



WEEK OF DECEMBER 18TH 2017 #51/52

Super Wind

It's my last day home before our trip, and we woke up to a power outage. The wind started howling sometime during the night and caused all kind of problems. Cameron and I were planning on doing our final farm walk this morning but took off to Davis in search of coffee and breakfast (an all-electric house means no food or coffee when the power is out!). On our way back to the farm, we did a farm drive to get a quick scan of how everything is looking, and I can tell you the poor plants are NOT happy.



This wind just sucks the life out of everything. What was a field of incredibly tall, vibrant chard last week was just defeated. The beautiful lettuces that stand up to the frost, definitely not happy. We could see the sprinklers going and the water was blowing away, but it was better than nothing. One tractor was out today, and the chicken guys were doing only what needed to be done, beyond that the farm was quiet. Having to work in these conditions is horrible, so I don't blame the guys for not.

It is a good day for the crew to take off since nothing needs to be harvested today. However, when we need to fill the CSA boxes, they are out there no matter what the weather brings. So once again, I ask that we all remember the amazing work our crew does all year to bring us this amazing food!



Nigel's Birthday

Nigel's birthday is Christmas Eve. I can't believe we will be celebrating without him. On that day we will sprinkle some of his ashes in a park near his parents' home. It will be good to have us all together, especially during such an emotional time. The rest of Nigel's ashes will stay here on the farm. I plan to distribute some around the farm and buried under an oak tree at a memorial we are planning for next summer, to which you will all be invited. Nigel's passing came so fast. Even though we had been battling his cancer for 5 1/2 years, he was doing so well just days before I rushed him into hospital.

I still can't believe this is my life. When you are in fight mode, it is really hard to stop, and I just wasn't prepared for this as our ending. Never the less, here I am, a farmer and a woman faced with decades without her soulmate.

The bright side is, this farm definitely carries Nigel's spirit. And the man I fell in love with is infused in every aspect of this farm, and our home, so here is where I will stay. It is a blessing to find your place in this world. I am very grateful to have found mine. Eatwell encompasses every passion I have, food, cooking, community, family, children, teaching children and bringing people together around a sustainable way to produce food. Thank you all for helping me fulfill my passions. And thank you, Nigel, for giving me this love. I love you forever.

Wheat For Wheat

Wayne from Tierra Vegetables has offered to clean our wheat from this year's harvest. The crop, however, was full of weeds, which will make cleaning very tricky, if not impossible.

I bought new wheat seed to plant this year so we could start out with a clean batch and hoping next year's harvest will be better. Cameron and I went up to the seed store in Woodland to pick up some clover seed to co-plant with the wheat. Nigel did this a couple of years ago after I had learned about this method of double planting at a biodynamic conference I attended. Wheat is in the ground for a very long time, by adding clover to the mix we can turn it into food for the chickens very soon after the wheat is harvested. At the very least it will be good for the soil if we don't move the chickens through it. I am also hoping that the addition of the clover will help reduce weeds by crowding them out.



The farm will be closed the week of Christmas. There are no CSA deliveries between December 25th through December 30th. Thanks!



RECIPES AND IDEAS FROM LORRAINE

It is officially gift giving season. If you are struggling for what to give, or maybe what you would like to be gifted, I highly recommend the Instant Pot. For those of you who do not have one, I know you are wondering why I go on and on about this silly "crockpot". Trust me, you will love it! If you are short on space, it is perfect because you can plug it in anywhere you might have some space. You can sauté in it, and then make your stew or soup or spaghetti. Yes, I made one pot spaghetti, noodles included, in maybe 20 minutes. Only one pot to wash, or not and leave the leftovers in it. Set it and forget it! It makes life amazingly more simple. And the soups are ready in 40 minutes, taste like you have slow cooked it all day. So there you have it, my recommendation for the perfect holiday gift! And by the way, if you have one already, PLEASE share some recipes on the slack! Enough preaching.

Spiced Winter Squash With Fennel

Recipe from Bon Appetit

I love roasted veg. To this dish, I would add in the turnips, peeled quartered or just halved depending on their size.

1 1/2 lb Butternut Squash, peeled, halved, seeded, then cut into 3/4" wedges

1 Fennel Bulb, trimmed, cut lengthwise into 1" wedges

1 large Onion, root end left intact, then cut lengthwise into 1/2" wedges

3 TB Olive Oil

1 tsp ground Cumin

1 tsp ground Cinnamon

1 tsp Chili powder

1/2 tsp Turmeric

Position rack in bottom third of oven and preheat to 450 F.

Combine squash, fennel, and onion (and turnips if you are adding them in) on a heavy large rimmed baking sheet. Add oil and toss to coat.

Mix all spices in a small bowl to blend. Sprinkle spice mixture over vegetables and toss to coat.

Sprinkle with salt and a generous amount of pepper. Roast until vegetables are tender and browned, turning once, about 45 minutes.

Transfer to shallow dish and serve.

Mac N Cheese with Turnip Tops and Arugula

I was at Liz and Jan's house last week, and Liz had made this for dinner the night before, which I ate as leftovers. Delicious! And what a great way to use turnip tops. This would be quite tasty contrasted by the sweetness of sauteed carrots, or the acid and crunch of a salad with vinaigrette.

Either way, who doesn't enjoy a good Mac'n Cheese?

1 LB Conchiglie Pasta or another large shell shape

2 1/2 cups Whole Milk

2 Shallots, sliced thin (I bet you could use the white portion of the leeks and that would taste fantastic!)

1/2 tsp fresh ground Pepper

1/4 tsp fresh ground Nutmeg

2 bunches radish or turnips Greens or dark, leafy greens of choice. So the arugula, or spinach, and do just one bunch of turnip greens

4 TB unsalted Butter

1/4 cup All-Purpose Flour

8 oz grated Gruyère cheese

4 oz grated sharp Cheddar

4 oz Parmesan, divided

Preheat oven to 400 F. Boil a large pot of salted water and cook the pasta according to instructions for al dente. Strain and place cooked

pasta in a buttered 9 x 13" baking dish. Set aside. Meanwhile, set a large saucepan over medium heat, add milk, shallots, and nutmeg. The mixture should be hot and steamy, but not bubbling at all - adjust heat as needed. Once the mixture is hot, add the greens a few handfuls at a time and blanch until nicely wilted, 2 to 3 minutes. Remove with tongs, allowing milk to drip off greens. Set aside in a bowl. When all the greens have been cooked, set in strainer used for the pasta, and strain milk to collect all the shallots and greens. Press remaining liquid back into the milk mixture. Pour warm milk into a bowl or measuring cup. When greens are cool enough to handle, chop. Set aside. Set the same saucepan used for the milk over medium heat. Add the butter, and when melted, whisk in the flour. Stirring constantly, add warm milk a little at a time, allowing mixture to re-thicken as you go. Once all the milk has been added, cook for 4 minutes, stirring often. Remove from heat and add all the Gruyere, Cheddar and half the Parmesan; stir until smooth. Fold cheese mixture and chopped greens in with the cooked pasta making sure greens are evenly distributed. Top with remaining Parmesan, and several twists of black pepper. Bake for 25 to 30 minutes, or until cheese is bubbling and edges on the top is golden brown. Cool briefly, then serve.

This Week's Box List

**Items in Box for 2*

*Lettuce

*Bok Choy

Arugula

*Spinach

Broccoli

*Fennel

Turnips

Leeks

*Butternut Squash

Carrots

*Mandarins

Apples or Raisins

Carrots and Leeks

I love simply sauteeing carrots in a bit of butter along with some leeks. I sprinkle on my favorite Eatwell Farm Salt and enjoy a yummy side! You can do this in advance and just keep it in the fridge to have ready whenever you want to eat it.

Share and find recipes in our Slack group:
bit.ly/EatwellSlack

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Send Questions or Suggestions to
organic@eatwell.com