



WEEK OF OCTOBER 23RD 2017 #43/52

## The Geese Experiment, Part II

By Lorraine

Two weeks ago, I wrote about my experiment with our geese, putting them out on an extremely weedy row with some sad looking mint, lavender, sage, and two rows young peach trees. I decided to take the risk and run the geese through, hoping they would eat up all of the weeds, eat back the herbs a bit and open up the area around the trees.

This morning on our farm walk, Cameron and I went to check on the progress of the Big Geese Experiment. I am very happy to report almost all of the weeds are completely gone, eaten down to bare ground. The herbs have been "goose pruned", and fertilized in the process. Some of the lavender was chomped to almost nothing, so we will have to wait until next spring to find out how it handles that.

In the meantime, I am really excited to see how well they are cleaning this row for us. Every time we can use animals to do this type of work, it's a time we don't have to use man power, which is in short supply. It also means we are not running machines, burning fossil fuel, and polluting the air. Granted we do have a feed delivery every few weeks, but one trip from a big truck compared to months of weed-whacking is a trade off that I am pretty happy with. I don't even know how to quantify the benefit to soil.

Just to show you the contrast of before and after, I took a shot of the area the geese were on a week ago, and then a photo from the opposite end of the row, quite a difference.



## This is YOUR Farm!

by Cameron

That's something Nigel would say a lot to members. "It's *your* farm."

Some of the people reading this newsletter have been members for more than 15 years. Eatwell would not have grown in the direction it has without *your* feedback.

Imagine this: if *you* didn't like the eggs our birds lay, we wouldn't have chickens nor use chicken manure for 100% of our fertilization. Isn't that crazy?

As we're building systems to keep things going, we're also keeping an eye on how we can improve in ways that matter to *you*. So, this is where *you* come in.

In order to improve in the ways that matter most, we need to hear from *you*. If *you* are super impressed or depressed about something, we want to hear about it. If there's a delicious, local product *you* wish *you* could pick up along with your CSA box, we want to hear about it!

Don't get me wrong - we can't do everything, but letting us know what *you* think will tell us how to improve in ways that matter most to *you*. So, head to [eatwell.com/feedback](http://eatwell.com/feedback) and send us some suggestions or praise.



## A Special Birthday Weekend

By Lorraine

This past weekend we hosted a birthday party for a couple of our younger CSA members. Lilly and Isabelle are both turning 14 this month, and they wanted to celebrate here on the farm.

I know this was a rather out of the ordinary birthday party for a couple of City Girls, but it was truly extraordinary for me. I was lucky enough to spend time with a group of engaged young women, who indulged me when I asked them to put their phones away and to look up and around while we walk around the farm. They harvested greens for dinner, strawberries for dessert and pumpkins for the next morning's breakfast. No junk, just real food that everyone participated in and enjoyed eating.



The farm was a space for these young women to be young women, harvesting and cooking. It was also a place for them to be kids, petting the horse, walking the dog, getting excited about chickens waking them up at 4:30 AM (smile), and watching a sunrise. After breakfast and clean-up, they went out to the orchard to play capture the flag. What a treat to watch them running around, in and out of the trees, lots of whispering and shouting, whooshing of speedy young soccer player feet. Cell phones were forgotten, and kids got to be kids. I can't think of a better way to spend a glorious sunny Sunday morning on the farm! Happy Birthday, Isabelle! Happy Birthday, Lilly!

## Olives, Olives, Olives

By Lorraine

Sadly, pressing olive oil is not a project that will happen this year. I reached out to the olive press folks up in the Capay Valley but never heard back from them. That being said, I would like to invite everyone and anyone who wants to come up this weekend, October 28/29th, to pick olives for yourself. Brining olives is quite fun and, of course, delicious. We had a few members take us up on the offer last year, who had great success. I will be home all weekend Saturday or Sunday. If you would like to come up and pick some olives, all I ask is that you let me know what time you anticipate arriving.

We have a crazy amount of olives, PLEASE come up and pick to your heart's content! Let me know your ETA by texting me at 530-554-3971.

# RECIPES AND IDEAS FROM LORRAINE

## Green Tomato and Tarragon Chicken

Recipe from *The Art of Real Food* by Joanne Nest and Laura Kenny

4 cups Green Tomatoes, small diced  
1 TB Honey  
1/2 cup Water  
2 TB Butter  
2 TB Olive Oil  
2 chickens, cut into 8 pieces each  
Salt and Pepper to taste  
1 cup Cream  
2 TB fresh Tarragon, chopped  
3 TB Parmesan Cheese, shaved

Preheat oven to 350 F. In a small pot, cook tomatoes with honey and water 30 to 40 minutes. Puree until smooth. Mix in cream and tarragon. Set aside. In a large sauce pan, heat butter and oil. Season chicken lightly with salt and pepper, and sear until golden brown. Transfer chicken to a large baking dish. Pour tomato puree over chicken pieces. Bake 45 to 60 minutes, until chicken is cooked through. Garnish with Parmesan cheese and tarragon.

## Pot Stickers

Recipe from the Farmhouse Kitchen  
Just about every green from the box goes well in this mix: chard, stir fry, kale, bok choy, you could even use some leek in place of onion.

1 small/medium Onion or Leeks, finely chopped  
1 clove Garlic, chopped  
1 to 2 tsp fresh Ginger, grated  
1 or 2 Carrots, chopped small  
1/2 cup Mushrooms, regular white buttons or Cremini chopped small  
4 cups of mixed Greens, finely chopped  
1/2 cup Baked Tofu, cut into very small cubes  
Liquid Seasoning  
2 TB Soy Sauce  
2 tsp Toasted Sesame Oil  
2 tsp Rice Vinegar  
1 TB Cornstarch  
1/2 tsp Pepper  
1/2 tsp Salt  
Wonton Wrappers

Heat the oil and add onion. Cook until soft, then add the garlic and ginger. Cook until they are fragrant then add the mushrooms, cooking until they release their water, then add the mix of greens. While the vegetables are cooking mix up the liquid seasoning, making sure there are no lumps of cornstarch. When the vegetables are done add the cut up baked tofu, mix it in. Turn off the heat then add the seasoning mix. To make the dumpling let the vegetables cool enough to handle, then spoon a small amount onto one side of a won ton wrapper, leaving enough space on one side to fold over and enough space along the edges to seal. Seal with a tiny bit of water on the edge, just like the raviolis. To cook as pot stickers, heat a pan with oil over medium high, add the dumplings, and fry on both sides. When the second side is golden, carefully add a bit of water, a couple of TBs is usually enough. Then quickly cover. It will spit like crazy, so be careful, steam until the sizzle stops, about a minute or two.

## Pumpkin Chevre Ravioli

Recipe from the Farmhouse Kitchen

I always cheat and pre-roast my winter squash, pumpkins included.  
1 Pumpkin, washed well  
1 small pack of Chèvre  
Wonton Wrappers  
Salt and Pepper, to taste  
Honey to taste  
Garlic Chives, finely chopped

Preheat the oven to 400 F. Put the washed whole pumpkin on a baking sheet and in the oven for 10 to 15 minutes, just long enough for the pumpkin to get a little soft making it easier to cut, peel and remove seeds. Let cool so you can handle it, then cut in half, remove the seeds and peel. Cut into small cubes, pop back onto the baking tray and roast until completely soft. Put the roasted pumpkin into a mixing bowl. Using a potato masher mash until fairly smooth, add salt, pepper, chèvre, some chopped garlic chives and a little honey. Mix well, taste for seasoning and adjust.

With dry hands take out one won ton wrapper, put onto a dry work area, large plate or cutting board are great, put on a dollop of mixture right onto the center. Don't put on too much. Dip your finger in a little water and carefully wipe around the inside of the edge. Top with another won ton wrapper and seal with a fork all the way around the edges. You can also put your filling off to one side and fold over, still using a little water to seal the edges.

When you are done and ready to cook, bring a big pot of salted water to simmer and gently drop in your ravioli. Don't over crowd. Cook on a gentle simmer which will help keep them from breaking a part. Simmer long enough until they are tender. Pumpkin Ravioli are great with just some butter and Parmesan!

### This Week's Box List

*\*Items in Box for 2*

Tomatoes, Red & Green  
Mei Qing Choi or Bok Choy

*\*Stir Fry Mix*

*\*Chard*

Green Kale

*\*White Turnips*

Leeks

*\*Fennel*

Garlic Chives

*\*Pumpkin*

*\*Fuji Apples (from Hidden Star Orchard)*

*Raisins (from Capay Canyon Ranch)*

## Fried Chard Stems with Blue Cheese Love

Recipe from *The Art of Real Food* by Joanne Nest and Laura Kenny

1/4 cup Flour  
1/4 cup Parmesan Cheese, grated  
Salt and Pepper to taste  
1 Egg, beaten  
2 bunches Chard Stems, cleaned, cut into 4" pieces  
1 TB Butter  
1 TB Olive Oil  
Combine flour, Parmesan, salt and pepper in a medium bowl. In another bowl, place beaten egg. Dip each stem in egg, then flour mixture. Heat butter and oil in a large skillet, and fry chard stems until golden brown on both sides, 4 to 7 minutes. Place on a paper towel to dry and season with salt and pepper. Serve warm with Blue Cheese Love, recipe below:

### **Blue Cheese Love**

1 cup Cream  
2 oz Point Reyes Blue Cheese  
Salt and Pepper, to taste  
Garlic Chives, garnish  
In a small saucepan, heat cream and reduce by one half. Turn off heat, stir in cheese and season to taste with salt and pepper. You could garnish with garlic chives.