



WEEK OF OCTOBER 13TH 2014 #40/14



Your Vote Counts!

I planted 5 varieties of butternut squash this year. At the Pumpkin party, I cooked them all up and gave out samples. Then everyone had the chance to vote on which was the best.

The winner was Waltham Butternut by a clear margin. I am very happy as this just happens to be the heirloom variety I bought from Seed Savers Exchange. All the others are modern hybrids. Come to the Halloween Ice Cream social to vote again.



Pumpkin Party

There some serious pumpkins in the field this year. I made careful note last year which ones members liked and planted more of those. Thank you all for coming out on such a windy day. That was our very own Mistral. The air is drawn down the valley by the hot air rising in the Mohave desert.

The variety everyone in the picture is holding is a 'freedom pumpkin', Rouge Vif De Temps. It is big and delicious. There were

chicks to visit with, our last bought in chicks, we hope, as from now on we will be incubating our own.

Food was provided by Bayleaf Kitchen to help raise funds for their summer camps here at Eatwell Farm. Lorraine also donated softers for them to sell. Next time they promise to bring much more food as many people including me missed out as it sold so fast. Thank you all for such a great day. Nigel



Sorting Hat

So which family pen do you get to live in? Gryffindor for the best birds, then comes Ravenclaw and Hufflepuff after that comes Slytherin for all the birds that do not make the grade. Jim and Nathan from the Sustainable Poultry Network helped us select the birds in our breeding flock last Friday. They are experts at this with Jim having 35 years experience working with poultry. I had taken a class with them in Modesto along with 30 others on Tuesday and Wednesday. Now we will build the pens and order the incubators. Let the fun begin!



Last Saturday's permaculture planting class was a great success. We looked at the plan for the farm, walked the planting area, gathered the plants and then got to work. We completed one line, which Roberto had under sown with a low growing cover crop. More photos later on the blog.

Color Coded Chickens

So how do we tell each of our breeder chickens apart. In the past I have used expensive numbered bands that go around their legs. These fall off and the numbers



get dirty and are hard to read. Nathan suggested we use zip ties. These are attached to the legs leaving lots of room but not enough so that they fall off. We have a color chart so just by looking at the leg we can see what number the chicken is. When it comes to breeding this is very important. Who has just laid that egg? Who is your mother? And which member has named you? As yet they are not chipped although I did make an inquiry.

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

Pasta with Beans, Chard and Rosemary serve with whatever protein you prefer. I think chicken would be particularly delicious.

Uses: Chard, Onion

Roasted Spaghetti Squash served with Cajun Collard Greens and Tomatoes

Uses: Spaghetti Squash, Tomatoes, Onion, Collard Greens, Ancho or Bell Pepper, Onion

Sweet Potato Biscuits served with Ham and Cabbage Slaw or Green Salad

Uses: Sweet Potatoes, Cabbage for slaw, Lettuce for salad, you can add Radishes and or Pomegranates to both

Hearty Pasta, Greens and Beans

Cook's Illustrated Oct 2014 Serves 6

2 TB Vegetable Oil
 3 oz Pancetta, diced
 1 Onion, chopped fine
 10 oz Chard, stems chopped fine, leaves chopped coarse
 2 tsp minced fresh Rosemary
 1 garlic clove, minced to paste
 1/4 tsp Red Pepper Flakes
 1 (15 oz) can Cannellini beans (do not drain)
 1 (15 oz) can Pinto beans (do not drain)
 1 Parmesan Cheese rind (optional)
 1/2 cup grated Parmesan Cheese, plus extra for serving
 8 oz Fusilli
 Salt
 1 TB Red Wine Vinegar
 Heat oil in Dutch oven over medium-high heat until smoking. Add pancetta and cook, stirring occasionally, until pancetta begins to brown, 2 to 3 minutes. Stir in onion and chard stems and cook, stirring occasionally, until slightly softened, about 3 minutes. Add 1 tsp rosemary, garlic, and pepper flakes, and cook until fragrant, about 1 minute. Stir in beans and their liquid, 1.5 cups water and Parmesan rind, if using, and bring to boil. Reduce heat to medium-low and simmer for 10 minutes. Meanwhile, bring 2 quarts water to boil in large saucepan. Add pasta and 1.5 tsp salt and cook until pasta is just shy of al dente. Drain. Stir pasta into beans and spread chard leaves on top. Cover, remove from heat, and let sit until pasta is fully cooked and chard leaves are wilted, 5 to 7 minutes. Discard Parmesan rind, if using. Stir in remaining 1 tsp rosemary, 1/2 cup Parmesan and vinegar. Season with salt to taste, and serve, passing extra Parmesan separately.

Vegan Cajun Collard Greens with Tomatoes

From vegetarian.about.com

1 bunch Collard Greens (about 1 lb), rinsed and chopped
 1 Yellow Onion, diced OR use Onion from your share
 2 cloves Garlic, diced
 4 medium sized Tomatoes (more if you are using Romas), diced
 3/4 cup Vegetable Broth
 1/2 tsp Red Pepper Flakes
 1/2 tsp Hot Sauce
 2 TB Olive Oil
 1/2 tsp Garlic Powder
 Salt and Pepper, to taste
 Dash Cayenne
 *Ancho or Green Bell Peppers from this week's share would make an excellent addition

Sauté the onions, bell or ancho peppers if using them, and garlic in olive oil. Add vegetable broth and collard greens and cover. Allow to cook for about 6-8 minutes, until greens are slightly soft. Add remaining ingredients and cook for another 6-8 minutes, until greens are done, stirring occasionally.

Sweet Potato Biscuits

From Southern Living found on Myrecipes.com

5 cups Self-Rising Flour
 1 TB Sugar
 1 tsp Salt
 1 cup cold Butter, cut into small cubes
 1/4 cup cold Vegetable Shortening
 2 cups Buttermilk
 1 cup cooked mashed Sweet Potato
 Parchment Paper
 2 TB Butter, melted
 Preheat oven to 425 F. Stir together first 3 ingredients in a large bowl. Cut butter cubes and shortening into flour mixture with pastry blender or fork just until mixture resembles coarse meal. Cover and chill 10 minutes. Whisk together buttermilk and sweet potato. Add to flour mixture, stirring just until dry ingredients are moistened. Turn dough out onto a well floured surface, and knead lightly 3 or 4 times. Pat or roll dough to 3/4 inch thickness; cut with a 2-inch round cutter, reshaping scraps once. (Do not twist cutter.) Place rounds on a parchment paper-lined baking sheet. Bake at 425 F for 18 to 20 minutes or until biscuits are golden brown. Remove from oven, and brush tops of biscuits with melted butter. Serve immediately.

Simple Roasted Spaghetti Squash

From Marthastewart.com

When searching for Spaghetti Squash recipes I stumbled upon several at marthastewart.com. Below are her directions for simply roasting them. In the newsletter I have paired the spaghetti squash with the collard greens and tomatoes, but on her website are some really yummy sounding recipes for Spaghetti Squash with Parmesan and Herbs, or Spaghetti Squash Gratin and a Quick Turkey Bolognese with Spaghetti Squash. Since this is a great alternative to actual pasta, it is nice to have a few extra ideas of how to use it.

One 3 lb Spaghetti Squash

Preheat oven to 375 F. With a small sharp knife, prick the squash all over. Place on a rimmed baking sheet and roast until tender when pierced with knife, about 1 hour 20 minutes, flipping halfway through. When cool enough to handle, halve lengthwise and scoop out seeds. Scrape squash with a fork to remove flesh in a long strands.

These recipes will help you use everything in your box

Shady Lady & Roma Tomatoes
(Slight seconds)
Collards
Chard
Sweet Potatoes
Spaghetti Squash
Ancho or Bell Peppers
Pomegranates
Round or Wakefield Cabbage
Onions
Radishes
Summer Squash



Homeschool Tour of Eatwell Farm

Thursday, October 23rd

Join Nigel for a tour especially for children and parents who are curious about how sustainable, organic produce is grown. This event is open to CSA members and the public, so share the event details with anyone you know who would enjoy this special event.

Tickets are only \$5 per person, and each group will go home with a CSA box! Event details and tickets are found here:

www.eatwell.com/events