



WEEK OF NOVEMBER 10TH 2014 #46/14



In these bed are ten different varieties of Radicchio, endive and escarole. The seed was provided to us by the cook book author Georganne Brennan. We made two plantings, and next Monday she will be walking the fields with me evaluating the varieties. We are always looking for new and interesting crops to grow. Georganne can often be found in our fields looking for vegetables for a special dish or a cookbook photo shoot.



Around The Farm

In the greenhouse last week I planted some chestnut seed that I was given by a farmer in Vacaville. These trees will go into our alley cropping rows. They will not produce for more than ten years so I

figured I'd plant the seed asap. I also bought more tree seeds to plant but have to keep them cold and moist for a couple of months to stimulate germination.

Ramon and Roberto are very busy preparing beds for the final seed plantings of the year over the next few weeks. We have some more drip lines to pick up but I have to buy more reels onto which we will wind it all up. In the orchard the citrus is starting to turn from green to orange or yellow depending on the fruit.



This all happens due to cold. In the tropics, oranges are ripe and green. Often organic oranges do not fully turn and you see some green. They are still ripe and ready though. Many chemically grown oranges are sprayed with a herbicide to remove any green color.



Seville oranges just starting to turn color.

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!



Home School Tours and More..

Emily has been setting up these tours once a month for the last couple of months, and they have been all full. Today we had a group of families from Travis Air Force Base as they had a school holiday for Veterans Day.

If you have a group of any kind that you are members of and would like a tour or we may be able to combine it with another group let us know. For a small fee we send each family home with one of our harvest shares as a bonus.



The sheep were patiently waiting for Jeremy to move them on to fresh pasture early on Monday morning. They made short work of about half an acre over the weekend. They love our clover and grass pastures, and Jeremy loves they way they are putting on weight too.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Recipes and Menu Suggestions

Roasted Stuffed Butternut Squash served with Bitter Greens with Walnut Oil and Mustard Vinaigrette

Uses: Spaghetti Squash, leeks, chard, mizuna, endive, spinach, raisins and/or persimmons

Seaweed Salad with Sesame Dressing - Served with steamed or grilled fish

Uses: Daikons, Cabbage, Serrano Peppers

Teriyaki Beef Skewers with Bok Choy or Tatsoi, serve with Rice

Uses: Bok Choy or Tatsoi, Serrano Peppers, and Leeks

Teriyaki Beef Skewers with Bok Choy

From *Martha Stewart.com*

This looks like a very simple meal. If you would like a little spice in your marinade, add some finely chopped serrano peppers, and instead of scallions you might consider using chunks of the the portion of your leeks.

1 cup long-grain White Rice
 1/3 cup Rice Vinegar
 3 TB low Sodium Soy Sauce
 4 tsp Sugar
 1-inch piece fresh ginger, peeled and grated
 2 tsp Vegetable Oil, plus more for brushing
 1 lb Sirloin, fat trimmed, cut into 1-inch pieces
 4 heads baby Bok Choy OR Tatsoi, halved
 2 bunch Scallions, white and light green parts cut into 2-inch pieces

Cook rice according to package instructions. In a medium bowl, whisk together vinegar, soy sauce, sugar and ginger until sugar is dissolved. Reserve 2 TB marinade. Add sirloin to the bowl, and let marinate at room temperature about 15 minutes. Preheat broiler. Brush a rimmed baking sheet with oil and arrange bok choy on one half of the sheet. Whisk 2 tsps oil into reserved marinade and drizzle over bok choy. Broil until starting to soften, about 5 minutes. Meanwhile, thread sirloin and scallions onto 4 metal skewers. Flip bok choy, cover with foil, and add skewers to sheet. Broil 4 to 6 minutes more, flipping once. Serve with rice.

Roasted Stuffed Spaghetti Squash

Recipe from Helen, Eatwell Farmhouse Kitchen Visitor!

At the moment we have a young visitor from Brittany, France. Helen is a very good high school friend of Nigel's daughter Eleanor. She grew up on an organic dairy and is here to improve her English and experience a little bit of a different culture. A few weeks ago she made this for dinner and all of us ate like crazy, especially the boys! We did have some leftover which I took and heated in a pan with some butternut squash and a bit more sausage and made a kind of hash out of it, also delicious.

1 Spaghetti Squash, washed
 1 or 2 Leeks, washed well and chopped (white parts only)
 1 bunch Chard, washed and finely chopped
 1 lb good Sausage, flavor of your choice we used Fatted Calf Breakfast
 Parmesan Cheese for topping

Preheat oven to 375F. Wash the Spaghetti squash and prick with a fork. Bake in a baking dish for about 1 hour, turning over half way through. Allow to cool before handling. During the cooling time, heat a skillet and fry up the sausage. When the sausage is almost cooked, add the leeks and then the chard. Cook until the sausage is well browned and the leeks are tender. By this time the spaghetti squash should be cool enough to handle. Cut in half, and scoop out the seeds. Place on a baking sheet and top with sausage mixture. Grate parmesan cheese over the top and put back into the oven. Bake until the cheese is nicely melted and serve.

Bitter Greens with Walnut Oil and Mustard Vinaigrette

From *Vegetable Literacy* by Deborah Madison Serves 4

1/2 cup freshly cracked Walnuts
 Sea Salt and freshly ground Pepper
 8 cups Bitter Greens, torn into pieces a bit larger than bite size
 Use Mizuna, Endive and you can add in the Spinach
 *Sweet goes well with bitter so try adding a sprinkling of raisins or thinly sliced bits of persimmon
 For the Vinaigrette:
 1 plump clove Garlic
 Sea Salt
 2 TB strong Red Wine Vinegar
 2 tsp Dijon Mustard
 3 TB Walnut Oil
 2 TB Olive Oil
 1 TB Creme Fraiche

Heat the oven or a toaster oven to 350F. Spread the walnuts in a shallow pan and toast until fragrant, about 6 minutes or so. Pour onto a plate and toss with a pinch of salt and a grind of pepper. Put the greens in a wide, spacious bowl. To make the vinaigrette, pound the garlic with 1/4 tsp salt in a mortar until smooth. Stir in the vinegar and mustard, then whisk in both oils, followed by the creme fraiche. Taste the dressing on a leaf and adjust the seasonings if needed. Drizzle the vinaigrette over the greens and toss to coat evenly. Add the walnuts and toss again, then pile the greens high on individual plates and serve.

These recipes will help you use everything in your box

Persimmons
 Raisins
 Spinach
 Wakefield or Green Cabbage
 Long Japanese Daikon
 Spaghetti Squash
 Tadorna Leeks
 Bok Choy or Tatsoi
 Mizuna
 Endive
 Chard
 Hot Serrano Chiles (Bonus Item)

Seaweed Salad With Sesame Dressing

From *One Good Dish* by David Tanis Serves 4

In his book David Tanis recommends serving this dish with simple grilled or steamed fish, and he likes the addition of cucumber and avocados. I love cucumbers for the crunch they add to a dish, so I would suggest to switch out the cukes for some cabbage, as that also adds a delicious crunchiness to salad. And if you do not have wasabi powder on hand, try finely chopping some of the serrano peppers, they would add heat and a beautiful color.

1 oz dried Red Dulse Seaweed
 1 oz dried Green Wakame Seaweed
 Juice of 1 Lime
 Sea Salt
 1 small Carrot, peeled and sliced paper thin
 4 Red Radishes, thinly sliced
 1 - 2 oz piece of Daikon, peeled and thinly sliced
 1 small Cucumber, peeled and thinly sliced or shredded Cabbage
 1 firm but ripe Avocado, halved, pitted, peeled and sliced
 1 tsp toasted white sesame seeds
 1 tsp toasted black sesame seeds
 2 tsp toasted hulled pumpkin seeds
 4 Scallions, slivered
 For the Dressing:
 2 TB Rice Vinegar
 2 tsp Sugar
 2 tsp Grated Ginger
 1/2 tsp Wasabi Powder OR diced Serrano Chili Peppers
 2 tsp Soy Sauce
 1 TB toasted Sesame Oil

Put the dulse and wakame in a large bowl and cover with cold water. Let soak for 5 to 10 minutes, until softened. Drain and pat dry. Cut into rough 2-inch pieces. Arrange on a platter. Spoon half the dressing over the seaweed, add the lime juice, and toss gently. Taste and add a small amount of salt if necessary. Surround the salad with the carrot, radishes, daikon, cucumber (or shredded cabbage). Season lightly with salt and drizzle with the remaining dressing. Sprinkle the salad with the white and black sesame seeds, pumpkin seeds and scallions.