



WEEK OF OCTOBER 29TH 2014 #42/14



Time to put away the drip tape we have used all summer. They help us save water, keep weeds at bay and grow better crops. We have a machine that runs on the hydraulic lines from the tractor to wind the tape onto a spool.

We get about two seasons use from each roll of tape. We also have the manifolds and the filters which have to be cleaned and put away also. Our next dome construction will be for the irrigation supplies.



### Pasture and Summer Squash

Roberto sowed this pasture mix a couple of weeks ago, and after a nice rain, it germinated well. Along with it came up summer squash seeds from the too big ones which we discarded in the field. These squash were not even ripe, just too big. Even so they were able to germinate. They will be taken out by the first frost. We also have potatoes growing in another bed from tubers we missed harvesting in May and June. They will suffer the same fate.

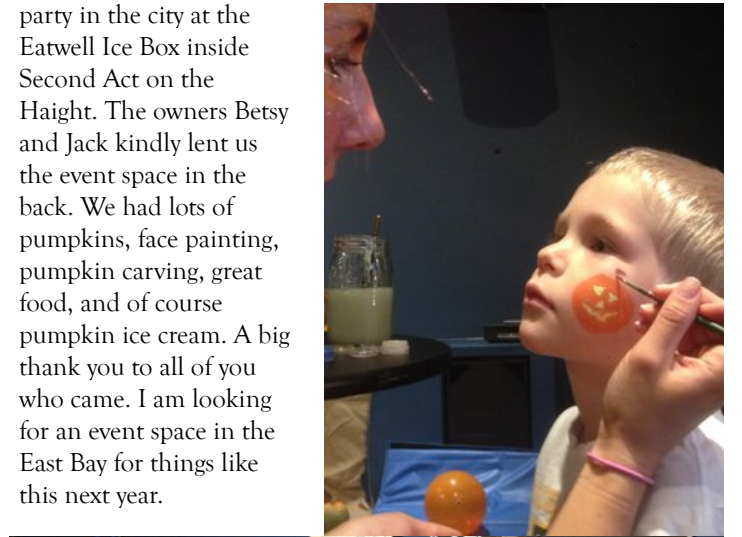


### Extra Water For The Winter

All the winter vegetables are on the land we lease from the Erwin Family in Dixon. We irrigate this in the summer with water from the canal, but in the winter we have limited connection from the well to this land. This is now changing as we are in the process of adding a six inch diameter feed from our land to the system we installed on the forty acres. Plumbing on the farm is a little different to your house. It takes four people to glue and push together a 6" joint. Of course this all gets expensive fast too!



Arthur started carving pumpkins at our market stand ten years ago, but he then moved to Napa. On Saturday he came back after moving back into the city to live. His art is very much appreciated. I was even able to trade some fresh salmon from the San Francisco Fish Company for a fish pumpkin.



### Halloween Ice Cream Social

We held our pumpkin party in the city at the Eatwell Ice Box inside Second Act on the Haight. The owners Betsy and Jack kindly lent us the event space in the back. We had lots of pumpkins, face painting, pumpkin carving, great food, and of course pumpkin ice cream. A big thank you to all of you who came. I am looking for an event space in the East Bay for things like this next year.



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!

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



## Recipes and Menu Suggestions

Winter Minestrone - Serve with Green Salad and Good Bread  
 Uses: Butternut Squash, Sage, Onions, Lettuce, Tomatoes  
 You could use Persimmons on your salad too.  
<http://www.eatwell.com/blog/2014/10/28/winter-minestrone>  
 Baked Chicken and Braised Kale with Crispy Shallots and Rice  
 Uses: Kale  
 Sausage Rolls with Coleslaw  
 Uses: Collards, Onion, Peppers, Fennel, Cabbage, Radicchio

## Sausage Rolls

Inspired by a recipe I found in Jamie Oliver's *Comfort Food* When we were in England a couple of years ago Nigel was so happy to enjoy his good English, greasy sausage rolls. It never occurred to me to make them here (maybe a little less greasy and with some veg added to it to make it a more rounded meal) until I was reading through Jamie's new book. The photo of the sausage rolls looked so good I just had to make some. I made two large rolls and between, Nigel, the boys, Helen and I, we ate every last little bit. AND I will make it again very soon, because that just wasn't enough. Nigel was very skeptical of the my desire to add veg to the mix, but in the end he loved them, and I think it could handle quite a bit more. You don't necessarily have to use the meat combo I used here. You could substitute ground turkey or ground lamb and even vegetarian sausage/meat substitutes.

1 lb good Sausage meat, I used Fatted Calf Breakfast Sausage  
 1 lb ground Beef  
 1 pack good Bacon, chopped pretty small  
 1 or 2 Onions  
 1 bunch of Collards, stems removed, leaves chopped pretty small  
 1 or 2 cloves of Garlic  
 2 Eatwell Farm Eggs  
 1 or 2 of this week's Peppers, diced  
 1 cup Breadcrumbs  
 1 cup grated Cheddar Cheese  
 1 or 2 TB fresh Sage, chopped  
 Freshly grated Nutmeg, do this to taste preference  
 Salt and Pepper  
 2 sheets Puff Pastry I use Trader Joe's  
 1 extra Egg for Pastry Egg Wash

Preheat oven to 375 F. In a good sized skillet over medium-high heat, cook chopped bacon until mostly done, then add sausage, breaking it apart. Once the sausage meat is broken apart, add the ground beef. Cook until the beef is crumbly, but before it is completely done add the onions, peppers and garlic. Cook until the peppers and onion are somewhat soft then add the chopped collard greens. Continue cooking until collards are tender. Remove meat mixture from the hot pan and put into a large mixing bowl, allow to cool to the point of being able to handle. Add the eggs, breadcrumbs, cheddar cheese, sage, nutmeg, salt and pepper, mix well. Lay out puff pastry dough on a sheet of lightly floured parchment paper. Put enough of the meat mixture across the length (leaving a good 2 inches of pastry above and plenty below) to make a big fat sausage. Using the parchment paper to help you, roll the pastry over starting from the shorter top end, creating a lovely sausage log. Repeat with the second sheet. Brush both rolls with eggs wash and bake for 30 to 40 minutes until a deep golden brown. Don't worry if you have leftover meat mix, it tastes delicious fried up and served with some butternut squash!

## Coleslaw To Go With Sausage Rolls

Lorraine's Farmhouse Kitchen

With a good heavy, somewhat greasy meal, I love to have the fresh, crunchy oppositeness of coleslaw. I often forget that it tastes much better if you give it time for the flavors to meld, but even at the last minute it will do the job. The amounts here are pretty loose, but it is easy to increase what you like or reduce or even eliminate items you don't like or add other things like apple or celery or grated beets.  
 About 1/2 Cabbage, shredded  
 About 1/2 Radicchio, chopped  
 About 1/2 Fennel bulb, very thinly sliced  
 Small amount of very finely chopped Onion  
 If you have any Pomegranate left, throw in some seeds. It can handle a good amount.  
 Mix everything into a bowl and spoon on at least 2 TB Yogurt, a quick drizzle of olive oil, salt and pepper to taste. You can also add some red pepper flakes, and some lemon zest. I used a couple of tsp of Sumac. Mix it all really well and enjoy.

## Braised Kale With Crispy Shallots

From *Plenty More* Yotam Ottolenghi - Serves 4

I read about Ottolenghi's new book back in July and immediately placed my pre-order; release date October 14th. It is a gorgeous book, all vegetable recipes, many with Ottolenghi's full spectrum Mediterranean flavor. His cookbooks are not "quick and easy meals in 15 minutes". They are about the full enjoyment of exquisite food, dishes that will be loved and savored, and the blessing of love for cooking brings you and all those who are lucky enough to enjoy your care and efforts.

1 1/4 lb. Kale, stems removed and leaves coarsely shredded about 6.5 cups  
 1 TB Olive Oil  
 3 cloves Garlic, thinly sliced  
 1.5 TB Kecap Manis - you can substitute Oyster Sauce  
 1 tsp Sesame Oil  
 1 TB Sesame Seeds, toasted  
 2 TB all-purpose Flour  
 8 Shallots, thinly sliced about 1 1/3 cups  
 1/2 cup Sunflower Oil

These recipes will help you use everything in your box

Ancho or Green Bell Peppers  
 Butternut Squash  
 Onions  
 Fennel  
 Round or Wakefield Cabbage  
 Lettuce  
 Tomato Seconds  
 Red Kale  
 Collards  
 Radicchio  
 Fuyu Persimmons (Twin Girls)  
 Sage

Salt

Bring a large pan of water to a boil. Add 2 tsp salt, and then the kale and blanch for 4 minutes. Drain and set aside to dry. Keep an eye on your kale. I find very often our vegetables, due to their freshness, cook much faster. Drain and set aside. Heat the olive oil in a large sauté pan over medium heat. Add the garlic and cook for 2 minutes, until golden and crispy. Add the blanched kale and stir well. Pour in the kecap manis (or oyster sauce) and sesame oil and cook for a couple of minutes, until the kale has softened and any liquid reduced. Remove from the heat and stir in the sesame seeds and 1/4 tsp salt. Cover the pan with a lid and set aside somewhere warm. Place the flour and shallots in a bowl and mix well, coating the shallots evenly. Heat the sunflower oil in a small sauce pan over medium-high heat. When hot, add one-third of the shallots and cook for 5 minutes, until golden and crispy. Use a slotted spoon to transfer them to a plate lined with paper towels. Sprinkle with 1/8 tsp salt and repeat with the remaining shallots in two batches. To serve, either arrange the warm kale on a serving dish and scatter the crispy shallots over the top, or mix together the kale and shallots.

## Homeschool Tour of Eatwell Farm

Thursday, November 20th

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](http://www.eatwell.com/events)

## 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 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.