



WEEK OF FEBRUARY 11TH 2015 #6/52



### Look Who Hatched!

Born February 5th, 2015 at just a few fluffy ounces, this little chick fits in the palm of proud Papa Agustin's hands.

This tiny one's birth wouldn't have been possible without your generous donations. Thank you to all of our Barn Raiser Backers for supporting our Campaign for our Heritage Breeding Flock.

Check the blog at [www.eatwell.com](http://www.eatwell.com) for updates!



## Our First Chicks

Agustin sent me these pictures last week of chicks he removed from the hatcher to the brooding pen he set up. This is our very first hatch and I had warned him not to have too high expectations the first time around. Again he has excelled showing how adapt he is with the poultry on the farm. He loves what he does and it shows. Taking on this breeding flock project has meant lots of extra work. He has poured concrete and built the family pens plus raising and sorting the breeding flock. Then we have to keep accurate records of who laid what egg and hatch them too.

He has trained his brother Luis to take on some of his regular duties while all this new work becomes part of the routine here. And you, our members, have supported this project financially to make sure we can do it right. Jim Adkins from the sustainable poultry network has provided us with the technical help and the access to the best breeding stock to start us on this journey. We can really make a change in how chicken and eggs are produced on farms. This is just the start but it shows what can be done by the power of everyone of us when we work together. Thank you. Nigel



## How You Can Help While Nigel is at UCSF

In the past, members have rallied around Nigel and Lorraine, giving support through good meals and visits while Nigel was in the hospital. This time around we cannot visit Nigel, send him food, cards, or gifts while he's undergoing treatment. What we need now is community outreach about the CSA.

Here's what you can do:

- Cook meals for your friends and family featuring your farm share's produce and tell them all about the farm.
- Order extra boxes (available under the "additional produce" heading in your account) to give away to interested friends.
- Post photos of your produce and meals on Facebook and Instagram with a link to Eatwell Farm's website and the discount code for new members. (See below for code)
- Share Eatwell Farm's Facebook posts on your own newsfeed. The more "likes" and shares we receive, the wider outreach we have for each post.
- Leave a review for Eatwell Farm on yelp and Facebook.

These are the first 46 chicks born on the farm in a growing family of heritage Black Australorps.



CSA member Nancy's "Sunshine in a Jar." You can find her recipe by clicking "recipes" under the CSA Farm Box link at [www.eatwell.com](http://www.eatwell.com). It's not too late to order some Seville oranges and make your own marmalade. Just log into your account and click on "Additional Produce" to find the Seville oranges. The order deadline is 4pm the Sunday before your next delivery.

Do you have a marmalade photo or recipe to share? Send them to Emily at [organic@eatwell.com](mailto:organic@eatwell.com).

## Eatwell Farm at 18 Reasons

February 24th 6pm to 8pm

18 Reasons is hosting a three-course dinner discussion featuring Eatwell Farm's produce and paired with wine. Join Lorraine and Emily at the table for this special meal!

[www.18reasons.org](http://www.18reasons.org)

### MENU

Romanesco with Green Garlic Aioli  
Farro, Butternut Squash, Pistachio + Arugula Pesto  
Tangerines + Fresh Dates, Bi-rite Creamery's Earl Grey

## Show us some farm love!

Community Supported Agriculture (CSA) Farms thrive on word-of-mouth referrals, Yelp reviews and community outreach.

Help grow YOUR farm by sharing the love of Eatwell with neighbors, friends and family. Share this code: **3YQYWUQ** for friends and family to receive their first 4 CSA box subscription for \$99. If they mention your name when they sign up, you'll receive a special handmade gift from Nigel with one of your CSA deliveries!

WE WELCOME YOUR COMMENTS AND QUESTIONS!

[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM)

TEXT/VOICE 707-999-1150



## Recipes and Menu Suggestions

Recipes and Menu Suggestions

Start with a small bowl of Cream of Turnip Soup and then a Large Salad and good bread and butter

Uses: Turnips, Onions, Arugula, Lettuce, Spinach

Fennel with Capers and Olives served with Poached Fish or Chicken Breasts

Uses: Fennel, Lemon

Stir Fry

Uses: Stir Fry Mix, Spinach, Cabbage, Romanesco, Green Garlic, Spring Onion

All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

## Update on the Update

Since most of our CSA members are every-other week folks, you may or may not have heard that Nigel was admitted to UCSF a week ago on Sunday. I know two weeks ago I wrote about how well Nigel had responded to his outpatient treatments, but his cancer changes very fast. Unfortunately as soon as he goes off treatment it comes back, fast and strong. Dr. Martin says now is the time to really knock it hard before the Multiple Myeloma can do too much more damage; Nigel is already missing one vertebra as a result of the cancer. The plan is for him to do 2 1/2 weeks of heavy, in hospital, chemo, then come home for 10 days to rest, and finally go back in for another 2 1/2 weeks for stem cell/bone marrow transplant. Dr. Martin asked for three months; three months to get through all the procedures, including one month to recuperate.

So that updates you to last week. For this week, I am happy to say that Nigel has responded really well. His body has tolerated the drugs quite well, he hasn't felt particularly sick or even that much weaker, like most people do. All of his blood tests show very positive results. There was even talk of him coming home much earlier, unfortunately I now have a head cold, so he can't come home until I am better. Who knows, maybe in a way this is a blessing, one never knows how the body responds, and perhaps the hospital is the best place for him right now. But that doesn't make me feel better. Thank you all for your warm wishes of speedy recovery. I know the emails and FB comments really cheer his spirits! - Lorraine

## Creamy Turnip Soup

Inspired by a recipe from the Greens Cookbook - Serves 2

1 bunch Turnips, including the greens you are using them in the soup

2 to 3 TB Butter

1 or 2 Onions from this week's share, thinly sliced

2 tsp Salt

2 cups Eatwell Farm Chicken Stock or good Vegetable Stock

2 cups Milk

White or Black Pepper

Lemon Zest, to taste

Peel the turnips and quarter them. Melt 2 TB butter in a heavy bottomed sauce pot over medium heat and sauté the onions until glassy, then add the turnips. Sauté for a couple of minutes, stirring often and making sure the onions and turnips do not brown. Add the stock and cook until the turnips are very tender. Puree with an immersion blender. Add the milk (you can also use a combo of milk and heavy cream), salt and pepper to taste, and cook on low to allow the flavors to marry. Grate on some lemon zest, adjust seasoning if needed. Wash the turnip greens really well, chop up a bit and sauté quickly in melted butter in a hot pan. Pour the soup into small bowls, top with sautéed greens and serve immediately.

## Fennel with Capers and Olives

Looking at certain cookbooks is like visiting a friend, or meeting someone who loves something as much as you do, and you instantly feel a connection. I guess that is why I love the Ottolenghi books so much. Many times I read something in one of his books and think, wow I feel exactly the same way about that! In the paragraph above this recipe he writes "magic" of Verjuis and how it offer the "sweet tartness of lemon juice and acidity of vinegar, without the harshness of either." If you don't know about it, Eatwell is now producing Verjuis from the vines on our farm, which many of your members helped to plant! Verjuis is the juice from the unripe grapes that we thin out in early summer, AND you can order it as an extra item to be delivered with your CSA share.

About 1 2/3 lb Fennel bulb, trimmed

About 3 TB Olive Oil, plus extra to finish

15 large Cloves Garlic, skin on 2 1/2 oz)

1/4 cup Verjuis or a mixture of 1/4 Lemon Juice and 2 TB Red Wine Vinegar

1 small Tomato, cut into 1/2" dice about 1/3 cup

About 1 cup Vegetable Stock

2 1/2 TB Capers

3 1/2 TB black wrinkly Olives, pitted and cut in half

1 TB chopped thyme Leaves OR use Eatwell Farm Thyme Salt

2 1/2 tsp Superfine Sugar

6 1/2 TB Ricotta (optional)

1 tsp grated Lemon Zest

Salt and Black Pepper

Cut the trimmed fennel from top to bottom along the longest side into slices 3/4" thick. Place 2 TB of the olive oil in a large sauté pan for which you have a lid and place over medium-high heat. Add half of the fennel along with a pinch of salt and good grind of black pepper. Cook for 5 to 6 minutes, turning once, so that both sides are nice and browned. Remove from the pan and repeat with the remaining fennel, adding more oil, if needed, and seasoning as you go. Once all the fennel is seared and removed from the pan, add the garlic cloves and a tiny bit of oil, if needed (a thin film of oil is enough here), and fry for about 3 minutes, tossing occasionally, so that the garlic skin gets scorched all over. Turn down the heat to medium before

carefully adding the verjuice. Let it reduce for a couple of minutes to about 2 TB liquid. Add the tomato, 7 TB of the stock, the capers, olives, thyme, sugar, 1/4 tsp salt and some black pepper. Bring to a simmer for 2 minutes before returning the fennel to the pan. Add the remainder of the stock, cover the pan, and simmer for about 12 minutes, turning once during the cooking, until the fennel is completely soft and the sauce has thickened. You might need to remove the lid and increase the heat for the final 2 or 3 minutes of cooking, to reduce and thicken the sauce. Place 2 slices of fennel on each plate, spoon, the sauce over the slices and serve with a spoonful of ricotta, if using, and some lemon zest. Finish with a drizzle of olive oil and serve warm or at room temp.

## How to cook Any Stir-Fry in 6 Easy Steps

By Tom Hirschfeld found on lifehacker.com

Since we have stir fry mix in the share this week, along with cabbage, spring onions, green garlic and spinach, you have lots of ingredients to play with here. So rather than finding you a particular recipe here are the steps for creating your own.

1.) Stir-fries cook quickly so act like a scout and be prepared. Cut all vegetables small enough that they'll cook fast, and line up all ingredients next to the stove in the order they'll go into the pan. Always dilute soy sauce in a ratio of 1 to 1, when it hits the hot pan it will reduce gaining back its strength.

2.) Choose your noodle. All noodles are good noodles as long as they're long. Cook them to al-dente and cool them - steep rice that take the longest to cook to the pan first. Carrots, first, ginger and garlic last.

Find the rest of the recipe at [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

These recipes will help you use

everything in your box

Spinach

Turnips

Lettuce

Arugula

Romanesco

Cabbage

Green Garlic

Onions

Fennel

Lemons (Twin Girls)

Pomelo

Stir Fry Mix