



WEEK OF OCTOBER 22ND 2014 #41/14



Greenhouse Full

The winter brassicas and onions for planting next week arrived already. The timeline for when we plant a crop as well as what variety it is determines when we will harvest it. As many of you know, that is critical to making sure you have a wonderful harvest share to enjoy each week. We often split deliveries of plants up to space out the harvest, planting some one week and delaying more to the next week.



Roberto

He is seen here cleaning the Sundance disk which is our primary cultivation tool when we break up pasture after the chickens. There is so much root growth this year that he has to clean out the disks every time he gets to the end of the rows. This is good because it means that we are creating lots of organic matter and sequestering carbon from the atmosphere. Farmers, through their farming practices, it has been said, could be responsible for 35 to 50% of the increase in carbon dioxide in the air. A farmer from North Dakota, Gabe Brown, writes in Acres USA that his soils were almost 8 to 12% organic matter when they were first farmed in the nineteenth century. When he took over his farm in 1993, they were less than 2%. That carbon was released into the air with excessive cultivation practices growing wheat and corn. Now with lots of cover crop and pasture mixes, and in his case, no tillage, he has been able to bring back some of his soils to 7%. Leaving the soil bare in the winter without a cover and lots of fertilizers and pesticides, he believes, is destroying soils. Gabe is not some small farmer. He tends many thousands of acres and is one of a growing group of large farmers pioneering a new way. Around our farm soil is laid bare eight months of the year and cultivated deeply and many times every year. Our continued existence here is being noticed by local farmers but none so far have chosen to copy our wayward farming ways.



Is our beloved guard dog, Daisy, sleeping on the job? No she works nights keeping the coyotes at bay. Most of the time this is just letting them know that she is there watching them. Agustin keeps her on a long leash because she likes to go after the coyotes and will not stop at the boundary of the farm. This is very effective on her part as they know she will pursue them but a lack of training on our part. During her training We walked the boundaries many times with her but obviously not enough. She lives with chickens all the time, and is one of us working on the farm helping to bring you the very best food that we can.



Artichokes are a very prehistoric looking crop in the field. The seeds are sown in the nursery in May, planted in the field in July. Now they almost completely cover the bed and will send up the flower stalks that we eat as buds in late February. We have three times the area as last year, which was a trial. They are not huge at harvest but very tasty and tender. We hope you will like them.



Trenching

Last Saturday Jason spent the day exposing pipes in the way of our new cone turn between the two irrigation systems on the farm. At the present time we can only pass enough water to operate one line of sprinklers from one system to the other. With the prospect of another dry winter this has to change. We are installing a 6" diameter pipe between the two which will allow us to operate four lines. The

trouble is the new pipe has to go under three existing pipes. One belongs to the irrigation district which we must not damage or that could get expensive.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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

Chard Galette Serve with Sliced Tomatoes sprinkled with a little Eatwell Lavender Salt

Uses: Chard, Onion, Rosemary, Tomatoes

Gnocchi with Butternut Squash Sauce served over wilted Arugula

Uses: Butternut Squash, Arugula

<http://www.eatwell.com/blog/2014/10/21/gnocchi-with-squash-sauce>

Whole Wheat Spaghetti with Fennel And Sausage serve with Mustard Greens

Uses: Fennel, Mustard

<http://www.eatwell.com/blog/2014/10/21/whole-wheat-spaghetti-with-fennel-and-sausage>

Veg and Bean Tostadas serve with Red Cabbage Slaw

Uses: Green Bell, Onion, Tomatoes Cabbage, Radishes, Pomegranate

The Eatwell Farm Care Share

It has been almost 3 years since Nigel was diagnosed with cancer. The first three weeks of January 2012 we spent at UCSF. I still can't think about that time without tears welling, mostly out of gratitude for the care he received from his massive team of doctors and most definitely for the overwhelming support from our community, the Eatwell Farm CSA members, CUESA, the farming community, friends and family. Many people delivered meals to him during his stay at UCSF so that after the first couple of days, Nigel virtually never ate a hospital meal. When he was back home, it was my job to keep him fed with seriously nutrient dense foods. Fresh, organic foods packed with nutrition are such an important aspect of battling and recovering from serious illness; I truly can not emphasize strongly enough what a difference it makes. I will not make any silly claims of cures, but honest, good food gives strength to the body as well as the spirit; the simple act of delivering a fantastic meal to someone in need of care is so much more than just something to eat. Seeing firsthand what a difference nutrition made, Nigel and I came up with a plan and committed to donating 10 CSA shares per month for those battling serious health issues. Most of you are not aware of this program, so I would like to introduce you all to the Eatwell Farm Care Share.

If you know anyone whose health could benefit from a 4 box Care Share, please contact us. The box must be picked up at one of Eatwell's drop sites. Check in with them to make sure it is something they can actually use. We currently have available 8 of the 10 shares we donate. Additionally, one of our members donated \$300.00 to the Care Share Fund, which means we can take on another 2. Donations to the Care Share fund are greatly appreciated and easy to do. There is an option to donate when you log into your account online. Just look under "Donations and Promos" for the donation options. I would love to give out all of the boxes we make available (and more)! If you need or want more information you can contact Emily at organic@eatwell.com or myself at drinkwellsofters@gmail.com. - Lorraine

Stock Up On Gifts

With the holiday season approaching, it's time to start stocking up on stocking stuffers and hostess gifts. You can order Eatwell Farm salts, sugars, essential oils and bath products with your CSA box. Just log into your account and click on one of the many categories listed. We have very few Celery Salts and 2013 Meritage Honeys remaining, so don't wait to purchase yours, as they're not coming back into stock. Be sure to place your order by 4pm the Sunday before your next delivery if you want your extras with your next box.

Veg and Bean Tostada

From America's Test Kitchen Best-Ever Cooking for Two

6 (6 inch) Corn Tortillas
Vegetable Oil Spray
1 TB Vegetable Oil
1 1/2 Green Bell Peppers, stemmed, seeded, and sliced thin
1 Onion, halved and sliced thin
2 Garlic cloves, minced
1.5 TB Lime Juice
Salt and Pepper
1 (15 oz) can Pinto Beans
1.5 tsp minced jarred Jalapeños, plus 2 TB Brine
2 oz Queso Fresco, crumbled (1/2 cup)
1/4 cup Sour Cream
1 TB minced fresh Cilantro
2 cups shredded Red Cabbage
Thinly sliced Radishes
Chopped Tomatoes

Adjust oven rack to middle position and heat oven to 450 F. Spray tortillas with oil spray and arrange on rimmed baking sheet. Bake until lightly browned and crisp, 8 to 10 minutes. While tortillas bake, heat 1.5 tsp oil in 10-inch skillet over medium heat until shimmering. Add bell peppers and onion and cook until softened and lightly browned, 5 to 7 minutes. Stir in garlic and cook until fragrant, about

30 seconds. Off heat, stir in 1.5 tsp lime juice and

season with salt and pepper to taste. Transfer vegetables to bowl and cover to keep warm.

Heat remaining 1.5 tsp oil in now empty skillet over medium heat until shimmering.

Add beans and their liquid, jalapeño, and 1.5 tsp jalapeño brine. Cook, mashing beans with potato masher, until mixture is

thickened, about 5 minutes. Season with salt and pepper to taste. Toss cabbage and

radishes with remaining 1.5 TB jalapeño brine in a bowl and season with salt and

pepper to taste. Spread bean mixture evenly over tortillas, then top with Queso Fresco,

cooked vegetables, slaw and chopped tomatoes.. Whisk sour cream and remaining

1 TB lime juice together and drizzle over top. Sprinkle with cilantro and serve.

These recipes will help you use everything in your box

Shady Lady & Roma Tomatoes

(Slight seconds)

Butternut Squash

Red Cabbage

Radish

Fennel

Chard

Onions

Bell Peppers

Pomegranates

Arugula

Green Mustard

Rosemary

Galette de Blette (Chard)

From Sweet Basil, Garlic, Tomatoes, and Chives by Diana Shaw
Serves 4

2 TB EV Olive Oil
4 Shallots, minced (or use the some onion from this week's share)
1 clove Garlic, minced
1 TB Water
1.5 Lbs Chard, stripped from the stem and minced
2 TB minced fresh Parsley
2 TB minced fresh Chives
1 - 2 tsp minced fresh Rosemary
1 pinch ground Nutmeg
1/4 cup Pine Nuts
3 Eatwell Eggs, lightly beaten
1/4 cup Creme Fraiche
1/4 cup Comte Cheese
Salt and freshly ground Black Pepper to taste

Heat the olive oil on low, and sauté the shallots and garlic, stirring often, until the shallots are soft, about 6 minutes. In a separate pan, heat the tablespoon of water and cook the chard until bright green, about 3 minutes. Drain well and add to the shallots. Also add the herbs, nutmeg and pine nuts. Stir well and cook about 5 minutes more, until well blended. In a mixing bowl, stir together the eggs, creme fraiche and comte. Pour over the chard mixture and cook over medium heat until the bottom has turned golden, about 7 minutes. Gently turn over with a spatula, and cook the other side. Season with salt and pepper, and serve hot.