



WEEK OF DECEMBER 7TH 2015 #50/52



Chestnut seed

Just arrived in the mail are 5lb of chestnuts. These will be planted this week as the seed is perishable. We will sow them directly into their final place on the farm. This way the tap root will not be disturbed by transplanting from the greenhouse or nursery. We have a few furry friends on the farm so we will have to make netting tubes to keep them away from the germinating seeds in the spring. A total of two seeds per place will be sown. We hope to have 60 trees. We will sow some in the greenhouse for spaces that are not ready to be sown now.



Around the Farm

There is no more planting bar another sowing of peas and beans, so we concentrate on getting the fields ready for spring. We picked up may miles of drip tape over the past week. We are using more drip tubing to save water each year. This is easier for us by the fact that we now have an attachment to our finger weeder that picks it up, cultivates underneath and then lays it back down next to the crop. In the 'Olden days,' as my sons refer to anything past a few months ago, we had to move the drip tape out of the way by hand and then put it back. So two guys cultivating are needed; one ahead of them and another behind. This has made a huge difference to how many crops

we can now use drip tape on. I had to make a quick trip to Woodland to get more empty rolls to store the tape for reuse next year. We normally get two uses from each roll of tape we buy. For the foreseeable future, there will be a need for sprinklers for part of many crops' growing cycle.



The chickens were moved onto fresh pasture last Saturday. This always makes them very happy. It amazes me how fast they can demolish vegetation. We move their house once per week and they dully drop wonderful fertilizer over the ground to allow us to grow amazing vegetable and fruit crops.



Last week we gave the layer flock a probiotic addition to their diet for five days. The hope is that this will improve their digestion and they will recover their egg laying zeal. There really are special probiotic mixes for chickens. We needed 16lbs per day, thankfully they are less expensive than the capsules we buy for ourselves.



Planning for next year is very much on my mind at this time of the year. I like to have the plan with the nursery by the end of the year. If you have any requests please let me know. I like to continue to improve on the farm crops that we grow and welcome new ideas.



On Tuesday I will be in Sacramento at a meeting with the California Department of Agriculture CDEFA. They will explain how farmers can apply for help to install more efficient irrigation systems. There are technologies that we can install on the farm that will save us from 30 to 50% on our water use. This is great but the cost is \$100,000; money we do not have kicking around. We do not make enough money and the savings in dollars at this time does not allow us to get a loan for this in normal channels. I am hopeful that we can work something out to make this happen sooner rather than later. No matter how much it rains this winter, the next two winters will be dry as is after every El Niño. The effect on the drought may be temporary but not in reality effective. We all need to use so much less water and the sooner we face this reality the better.

On the farm I have this crazy idea that if I plant the seed of rootstock for our fruit trees they will grow a deep tap root to search for water. I will graft a bud on the fruiting wood. The resulting tree will be much more drought tolerant. Unfortunately, every time I go to try and buy seed for rootstocks I hit road blocks. I sent money to UC Davis several years ago to pay for seed, onto which to grow peaches, nectarines and plums. They took the money but could not send me seed. I have also had my call to another seed supplier not returned. The status quo is that you put a tree in a pot or with bare roots and plant it. But the tap root is damaged and a multitude of shallow roots replace it that are much less drought tolerant. I did buy some seed online but not one of them germinated. My crazy idea is not crazy at all and they know it but it means we bypass a whole industry of tree growers. Again money talks.

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



Recipes and Menu Suggestions

Kale, Orange and Fennel Salad make ahead to have as an extra side with any meal or to bring with lunch

Uses: Kale, Oranges, Fennel, Parsley

Farro and Cabbage Soup with Grilled Cheese Sandwiches

Uses: Cabbage, Onion, and Parsley

Pan Roasted Salmon with Collards and Radish Raita

Uses: Collards, Daikon

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

Bruce

There will be a limited supply of Bruce's available to order with your share next week. I have been cooking loads of chicken learning all the wonderful ways to best use these delicious, special birds. Our Eatwell laid/hatched and raised birds are not like the over hybridized birds you buy in the store (and that includes the free range and organic birds). This heirloom breed has very long leg bones, a much longer breast, plus the breast is not plump like we are all used to. Lately I have been working on finding the best way to roast our birds and I had some delicious success. So recipes will be coming your way. Connie will be sending an email out on Bruce availability on Fridays. They are delicious, but more importantly they are part of our closed flock and our contribution to giving the rooster a life.

Kale Salad with Orange, Fennel, and Black Olives

Recipe by Gena of Choosing Raw found on veganyackattack.com Serves 4

Never ceases to amaze me that you can enter a group of ingredients into a google search and find a recipe! I was thinking this morning that a kale salad would be great to have in the recipes today, and maybe it would be even better with the addition of oranges and fennel, low and behold there it was!

3 cups Kale, washed, dried and chopped
1 medium Bulb Fennel, trimmed and sliced thinly (about 1 1/2 cups)

1/2 cup Orange segment

1/3 cup Black Olives, pitted and halved

1 1/2 TB Olive Oil OR Walnut Oil

1 TB Lemon Juice

1/2 tsp Maple Syrup

1 TB chopped fresh Parsley

1 TB chopped Shallot OR use a little Onion from this week's share
Salt and freshly ground Black Pepper to taste

Place the kale in a large mixing bowl. Whisk together the oil, lemon juice, syrup, shallot, parsley, and a little salt and pepper (keep in mind olives add salt). Dress the kale with about 2/3 of the dressing. Massage dressing into the kale till it has wilted down considerably and is well dressed. Add the fennel, orange and olive to the bowl. Add remaining dressing and toss again to combine.

Pan Roasted Salmon with Collards

From Bon Appetit March 2013
Serves 2

4 tsp Olive Oil, divided

1 Garlic Clove, sliced

1 bunch of Collard Greens, center ribs and stems removed, leaves cut into 1" strips

2 6 oz pieces skin-on Salmon Fillets

2 tsp Sherry Vinegar

Preheat oven to 350. Heat 2 tsp olive oil in a large heavy pot over medium heat. Add garlic and cook stirring constantly, just until fragrant, about 1 minute. Add Collard Green to pot, reduce heat to low, cover, and cook, tossing occasionally, until tender, 10-15 minutes. Meanwhile, heat 2 tsp Olive Oil in a large ovenproof skillet over medium heat. Season fish with salt and pepper; cook skin side down until skin is crisp, 5-8 minutes. Transfer to oven (do not turn fish); roast until opaque in the center about 4 minutes. Add Sherry Vinegar to Collards; season with salt and pepper and toss to combine. Divide greens, salmon among plates, serve with a dollop of raita.

Pan Fried Tofu Served with Spinach and/or Broccoli or Romanesco

Tofu recipe by Marc Matsumoto found PBS.org

1 package medium firm Tofu

1/4 tsp Salt

1/4 cup Flour

2 TB Sesame Oil

1 TB Soy Sauce

1 TB Balsamic Vinegar

1 TB Sugar

1 TB Sake

1 Scallion, chopped

Chopped Scallions or Chives for garnish

Slice the tofu into 1/2" thick cutlets. Leave the tofu on the cutting board and sprinkle both sides of each piece with the salt. Place a casserole dish with a flat bottom on top of the tofu and then stick something under one side of the cutting board to prop it up so that the liquid pressed out of the tofu can run down the lower end of the cutting board (you may want to do this into your sink). Dry the tofu off with paper towels and then dust each piece with flour.

Heat a frying pan over medium heat until hot and then add the sesame oil. Swirl to coat the pan and then add the coated tofu.

Adjust the heat down to prevent the oil from smoking and fry undisturbed on one side until you start seeing the edges of the tofu browning (about 6 minutes). Flip the tofu over and fry until the second side is browned (about another 6 minutes). Arrange the tofu

onto a serving platter. Turn the heat off and wipe out any extra oil from the pan using paper towels and tongs. Add the soy sauce, vinegar, sugar and sake to the pan and boil the mixture over high heat until it forms a thick glossy glaze. Drizzle glaze over the top of the plated tofu, then garnish with scallions. When you are done with the glaze use the same pan and add your washed spinach (don't worry about drying the excess water off the spinach, you use this for the cooking). If you want to cook broccoli or the romanesco, add some water to the pan, then add the veg and cover. Cook a couple of minutes, tossing around a few times, until it is to your liking. Serve with the pan fried tofu.

This Week's Box List

Oranges (Twin Girls)

Wakefield Cabbage

Fennel

Broccoli or Romanesco

Red Kale

Parsley

Collards

Apples (Hidden Star Orchards)

Watermelon or Purple Daikon

Spinach

Onions

Farro and Cabbage Soup

From *Roma: Authentic Recipes from In and Around the Eternal City*
Sent to us by Eatwell Member Andy G. Serves 6

6 TB Extra Virgin Olive Oil

4 cloves Garlic, crushed

2 Onions, quartered and thinly sliced

2 Bay Leaves

3 fresh Rosemary Sprigs or 1 tsp crumbled dried Rosemary OR
Eatwell Farm Rosemary Salt

1 1/4 lbs. Cabbage, cored and shredded

4 plum Tomatoes, peeled, seeded and chopped

10 cups Water

1 TB coarse Sea Salt

1 cup Farro Berries (soaked in water to cover for 1 hour and drained) or coarsely ground Farro

Lots of Freshly ground Black Pepper

1/4 LB. Semisoft Pecorino Cheese, shaved into paper-thin slices

In a dutch oven, heat the olive oil over low heat. Add the garlic, onions, bay leaves and rosemary and sauté until the onions are translucent, about 6 minutes. Stir in the cabbage. Sauté until it softens about 10 minutes. Stir in the tomatoes and sauté for an additional minute. Add the water and salt. Bring to a boil, then reduce the heat and simmer gently until all the flavors marry and the soup is fragrant, about 30 minutes. Stir in the soaked farro, if using, and cook the soup until the grains are tender but still somewhat chewy, about 15 minutes. If using ground farro, stir it into the soup during the last 10 minutes of cooking.

Remove the bay leaves and rosemary, taste for salt, and add pepper. Ladle the soup into individual serving bowls. Cover the surface of each with a layer of pecorino shavings. Serve immediately.

Daikon Raita

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