



WEEK OF NOVEMBER 2ND 2015 #45/52



Lettuce Today.. Yes We should have been putting lettuce in your boxes for several weeks by now. How come the delay? Well this September and early October has been warmer than normal. We need three consecutive days under 90F to plant lettuce or it will not germinate. These have been difficult to find. Once the radicle root emerges it can be hotter but we have to make sure that the soil surface is moist so the young seedling can burst through into the light of the day. Josesito has to irrigate frequently, and that encourages weeds to grow also.



Around the Farm

All the chickens on the farm absolutely love the wheat we soak in Cowgirl Creamery organic cheese whey. In just 24 hours the wheat sprouts make it more digestible and delicious. News from the chicken conference may not be appreciated by our feathered friends on the farm. We are probably feeding them too much salt that is in the whey. I will have the salt content of the whey analyzed this week. We can then do the calculations to determine how much whey they can have each day. We may have to dilute it with water. I expect this will ruffle a few feathers on the farm.



Chicken Conference

Last week I spent Tuesday and Wednesday talking chickens with my fellow members of the Sustainable Poultry Network SPN. These are farmers and breeders like us mostly from the Pacific States but there was a one from Georgia. The big focus of this year's teach-in was nutrition. All the research and information on what to feed your chickens are based on the factory farmed chicken's needs. They live in air conditioned warehouses, not knowing if it is day or night, winter or summer. This combined with the fact that they are so inbred means that their needs are worlds apart from our Black Australorps, Bruce and Sheila. Our Australorps are resilient. We have seen that this year as we have raised so many chicks on pasture and lost so few. Raising hybrids you expect to lose 10% from day olds to point of lay. To get the best from our girls we have to feed them right, and that was what Jeff Mattocks, a poultry nutritionist from the company Fertrell, was hammering home. Jeff is also a director of The American Pasture Poultry Producers Association (APPPA.org) with 20 years experience formulating feed so he knows his stuff. The crux of what I came away with is that we need to be more precise with feeding. Meaning at different stages of growth the feed has to change more often than it does now and with the seasons. Now with the rain and cooler weather the girls need more energy in their feed than they did two weeks ago when it was 85F. When the girls first start to lay the small pullet eggs they need a feed higher in protein as they are still growing. After a month or so when the egg size increases we put them on the regular layer feed. This is a lot of work but two things that make a big difference towards producing the delicious eggs that we all enjoy, and that is how many they lay and how much they eat. Getting this right makes a big difference financially at the end of the year. I am still digesting all the knowledge and formulating plans...Nigel



Last week Agustin was busy preparing the new mobile house where the chicks will live from hatching until five weeks old during the winter. We were in a hurry to do this as we need to store the

butternuts and sweet potatoes in the dome where the chicks currently reside. He was not able to get all this completed before his wife gave birth to their second child, a son, last Friday morning! All that farm stuff can wait while they enjoy their new child. The rain on Monday morning was significant. Not bad just for a 5% chance of showers, it was torrential at times. Every fall with the first significant rain the vegetables seem to double in size within a week. Yes, rainfall is so much better than irrigation water. Just a reminder to please send back all your empty boxes, we are running short. Take care when opening the flaps, neatly fold them at your site out of the rain if possible.

Twin Girls Fruit

We grow lots of citrus fruit in the winter but we never seem to have enough. We buy extra from a great Mexican American Family in Fresno. Nacho and Cassi have been friends for many years at the Ferry Plaza Farmers market, and they also have twins. The Persimmons in your box today are from them. They grade and pack their fruit for Purity, hence the label on the fruit. They are certified organic and a great family to boot.



For those of you who get a box every week please excuse me for repeating some articles as many members get a box alternate weeks...Nigel

RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menu Suggestions

Mixed Chinese Vegetables - Serve with Baked Fish and Rice

Uses: Mei Qing Choi, Red Bok Choy and Serrano Chilis

Dandelion Pasta - Serve with your favorite Sauce or Chicken or Vegetable Soup and Mixed Lettuce Persimmon Hazelnut Salad

Uses: Eatwell Farm Heirloom Flour, Eatwell Eggs and Dandelion Greens, Lettuce, Persimmons

Chorizo Napa Cabbage Mess - Serve with roasted Sweet Potato or Rice or Noodles or Mashed Potatoes

Uses: Napa Cabbage, Onion

Napa Cabbage Slaw - Serve with Sweet Potato Fries, Cilantro Dip & Protein Side

Uses: Napa Cabbage, Lunchbox Pepper, Sweet Potatoes, Cilantro

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

Dark Green Leafy Veg

Emily always takes a picture of the week's share on Monday afternoon, and this week's was loaded with such dark greens it was really stunning! For some reason last weekend I got it in my head to make dandelion pasta, and it was really delicious! Homemade pasta, without a machine, is a great upper body workout. The pasta recipe is included and uses 100% Eatwell Heirloom Wheat Flour (with the exception of a little all-purpose for dusting the board). Making pasta with your farm's wheat flour gives you one more food staple you have a direct connection to; you can make a batch, use a portion and freeze the rest for another time.

Last Thursday I was fortunate enough to get a ticket to have lunch at Camino in Oakland where Yotam Ottolenghi was signing his new book. Such a thrilling moment for me while he was signing my book and the organizer leans over and tells him that my husband and I have THE best farm in California and that he really MUST visit us! I know it is such a long shot to someday host him here at Eatwell, but a girl can dream, and I am hanging on to this one with both hands. The new book is "Nopi" and was co-authored with Ramael Scully who is from Malaysia. With Scully's Asian influence I was excited to see a recipe for Mixed Chinese Vegetables (also included this week). I would expect a few Ottolenghi recipes or at the very least Ottolenghi inspired.

Dandelion Pasta

Eatwell Farmhouse Kitchen

1 bunch Dandelion Greens, bottom 2" trimmed
2 TB Dandelion Cooking Water
1 tsp Salt
3 Eatwell Farm Eggs
1 1/2 cups Eatwell Farm Heirloom Wheat Flour
All-Purpose Flour for dusting

Cook dandelion in a pot of boiling water for 2 minutes. Save a bit of the water for the pasta. Drain and put the greens into a food processor, pulse several times to chop. Add the egg yolks and pulse a bit more, then add the salt and 1/2 the flour. Pulse several times to mix well, then add the remaining flour and, if needed, some of the dandelion water, start with 2 TB. Pulse until the dough is well mixed and starts to come together. Turn out onto a surface lightly dusted with flour and start the kneading process. This will take a little time and effort, probably about 10 minutes. The dough should feel very much like play-dough and a bit smoother. Wrap tightly in cling film and refrigerate to rest for a good 30 minutes. Portion out as much as you would like to use. In small chunks (probably a couple of TB worth) flatten then roll out with a rolling pin. The pasta plumps up quite a bit so you will want to roll it quite thin. You can cut this for sheets for lasagne or cut for noodles. I have made this twice now and essentially did short fettuccine size. Serve in soup or with your favorite sauce. Freeze whatever dough you have left.

Napa Cabbage Salad with Red Pepper and Cilantro

Makes 4 side-salad servings or 2 main-dish salads

From kalynskitchen.com recipe adapted from Everyday Food: Fresh Flavor Fast

1/2 of large head Napa Cabbage, chopped (about 5-6 cups chopped cabbage)

Several Lunchbox Peppers, very thinly sliced into same-length slices

1/4 cup thinly sliced Green Onion

1/2 cup chopped Cilantro (or more; if you're a cilantro hater I'd use more green onion)

1/3 cup chopped dry-roasted Peanuts

Dressing:

2 TB Rice Vinegar (use unseasoned vinegar without added sugar)

2 tsp grated Ginger

2 tsp. Dijon Mustard

1 tsp. Sesame Oil

1 TB Agave Nectar

Salt and fresh-ground Black Pepper to taste

3 TB Vegetable Oil

Stir together the rice vinegar, grated ginger, Dijon mustard, sesame oil, agave nectar, salt, and pepper, then whisk in the oil one

tablespoon at a time. Let the dressing sit to develop flavor while you chop the salad ingredients. Chop 1/2 head napa cabbage to make 5-6 cups chopped cabbage. Cut lunchbox peppers into thin slices, trying to make them about the same length. Thinly slice green onions, chop cilantro, and chop peanuts. Toss together the chopped napa cabbage, pepper strips, sliced green onions, and chopped cilantro in a medium-sized salad bowl. Add desired amount dressing and toss to coat the salad. (You may not need all the dressing if you like your salads on the dry side). Good with some leftover rotisserie chicken.

This Week's Box List

Lunchbox Peppers

Hot Peppers - Serranos

Meiqing Bok Choy

Red Bok Choy

Dandelion

Sweet Potatoes

Napa Cabbage

Mixed Lettuce Bag

Apples (Hidden Star Orchard)

Persimmons

Onions

Cilantro

Mixed Chinese Vegetables

From Nopi by Yotam Ottolenghi and Ramael Scully - Serves 4

3 TB Peanut Oil

1 1/4" piece of Ginger, peeled and julienned

4 cloves Garlic, thinly sliced

2 large Red Chiles, seeded and julienned

1 bunch Mei Qing Choy

1 bunch Red Bok Choy

Crispy Shallots (optional)

1 Lime, quartered, to serve

Coarse Sea Salt

Put the peanut oil into a large frying pan or wok and place over high heat. When hot, add the ginger, garlic and chile and fry for 2 minutes, stirring often, until fragrant. Add the Mei Qing Choy and Bok Choy and cook for 2 minutes stirring often. Add 1 tsp of salt, toss well, and cook for another 4 minutes. Serve with crispy shallots sprinkled on top and a wedge of lime alongside.

Chorizo Napa Cabbage Mess

Eatwell Farmhouse Kitchen

1/2 to 1 whole (depends on how much you want to make) Napa Cabbage, chopped

1/2 lb Chorizo, you can use more if you like

1 Onion, chopped

Good Oil if the Chorizo is not particularly fatty

A handful of Lunchbox Peppers, chopped

In a large skillet cook the chorizo. At the half cooked stage add the onions, cabbage and pepper. Cook until the cabbage is really soft. Taste for seasoning. I find with really flavorful chorizo I don't have to add anything else.