



WEEK OF OCTOBER 10TH 2016 #41/52



Things to Come

Most of the orchard is done working for the year. Pretty soon the leaves will fall and the stone fruit trees will take the winter off. The citrus trees are working hard, already loaded with green fruit. They are a promise of edible sweet sunshine for our winter shares. It is always tricky, because we never know if this winter will bring cold weather and a hard frost. A few years back, we had a hard frost that lasted a couple of weeks. Nigel ran the misters on the citrus trees to protect them from the severe cold. The ice actually acts as a barrier from the real cold. It was beautiful, rows of ice sculptures perfected by nature. It lasted far too long, though and we were very concerned we would lose our trees. Luckily, our orchard is quite healthy and strong. As you can see years later, there is fruit! Citrus is nature's way of sending us sunshine during the dark months of winter, really a pretty precious gift.



Fennel and Greens

On my farm walk the other day, I was so happy to see the dark green rows of Fennel fronds. What a beautiful sight. Happy to say, it is looking healthy and growing fast. Fennel is really a treat, as it is something in past years I would seldom buy for myself. Now that I have it at my fingertips, I have really learned to take advantage of its sweet flavor. Thinly sliced with apple and a touch of a light vinegar, salt and pepper, and you have a 2 minute fresh crunchy salad! Sautéed a little with some vegetables and you have added a bit of special flavor. Of course, roasted is always delicious and the fronds are wonderful as a bed for roasting some fish.



After the long, hot days of summer, anything green is a welcome sight. Even though we had some extremely hot days late into September, the greens are looking very happy. In this shot you can see the Red Russian. We are planting Tuscan Kale. I'm not sure when it will be ready, but I am going to have them work more of it into the mix this year. Last week, I asked people to text me suggestions for items they would like to see in the share that we typically do not grow.

This is really an opportunity for you to help us improve the CSA and also for all of us to learn about what grows well here and what doesn't. I did hear from a few folks and promised to write about it in next week's newsletter (and the one following). So if you have any thoughts, please text me, with your name, and I will look into it. My number is 530-554-3971. Thanks so much!

Another Beautiful Morning On The Farm

Our dear friends Jan and Liz have been up the last couple of days helping out around the house. It is amazing how much work gets done when you have a few extra hands! The front of the house was cleaned up, banana tree trimmed (seriously!) and new bananas planted. Even my two roses were planted and it all looks so beautiful. What a joy to walk out the front door. Jan moved my umbrella clothes line to the back of the house and that, probably more than anything, makes me really happy! They were out early this morning when Liz got a nice shot of the hot air balloons flying. Looking out at the hills between us and Lake Berryessa, you can see the fog



creeping on over. That is always a signal that balloons will be flying on our side of the hills rather than the Napa side. Those hills protect us from the cool fog that blankets Napa and Sonoma Counties. With our long warm season, we are able to continue growing strawberries and tomatoes later in the season. As much as I am ready for the cooler, darker days of winter, I am happy to see the fog on the OTHER side of the hills.



State of The CSA - Update

Sadly I don't think we will make my goal of 700 boxes by October 31. We did hit 556 boxes a couple of weeks ago, but the last two weeks we have slipped back again. I will never give up hope. Connie and I are still working on opening up the CSA in new ways and to new members. We always offer a special promo to first time sign ups and don't forget you get a referral gift!



This Week's Total CSA Boxes: 540



WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

Recipes and Menu Suggestions

No Recipe Dinner; grilled Chicken Breast, Baked Sweet Potatoes, and a Cherry Tomato Salad on the side

Uses: Sweet Potatoes, Cherry Tomatoes

Lunch Box Pepper, Sausage and Grits - one dish meal

Uses: Onions, Lunch Box Peppers

Fried Green Tomatoes; As a starter OR serve it alongside baked Sweet Potatoes and Cherry Tomato Salad - who says you can't have 2 tomato dishes in one meal?

Uses: Green Tomatoes, Sweet Potatoes, Cherry Tomatoes

Roasted Celery and Fennel Soup; serve with good bread

Uses: Celery, Fennel

Pork Stir Fry, serve over rice

Uses: Stir Fry Mix and Kale

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

Fried Green Tomatoes

Recipe found on allrecipes.com by Diana Swenso-Siegel

"Serve these tomatoes outside with a glass of iced tea one summer night and enjoy the sunset with someone you love." I had to include the quote, so sweet and really what food should be, at least as often as possible, something you share with someone you love.

4 large Green Tomatoes

2 Eatwell Farm Eggs

1/2 cup of Milk

1 cup All-purpose Flour

1/2 cup Cornmeal (You can also order heirloom, freshly milled cornmeal from Hoppin Johns)

1/2 cup Bread Crumbs

2 tsp Coarse Kosher Salt

1/4 tsp Ground Black Pepper

1 qt Oil good for frying

Slice tomatoes 1/2 inch thick. Discard the ends. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs, salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat. In a large skillet, pour enough oil in to reach a 1/2" depth, heat over medium. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.

Pork Stir-Fry with Greens

Recipe from How to Cook Everything by Mark Bittman
4 Servings

I love what Bittman says, "Better and even faster than any takeout." So often that is true. It's hard to beat what you cook at home, especially when your ingredients are fantastic.

1 lb Boneless Pork Shoulder

1 bag of Stir Fry Mix, chop it up, so you don't have long pieces

If you want more greens add the bunch of Kale, chopped

2 TB Vegetable Oil

1 1/2 TB minced Garlic

2 TB Soy Sauce

Juice of 1/2 Lime

1/4 cup Eatwell Farm Stock or Water, optional

1/2 cup chopped Scallions for garnish

Put pork in the freezer for 15 to 30 minutes. Once it's firm, slice it across the grain, as thin as you can. Then cut the slices into bite-sized pieces. Rinse greens well and trim any thick stems if necessary, chop roughly. Heat a large skillet over high heat, until it begins to smoke. Add 1 TB of the oil, swirl pan, then add all the pork. Cook, stirring occasionally, until pork browns and loses its pink color, 2 to 3 minutes. Transfer pork to a bowl with a slotted spoon and lower the heat to medium. Add the remaining tablespoon of oil to skillet. Swirl it around and add garlic. Stir once or twice. As soon as the garlic begins to color, 10 to 15 seconds, return the heat to high and add greens and 2 TB water. Stir frequently, just until greens wilt, 2 or 3 minutes longer. Add pork back to the skillet and stir for 1 minute. Add soy sauce, lime juice, stir, turn off the heat, and taste. Add more soy sauce if you like. If the mixture is drier than you like, add stock and heat through. Garnish with the scallions and serve immediately.

Lunch Box Peppers, Sausage over Creamy Grits

Farmhouse Kitchen, Serves 4

Sometimes you whip up a dinner and it is satisfying and really just fine. Then there are times when you nail it and what you have is close to perfection. Last night's dinner was exactly that, nearly perfect. I love one dish meals, check, I love it when the focus is on vegetables, check, I love it when it is hearty and filling, check and check, and when the flavors meet in a sweet, tangy, little bit spicy and cheesy creaminess, well - check, check, check! After a busy day of working on projects around the house, we needed to make a dinner that was not complicated and wouldn't take too much time. This really wasn't much more than sautéed lunch box peppers and onions with some leftover sausage. So simple. While the onion and peppers were sautéing, the grits were cooking.

1 quart of Lunch Box Peppers; tops removed, cut into 1/2" strips

1 large Onion; cut in half then cut into thin slices

1/2 LB bulk Sausage; we used Italian style, it had a kick to it, spicy chorizo would be great too

1 - 2 cups Tomato Sauce (Hopefully you have your own)

Oil for the pan

When I made this dinner last night, I used leftover sausage that was already cooked. If I were starting from the beginning, I would probably skip the oil in the pan and cook the onion and peppers in the fat left by the sausage. So cook

your sausage in the skillet. When the sausage is most of the way cooked, pull it out of the pan and leave the fat behind. Then follow the next steps. When the peppers and onions are well cooked, add the sausage back in. IF YOU DON'T want to use the sausage fat for cooking, you can start the peppers and onions while the sausage is cooking. Heat a skillet with oil over medium to medium high. Add the onions and cook while tossing about until the slices fall apart. Add the peppers and turn the heat down to medium and continue cooking until it is all soft and cooked well through. Add the sausage back in along with 1 cup of the tomato sauce. Stir well, if you want it more saucy add more tomato sauce, you can also add some chicken stock or water if you prefer. Cook on low until ready to serve.

This Week's Box List

Celery

Cherry Tomatoes

Green Tomatoes

Lunch Box Peppers

Fennel

Onions

Sweet Potatoes

Red Kale

Stir Fry Mix

Strawberries

Fuji Apples (Hidden Star Orchards)

Grits:

1 cup Grits

4 cups Water

1 tsp Salt

1/2 to 1 cup Milk or Half and Half

Grated Cheddar to taste, I used about 1 cup

If you are using instant grits follow the instructions on the package. Heat 2 cups of water while you are cutting up the peppers and onions. Once it is boiling, add salt and slowly add grits, stirring while adding. I turn the heat down to medium and keep an eye on it while you are working on the peppers and onions, stir even couple of minutes. Once the water has been absorbed add the last 2 cups of water. Continue to cook and stir every couple of minutes. When almost all of the water is absorbed the second time, add the milk, stir well. Turn heat down to low. Just before dinner is ready add the cheese, stir well so it melts. Taste, adjust for salt and or more cheese. Keep warm until you are ready to eat.

Just a note on Grits - When my son Cameron was in Bulgaria in the Peace Corp we had the opportunity to meet John Martin Taylor, the owner of Hoppin Johns. He sent me a package of his freshly milled, heirloom white corn grits and man are they ever delicious! Such a difference and really falls in line with our philosophy on freshly milled grain, heirloom grain, and overall really great people (that is a philosophy too!). You can order their grits online at hoppinjohns.com, When your order is placed, they mill and then ship. This is really important with corn, because it has so much oil and goes rancid so fast. I recently ordered a case (you really save on shipping) and I have a few more bags. If anyone wants a bag from me the cost is \$10.00. Let me know and I will ask Connie to send it to you with your CSA share.

The Roasted Celery and Fennel Soup and all other recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."