



WEEK OF DECEMBER 1ST 2014 #49/14



Time to make Sauerkraut as we have some way too big hard, green cabbages. We sell boxes with at least 20 lbs in each for just \$15 which I have reduced from \$19. These cabbages are not only organic but not even sprayed with anything. There are lots of recipes and help online if you have never made it before. Fermented sauerkraut is not cheap in the store, and this one will taste great. If you get going soon you may have some in time for Holiday gifts.



Around The Farm

Jose and I are carefully watching and tasting the mandarins to make sure we can pick them quickly if it turns really cold like it did this time last year. This week the mandarins come from Bill Crepps in

Winters. Ours need about another week to be perfect. The Lombardy Poplar windbreak that we cut down last winter has regrown with a multitude of new shoots. We are going to thin each stump so that only 3 to 5 shoot remain. These will be the right size to cut again in about five years to use for mushroom production.



Some of you may have seen the video on the website from a couple of weeks ago when Roberto and I sowed wheat one dark evening before a rain event. Well it

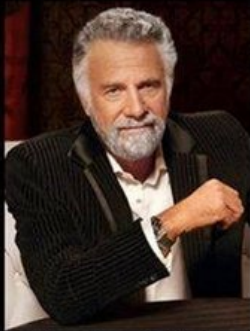
is coming up nicely. We also sowed clover with the wheat which will germinate in the spring and provide pasture for the chickens once the crop is harvested in June. The variety of wheat is Sonora, and we have 2.5 acres planted here.



Heirloom wheat crop for 2015 germinating nicely.

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!

I don't always shop Black Friday...



...but when I do, it's Black Australorp Friday.

Holiday Gift Ideas

We have lots of great farm gifts in the CSA store (when you're logged into your account) which we can deliver with your next box at no charge. We also have a public webstore on the website which we can ship Priority mail for you. The sale of these salts, etc. help us make progress and changes on the farm, all of which require money. If you need any special combination or larger quantities, please let us know and we will be happy to help.



Not your average morning Joe. These lilac bushes get a nice dose of Blue Bottle Coffee grounds. The grounds have lots of plant nutrients and are acidic which the lilacs love too.

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

Recipes and Menu Suggestions

If you have a juicer try using some of this week's items in a fresh green juice cleansing blend.

Uses: Spinach, Mizuna, Parsley, Radish and Pomelo

If you do not have a juicer, Sauté Spinach with a splash of Eatwell Farm Verjuis and one of our Farm Salts topped with some baked chicken (also can be seasoned with one of our Salts, Rosemary and or Lemon are particularly great on chicken) and serve with starch of choice OR make Cauliflower Couscous topped with parsley.

Uses: Spinach, Cauliflower, Parsley

Roast Dinner of Pork, Potatoes, Romanesco or Broccoli and Cauliflower - Serve with Creamed Leeks

Uses: Romanesco or Broccoli, Cauliflower, Leeks

Cabbage, Onion and Sweet Pepper Tarts - Serve with a Crunchy Salad of Mizuna, Daikon and Radish, maybe with a little Pomelo added and a light citrus based vinaigrette.

Uses: Cabbage, Sweet Peppers, Mizuna, Daikon and or Radishes and Pomelo

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

The Week After

If you hosted Thanksgiving at your house, you probably have loads of leftovers, AND you might not be much in the mood for cooking. The entire holiday season is a time of indulgence, so might I suggest some lighter fare, such as roasted vegetables, salads and fresh juices? At the Ferry Plaza Farmers Market I've made friends with the people from SOW who make the most delicious fresh juice blends I have ever experienced. They inspired me to purchase a Breville juicer last year as a Christmas present to myself and the family. Some of this week's items would be perfect for a delicious cleansing juice. One of their current choices includes Mizuna, Parsley, Celery and Kale. I know we don't have Kale in the share this week, but Spinach is a good substitute for a dark leafy green. I would add some Radish and Pomelo for bite and tart contrast and a little bit of apple for some sweetness.

These recipes will help you use everything in your box

Satsuma Mandarins
Pomelo
Spinach
Mizuna
Italian Parsley
Radishes
Romanesco or Broccoli
Cauliflower
Sweet Peppers
Leeks
Daikon Long White
Savoy Cabbage

Holiday Gifts and Keeping It Simple

Every week at the market I talk to chefs who purchase our Daikon, Sweet Potatoes, Radicchio, Fennel, and Romanesco by the arm full. Many of them tell me they use them in really simple dishes. Just one example is at Central Kitchen where they salt and sear our Daikon on a very hot grill and serve. Here in the farmhouse kitchen I find many of my favorite recipes are incredibly simple, featuring fresh vegetables paired with one of our Farm Salts and now I add a splash of Verjuis. All of Eatwell's kitchen staples will simplify your cooking life, plus there is the bonus of easing the burden of holiday shopping, as they all make wonderful, thoughtful gifts that you can order online and have delivered with your CSA share.

Eatwell Farm Salts come in the following flavors: Lavender, Rosemary, Thyme, Lemon, Smoked Chili and Heirloom Tomato. All of the flavor ingredients are grown here on the farm and the salt is the best grey sea salt from Brittany. Roasted vegetables like Romanesco are amazing with a drizzle of good olive oil and Smoked Chili or Lemon Salt. I personally never make steak or hamburger without our Lavender Salt! Their application is endless, soups, stews, spaghetti sauce, lentils, taco mix.

This year we bottled our first batch of Eatwell Farm Verjuis (juice from unripened grapes). It is extremely acidic and can be used in place of vinegar or lemon juice. We just used it in place of lemon juice in our pie crust last week. I am now splashing all sautéed greens with Verjuis and plus a sprinkling of one of our Farm Salts, and easy peasy, done!

Holiday Gifts Continued

Freshly Milled Whole Heirloom Wheat Flour is nothing, and I mean absolutely nothing, like the whole wheat flour you buy in the store. The best way I can describe it is fluffy. Our flour makes the most delicious (and yes, fluffy) pancakes, fantastic bread and rolls and the best pie crust and chocolate chip cookies. For cookies and pie crust we do use 1/2 our flour and 1/2 white flour. With the rolls I make, I now use all our flour but unbleached white flour when rolling out the dough. Unlike store bought flour which is typically rancid, it has a delicious, nutty flavor. Sometimes baking fresh rolls will turn a simple soup into the most delightful winter meal, and using our fresh whole wheat flour will also make it more substantial and far more nutritious.

Lastly, I wanted to mention the Sugars: Lavender, Lemon Verbena, Rose Geranium, and Smoked Chili. What is a holiday season without cookie baking? Make your basic sugar cookie something very special with a sprinkling of one of our flavored sugars. Again, all the flavor ingredients are grown here at Eatwell and then blended with organic cane sugar. These sugars are used to finish, sprinkle or replace just a small portion of the sugar in one of your favorite recipes. I absolutely love hot chocolate and really enjoy it with a bit of a kick, so I use just a pinch of our Smoked Chili Sugar. And for a special twist on Creme Brûlée try mixing in some of the Rose Geranium Sugar, yum!

All of the Eatwell Farmhouse Kitchen supplies can be ordered with your CSA delivery as an extra item. They make wonderful gifts for friends, teachers, and family members, anyone who enjoys food. And don't forget yourself!

To order, log into your account and click on the category icons, add the items you wish to purchase to your cart and check out! If you place your order by 4pm the Sunday before your next delivery, your items will be delivered with your next box!

Roast Dinner

Roasted - Pork, Potatoes, Romanesco or Broccoli, Cauliflower

Eatwell Farmhouse Kitchen

What could be simpler? All you need are some roasting pans and our delicious salts. We are very fortunate to have neighbors who raise the most delicious pork I have ever tasted! Tonight we have one gargantuan roast in the oven and it smells so good!

1 Pork Roast

Eatwell Farm Rosemary or Thyme Salt
Pepper

Take the roast out of the fridge and rub liberally with Eatwell Farm's Rosemary or Thyme Salt. Give it a good grinding of pepper and let it sit about 15 minutes. This allows the salt to penetrate and flavor the meat. Put it on a rack in a roasting pan, making sure there is room to drop the potatoes in under the roast. Roast the pork until it is almost done, then drop washed small potatoes right under it into the salty drippings. When the roast reaches and internal temp of 145 F, you can take it out of the oven and let it rest a while. Check the potatoes, roast longer if needed.

Since the oven is on, go ahead and roast up the Romanesco or Broccoli and Cauliflower.

Romanesco or Broccoli, washed and broken into florets
Cauliflower, washed and broken into florets
Good Olive Oil

Eatwell Farm Smoked Chili OR Lemon Salt
Freshly ground Black Pepper

Preheat oven to 425 F. In a baking dish mix the veg then drizzle with olive oil. Sprinkle Smoked Chili or Lemon Salt and grind on some pepper. You can toss it all if you like or just leave it. Roast for 20 minutes and then give it a good turning with a large spoon and roast for 5 minutes more. Romanesco and cauliflower will still have a bit of crunch, broccoli cooks just a bit quicker, so test it to see if it is to your preferred doneness.