



WEEK OF NOVEMBER 3RD 2014 #43/14



On Monday afternoon Agustin helped me trouble shoot a problem with our cooler. It was stuck in defrost mode. The signs were unlike any other problem we have had with this which have been very few. We decided to remove the cooling fan and check the capacitor on the motor. Luckily for us, a connection was broken, and a quick trip to West Sacramento Grainer store and for a \$12 part fixed it! If only every problem cost \$12!



### Garlic Germination

We planted garlic clove seed three weeks ago, and the first ones are just coming up. The heads are split by machine for us, and the small ones are removed. We tried to do this ourselves one year. It took so long by hand, never again. We buy all our garlic seed along with the other organic farmers in our area from Lockharts seeds in Stockton. They gather up one big order and deliver it to us. Last Thursday Ramon and Miguel finger weeded this crop to kill germinating grasses and weeds.

### The Sheep Are Back

They're working on some tasty clover pasture while we remove drip lines and stakes from the tomato fields and just drip lines from the winter squash beds. They should make short work of the final



remains of these crops. Roberto will then prepare more beds for winter vegetables and cover crop pasture to replace the tomatoes. The cover crop pasture on the right has Barley blend into the mix. The Barley, if sown early, can have roots that reach 6 feet deep into the soil by May. This is great for soil building and unlocking deep down nutrients and breaking up subsoil. In a week we will be planting heirloom wheat with clover seeds which will

fix nitrogen for the wheat and leave a pasture for the chickens to eat after we harvest the wheat in June. In this way we get wheat planted and a pasture established at the same time. These kinds of experiments are important and vital for the improvement of the soil.



Thanksgiving Pardon, again for this guy, his seventh or eighth. He is a pet who lives with the chickens. If you are not going to be around for the week of Thanksgiving, please consider donating your box. It's easily done when when you put your box on hold. You will be asked if you wish to donate it.



Just planted cauliflower and cabbage for Spring harvest. 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

Mish Mash served with Mashed Yukon & Sweet Potatoes and Salad

Uses: Cauliflower, Parsley, Sweet Potatoes, Lettuce and Pomegranates in the salad

Cabbage Meatball Soup serve with good Bread and Butter

Uses: Cabbage

Corsican Chard & Mustard Pie - Serve with Lentils, Radicchio Walnuts & Honey

Uses: Chard, Red Mustard, Rosemary, Parsley, Red Onion, Radicchio

<http://www.eatwell.com/blog/2014/11/4/lentil-radicchio-walnuts-and-honey>

<http://www.eatwell.com/blog/2014/11/4/corsican-pie>

## The Glorious Cauliflower

My Mom served most of our vegetables in a delicious béchamel sauce; spinach, asparagus, and cauliflower. Growing up eating vegetables in this creamy delicious, rich manner, I loved them all. The one thing my Mom did that I have never seen in a recipe, is to make the béchamel quite thick then thin it with some of the vegetable cooking water. This adds an amazing amount of flavor for a very delicious result. This week we have cauliflower, one of my absolute favorites, which makes a great soup, gratin, creamed as a side dish, roasted or curried, even raw as a crudite, or served as a couscous or mashed potato alternative. I was so excited to have cauliflower this week that I have had it every day since Saturday night. Last night I made a casserole. One of my aunts in Germany would make for me, and it has no name. We call it mish mash. It's a hearty dish and just as delicious leftover. I hope you enjoy it as much as we do! It's delicious fried up and served with some butternut squash!

## Cabbage and Meatball Soup

*Mediterranean Paleo Cooking* Caitlin Weeks, Nabil Boumrar - Serves 4

### For the Soup

1 large head Cabbage about 2 lbs  
3 TB Unsalted Butter, ghee or Coconut Oil  
2 medium White Onions, diced  
2 tsp minced Garlic  
1 to 2 tsp Chili Power  
1 TB ground Cumin  
1 tsp Paprika  
Sea Salt and freshly ground Pepper  
4 cups Beef Broth  
1/4 chopped fresh Cilantro, for garnish

### For the Meatballs

2 lb. ground Beef  
Sea Salt and Black Pepper  
1 TB Garlic powder  
2 TB chopped fresh Cilantro  
2tsp ground Cumin

Cut the cabbage into thin strips and set aside. Make the meatballs: Combine the beef, a pinch of salt and pepper, the garlic powder, cilantro and cumin in a large bowl and mix well with your hands. Form the meat mixture into 1 inch balls and set aside. To make the soup: Melt the fat in a stockpot over medium heat. Add the onions and garlic and cook for 2 minutes. Add the chili powder, cumin, paprika, and a pinch of salt and pepper. Sauté the onion mixture for about 2 minutes, then add the sliced cabbage. Continue to cook until the cabbage starts to soften, about 5 minutes. Add the broth and meatballs to the pot and cook, uncovered, over medium heat for

## Mish Mash

Eatwell Farmhouse Kitchen Serves a Hungry Family Essentially meatloaf in a lasagne dish topped with creamed cauliflower. You can use your own recipe for meatloaf or follow the one I have listed below.

### Meatloaf Ingredients

2 lb. ground Beef  
2 medium Yellow Onions, finely diced  
2 cloves Garlic, minced  
1/2 bunch parsley  
2 Eatwell Farm Eggs, slightly beaten  
1 tsp Salt  
Pepper to taste  
1/2 tsp freshly grated Nutmeg  
1 tsp Paprika  
1/2 cup Bread Crumbs

### Creamed Cauliflower Ingredients

1 large Cauliflower, broken into florets - You don't need to cut it up into small pieces because you will mash it a bit once it is all cooked  
8 TB Butter  
1/2 cup Flour  
1/2 cup of half and half  
1.5 tsp Salt  
1/2 tsp freshly grated Nutmeg  
1/2 cup Yogurt or buttermilk or the juice of 1/2 to 1 lemon

### These recipes will help you use everything in your box

Cauliflower  
Sweet potatoes  
Green or Wakefield cabbage  
Onions  
Pomegranates  
Watermelon Diakon  
Italian Parsley  
Radicchio  
Chard  
Red mustard  
Rosemary

Preheat oven to 375 F. Put a large pot of salted water on to boil, add the cauliflower. Simmer the cauliflower for 15 minutes or until tender. Mix the ground beef with the onions, garlic, eggs, salt and pepper, parsley, nutmeg, paprika and bread crumbs. Spread out in a lasagne dish (9x14ish) and pop into the oven to bake for 10 minutes. While the meat is in the oven make the sauce. Heat a heavy bottom sauce pan over medium high heat to melt the butter until it is foamy. Turn the heat down to medium-low and add the flour. Mix well with a whisk and cook until the color turns just golden. Off heat, add the half and half (it helps if you heat it a bit ahead of time) and whisk. I take a rubber spatula and scrape around the bottom edge to make sure all of the

roux gets incorporated into the sauce. With the heat back on medium, add by half cup increments the cauliflower cooking water, mixing well in between each addition up to about 3 cups. Your sauce should be very smooth and creamy. Add the yogurt or lemon juice, salt and nutmeg, and taste for flavor preference and adjust if needed. Drain the cooked cauliflower and combine with the sauce, mashing it up; I use a potato masher. It doesn't have to be very small, but at least nice small bite sized pieces. Pour on top of the partially cooked meatloaf and bake another 30 minutes until bubbly and the corners are turning golden. We served this with mashed potatoes using some sweet potato and some yukon.

## 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.