



WEEK OF OCTOBER 12TH 2015 #41/52



So back in June I called Tom, one of our seedsmen. I asked him for a pound of seed of the ugliest, wart covered pumpkin he could find. I related the story that every year our members like these kind the best. You can go to Safeways, Whole Foods or Trader Joes for your regular pumpkin. We like the really ugly ones. This year has been one where seed we have ordered has not been what has arrived. This curly parsley not flat leaf. The red lunchbox peppers are smaller and not the right type. It has been frustrating for Jose and I.



The End of the Season

Last weekend was the final event on the farm for the year 2015. I think it was the best Pumpkin Day we have had so far. Emily worked very hard to bring a lot of different activities to an event that in years past had simply been pumpkin picking. The kids obviously loved the face painting, and a place to carve or paint their pumpkins. We have always loved opening the farm and sharing this very special place with our members and friends, but I think, with Emily's attention and dedication, the events have really become very special. It takes a lot of people to make this all happen. Emily's crew is here early setting up, they work all day, and after you all have headed back home, they stick around to clean up. So I would like to say thank you to all the people who have come and worked so hard at all of the events we have held on the farm this year. Truly we could not have done it without you.

This year I decided to sell lunches at the Strawberry Day and the Pumpkin Day. When I cook for these events it is my goal to not only give you a really tasty meal, but to do so using as close to 100% Eatwell Farm ingredients as I possibly can. I have to say I have come amazingly close. This Sunday we did lunch for over 160 people! Using our farm bred, hatched and raised chickens we made smoked chicken served with biscuits, collards and butternut squash, and the vegetarian option was a very simple ratatouille. With the exception of things like buttermilk, butter, baking powder, and salt, all of the ingredients came from the farm. Over 10 gallons of smoked chicken saucy stuff and 360 biscuits, 30 bunches of collards, 10 butternuts, pounds of tomatoes, lunchbox peppers, eggplant, multiple bunches of parsley and basil, were boiled, baked, roasted, sauteed, cooked, cleaned chopped. I had great co-creators working with me in the kitchen, (CSA members no less!) Kelly, Cole and Steph who came up Saturday afternoon and worked into the night, and then we started up again at 6 am. We had a lot of fun making lunch for so many people, particularly knowing how fantastic the ingredients were, and everything was made from scratch. Quite a day and I couldn't have done it with out their help, so again, thanks guys, I really can't thank you enough!

With such a busy weekend, I am repeating most of last week's recipes. In addition to Pumpkin Day we also had our first guests stay last night in The Nest! Bonnie, her husband and two children spent the night out in the orchard in our brand new tent, and came up to the house this morning for a fresh farmhouse breakfast. The kids came out with me to feed the cows and Stella, kind of an unusual chore for most City kids, but they were so excited! Needless to say, it has been a really long few days, so I do apologize for the repeats if you got the box last week!



The Size Of The Leaf Tells All

The strawberry field for next May's Strawberry Parties were planted in the middle of August. The crowns had been held dormant at just below freezing since last January. So once planted into our soil and climate they burst into life.

The leaf is wonderfully green meaning the plant has been able to access all the nutrients it needs plus it is large, very large. This is a function of not only nitrogen but calcium in the soil being fully available. A biologically active soil like ours can grow such great leaves. Jose and I can look at the strawberry leaves now and say with confidence that there is a big crop just building in the roots with leaves like these. Yum!



Around the Farm

Our main fall transplanting season has ended. We have broccoli and cauliflower close to harvest in the next one to three weeks. Even so last week we

planted all these crops for harvest in February and March. We have plantings at all stages in between on the farm. We have to have fresh crops for your box every week. Many farmers not familiar with what we do see fields full of so many crops. We are picking from maybe 15%, another 15% are being mowed or cultivated and then there are the freshly planted beds or those waiting to be planted. Some of you



will have one of my favorite squash in your box, the Red Kuri, and others the Blue Kobocho. Both are meaty squash when compared to a creamy

butternut. We aim to give you a variety of winter squash just like any other vegetable. If you have any suggestions for next year please let me know.... Nigel



RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Roasted Baby Bok Choy, steamed rice and grilled Steak - With such a simple meal fry up some of those green tomatoes for a starter course and maybe serve those with a little roasted lunchbox pepper sauce

Uses: Baby Bok Choy, and possibly Green Tomatoes

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 and or Mustard, Parsley, Onion, Heirloom Tomatoes

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.

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.

Roasted Baby Bok Choy

By Rhoda Boone found on Epicurious

Preheat oven to 450 F, halve the bok choy lengthwise and toss in a little salt, pepper and olive oil. Roast, cut side down, on a baking sheet for 10 minutes, then flip and roast for another 5 minutes. Rhoda says this pairs well with almost anything!

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.

This Week's Box List

Red Kuri or Blue Kobocho Squash

Red Kale

Parsley

Red or Green Mustard

Lunchbox Peppers

Red or Heirloom Tomatoes

Green Tomatoes

Kohlrabi

Onions

Baby Bok Choy

Apples (Hidden Star Orchards)

Southern Buttermilk Biscuits

From Food.com by P4

1 cup Eatwell Farm Heirloom Wheat Flour

1 cup White Flour

1/4 tsp Baking Soda

1 TB Baking Powder

1 tsp Salt

6 TB Butter, unsalted, very cold

1 cup Buttermilk

Preheat oven to 450 F. Combine the dry ingredients in a bowl, or in the bowl of a food processor. Cut the butter into chunks and cut into the flour until it resembles coarse meal. If using a food processor, just pulse a few times until the consistency is achieved. Add the buttermilk and mix JUST until combined. If it appears on the dry side, add a bit more buttermilk. It should be very wet. Turn the dough out onto a floured board. Gently, PAT, do not roll with a rolling pin, the dough out until it's about 1/2" thick. Fold the dough about 5 times, and gently press the dough down to 1" thick. I cut my biscuits so there are no scraps left, you can also use a round cutter, but the leftover dough will make tough biscuits. Place the biscuits on a cookie sheet and bake for about 10 to 12 minutes. According to the author, rolling pins make the dough tough, placing biscuits closer together helps them rise higher. If you like softer sides make sure they are just touching. If you like crispier sides space them about 1" apart (but they won't rise as high). I have always used a rolling pin and usually my doughs were not as wet as this one, but these biscuits are truly delicious, so there's something to what she is saying!