



WEEK OF DECEMBER 21ST 2015 #51/52

Introducing Connie
 She has been working with us for almost a year now picking herbs for the market. We were so impressed, that when Emily let us know she was moving because her husband Christopher, who is an Air Force fireman, is being transferred, we offered her the job.
 Connie is a young farmer who now gets to learn how to run a farm office. This is a vital skill that many new frames do not like doing. They enjoy the farming, but sometimes forget they are running a business.
 Connie is great, you will love her.



Our Heirloom Chickens

Just as the real work with our new chicken flock started, I had to go back into hospital for a couple of months in the spring. This meant all the responsibility fell on Agustin. He did an amazing job keeping all the flock records and as soon as I could, I was back helping him. The chickens are now laying a few more eggs, so after the holidays new members who were asked not to order eggs will now be able to. We are still below what we should be for this time of the year, which is hard on the bank account, because they still eat as much as normal.
 We are excited about selling chickens to you all and working on ways to deliver our smoked and suvee chicken, also. You can buy these from us at the Ferry Plaza Market in SF on Saturdays.

Lorraine

Little did she know when she married me what a big change her life was to come. She has become just a crazy and devoted to the farm and the CSA as I am. When she has had to take over while I was in the hospital, Ramon remarked how she would dart about the farm making sure everyone was on the same page. He was very impressed how she kept every thing together. I am a very lucky man indeed!
 -Nigel



A Year In Review

This is the time of the year I am deeply engrossed in planning for next year. As we move through the year, Jose and I make changes to our planting spreadsheet for the following year when the need arises. This saves us forgetting at the end of the year. There are always changes with hindsight and new varieties/experiments. We are just a few weeks away from sowing tomato, pepper, and eggplant seed. It is just the way things are on a farm like ours, we continually plant to keep those harvest shares great. Today I ordered pepper seed and the black cherry tomatoes so loved by everyone last year. We got credit for last years pepper seed as they substituted a different, much smaller, red variety into the mix without asking me.
 Looking back on the year the highlights were many. One thing Lorraine and I do enjoy is seeing you all on the farm. We appreciate you being a member, but making the trip to the farm and seeing for yourself helps us all understand where our food comes from.



The tomato sauce parties have evolved from just one to three per year due to the demand. We've had camping on the farm followed by taking a tour of the farm on Sunday after breakfast.
 We made improvements to our finger weeder this year which has pretty much eliminated hoeing on the farm. Saying that, the whole crew, 8 guys, spent last Thursday hoeing 2 acres of Garlic. The rains this fall meant that Ramon was not able to always cultivate when he wanted and there were a few weeds to clean up. I was out on errands and they finished before I could take a picture of this rare event.
 Next Year we will celebrate 20 years of the CSA in April. It is going to be an exciting and challenging year. We have some new varieties and we are changing how we grow some of our crops to combat our summer weed, Johnson Grass. More Mexiganic produce is coming in to the market and our costs keep on going up. We have to get smarter, no one on the farm can work harder than they do now. We know you have many choices of where to buy your organic produce and eggs. We need your help to encourage friends and family to join so that local farms, like ours, can compete and thrive. Your ideas and inputs would be very much appreciated.
 We hope to see many of you out on the farm. Please bring your friends and neighbors, so that they too can see the value of local food.
 Have a wonderful and safe holiday
 -Nigel, Lorraine and everyone at Eatwell Farm

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



Recipes and Menu Suggestions

- Broccoli or Ramanesco Souffle served with Spinach Salad
 Uses: Broccoli or Romanesco, Parsley, Spinach, Oranges, Fennel, Green Onion
- Winter Soup with a bit of Beef served over Rice Noodles
 Uses: Collards and or Green Kale, Green Onions, Celery, Butternut Squash
- Red Cabbage serve it with whatever you like!
 Uses: Red Cabbage and Apples
- All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

A Note From Lorraine

Hard to believe it is the week of Christmas and the last week of Farm Shares for 2015! Reflecting back on this year I would have to say it has not been an easy one for us. Living with cancer in your home is a struggle through the best of it, and the worst of it, well that goes without saying. Your support has been so uplifting and it plays an important role in keeping Nigel and I sane. We both still believe very strongly that having nourishing fresh food is key to improving strength and speeding recovery. We continue our commitment to the Care Share Program, CSA shares for those suffering with serious illnesses like cancer, for free. I am happy to say that we have actually had recipients who have come through their treatments and became CSA members. If you know of anyone who could benefit from a Care Share, or if you are interested in supporting this program by making a donation, please be in touch with Connie in the office. You can reach her via email at organic@eatwell.com or by phone 707-999-1150.



A Good Bye and Good Luck to Emily. As you all know, Emily and her family are leaving California next month, eventually moving on to a wonderful life in Italy. When we posted the position on our website for a CSA manager, I can

honestly say Emily was everything I had hoped for and more! Always

excited to learn something new, take on a project, and help out with extra little things when I was overwhelmed. She has gone with me to speaking engagements and is always representing the farm with such enthusiasm. Emily took on the huge project of organizing and managing all of our Farm Events. Her husband Christopher, very graciously, helped out at all of the events. Usually the day before, by lugging the heavy stuff and getting everything in place. There really is so much I could say here, but the most important is this - **We will miss Emily!** Lots of love to you, Emily, Christopher, and Evie!

Red Cabbage

Eatwell Farmhouse Kitchen

I grew up eating red cabbage, potato dumplings, and goulash on Christmas Eve. It is a very hearty meal. The cabbage is simple, and a delicious leftover.

- 1 head Red Cabbage, shredded
- 1 or 2 Apples, cored and chopped
- A good splash of Apple Cider Vinegar, probably at least 1/4 cup
- 1 pinch of ground Cloves
- 1 pinch of freshly ground Nutmeg
- 1 Bay Leaf

Salt and Pepper to Taste
 Some type of fat, I like bacon Fat, but a good oil is just fine
 Melt or heat the fat in a heavy bottomed pot, over medium heat.
 Add the cabbage and cook, stirring every few minutes to mix so that it all cooks and the bottom doesn't burn. Once all of the cabbage has somewhat softened, add the rest of the ingredients.
 Turn the heat down to low, cover and cook for at least 30 minutes.
 Check the seasoning and adjust it however you like. Cook until it reaches the texture you prefer. You can make this ahead and simply reheat or finish cooking the day of.

Broccoli Soufflé

From Eating Well May/June 2008 Serves 4

When I read that broccoli was in the share this week I had a sudden craving for a delicious, fluffy Broccoli Soufflé. Paired with a salad, this makes a really nice meal. It is simple in the fact that it is only two items, although soufflé is not necessarily the simplest of dishes to make. But when I decide to make soufflés I always find it is less work than what I think it will be and the reward of something so special is great.

- 1 1/2 cups finely chopped Broccoli or Romanesco Florets
- 1 TB Butter
- 1 TB Extra Virgin Olive Oil
- 2 TB All-Purpose Flour
- 1 1/4 cups Milk
- 1 tsp Dijon Mustard
- 1 tsp Parsley, finely chopped
- 1/4 tsp Salt
- 1/2 cup crumbled Goat Cheese
- 3 large Eatwell Eggs, separated
- 2 large Eatwell Egg Whites - to make a total of 5 egg whites
- 1/4 tsp Cream of Tartar

Preheat oven to 375 F. Coat four 10 oz ramekins or 1 to 2 1/2 quart soufflé dish with cooking spray or oil and place them on a baking sheet. Place broccoli in a medium, microwave-safe bowl. Cover and microwave until the broccoli is tender-crisp, 1 to 2 minutes. Set aside. I don't have a microwave so I will briefly steam my broccoli. Melt butter and oil in a large saucepan over medium-high

heat. Whisk in flour and cook, whisking, for 1 minute. Adjust heat as needed to prevent the mixture from getting too dark; it should be the color of light caramel. Add milk, mustard, oregano, and salt and cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and immediately whisk in goat cheese and 3 egg yolks until well combined. Transfer to a large bowl. Beat the 5 egg whites in a medium bowl with an electric mixer on high speed until soft peaks form. Add cream of tartar and continue beating until stiff peaks form. Using a rubber spatula, gently fold half of the whipped whites into the milk mixture. Gently fold in the remaining egg whites and the reserved broccoli just until no white streaks remain. Transfer to the prepared ramekins or soufflé dish. Bake until puffed, firm to the touch and an instant-read thermometer inserted into the center registers 160 F, about 20 minutes in ramekins or 30 minutes in a soufflé dish. Serve immediately.

This Week's Box List

- Oranges (Twin Girls)
- Red Cabbage
- Fennel
- Broccoli or Romanesco
- Green Kale
- Parsley
- Collards
- Apples (Hidden Star Orchards)
- Butternut Squash
- Spinach
- Green Onions
- Celery

Winter Soup with a bit of Beef

Eatwell Farmhouse Kitchen

I made this soup last night, thinking I had rice noodles in the house, which I didn't. But even without the noodles, it was extremely quick to make, delicious, and warming. I would suggest pouring it over rice noodles:)

- 1/4 to 1/2 lb thinly sliced Beef
 - 1 TB Toasted Sesame Oil
 - 2 TB Soy Sauce
 - 2 TB Fish Sauce
 - 1 TB Mirin
 - 1/4 tsp Red Pepper Flakes
 - 1/3 to 1/2 Butternut Squash, peeled and cut into little matchstick sized pieces
 - 1 bunch Green Kale or Collards OR a bit of both, stems removed, leaves chopped
 - 2 stalks of Celery, diced rather small, more if you like
 - 1 Green Onion, white and greens chopped fairly small
 - 3 cups Eatwell Farm Chicken Stock
- Heat the oil in a skillet or griddle pan over medium high heat. Add the sliced beef and cook very fast for about 2 to 3 minutes, tossing the meat about so it cooks on both sides. Remove meat from the pan then add the soy sauce, fish sauce and 1 cup of the chicken stock. Deglaze the pan, add more stock if you need to. Then pour it all into your soup pot. Add the rest of the stock and the butternut squash, celery and red pepper flakes. Simmer for about 10 minutes, then add the chopped kale and mirin. Simmer until kale is tender. If you use rice noodles put some into soup bowls, ladle on some of the broth, and top with the cooked beef and green onion.