream and maple syrup. Adjust salt and pepper if needed, top with finely chopped parsley and serve.