



WEEK OF FEBRUARY 16TH 2015 #7/52



We have lambs!

Spring has sprung on the farm with twin lambs born last week on the farm. The sheep are here as part of a partnership with a young farmer, aptly named Jeremy Shepard. Jeremy has sheep and we have pasture and cover crops. These lambs born at Eatwell Farm will eat these crops and fertilize our pasture all summer.



Check the blog at www.eatwell.com for updates.

An Interesting Comparison

Earlier this month Emily and I spoke at our local Weston A Price Foundation chapter meeting. "The Foundation is dedicated to restoring nutrient-dense foods to the human diet through education, research and activism." If you are not familiar with the work of Dr. Price you can learn all about it at www.westonaprice.org. Naturally we were there talking about the importance of eating fresh, locally grown fruits and vegetables. We talked about when you know your farmer and have the opportunity to visit/be a part of the farm that grows your food you will know you are getting nutrient dense foods and you will know the quality. To start our talk we spread out a lovely display of our CSA box and next to it a duplicate of our box which I bought at our local Safeway. Safeway did not have everything we have in the weekly share, but I did the best I could, substituting romanesco with a cauliflower and pomelo with two grapefruits. Not everything was organic, but when they had it available as an organic item I bought that. The "Safeway CSA" cost \$28.83 using the Safeway Club Card to get the discounted items at the special price. I can tell you honestly there was no comparison when looking at the two. Arugula and Spinach came in plastic boxes, the cauliflower was wrapped in plastic and nothing was nearly as fresh as what is in our CSA box. But it was the final price at the check out that really surprised me, for less food and certainly less quality you paid the same amount of money.

I know there are trade offs you have to accept as a CSA member, like you aren't choosing what you get, sometimes there are aphids, or the strawberries are too ripe. But I have bought a lot of produce in my life and had potatoes and onions that were rotten inside, way too many peaches that looked beautiful, smelled good and were completely mealy inside, and I expected every basket of organic strawberries would have a least one bad strawberry. Produce is perishable, but I was committed to organic and I knew it would never be perfect. I have to say, what I saw at Safeway was far from it and a lot of that is produce grown with the use of plenty of sprays.

Living on the farm and learning about this side of food has been such an eye opener for me. There really is so much we take for granted, and so very little, we regular (non-farmer) people know when it comes to the food we eat. I so appreciate Nigel's love of sharing his knowledge, not just with me but with all of us. We will keep the stories coming! - Lorraine

Local Eggs?

The chickens are a very important part of the farm. We all love the great tasting eggs. Their real job is fertility and pest management. They are our clean crew eating lots of bugs and fertilizing our fields as they go.

A couple of week ago I had a long conversation with our feed merchant Chris at Modesto Milling. His company only supplies organic feed. He sells us wheat and a special make up pellet to balance all the other good things the chickens get to eat.

There is a real problem with organic animal feed. There is just not enough of it grown in this country to meet the demand for organic milk, meat and eggs. So again this year all the silos are empty and he is importing feed. Firstly I have to say when I heard this news I was dismayed. Our corn which is organic and gmo free is coming from turkey. We use a small amount of soy 7.5% compared to 30% for regular organic chicken feed. The soy is coming from India, yes India, certified organic. This is the only other source to China which I refuse to accept. The wheat is coming from Canada.

So, like you, I think this is absolutely crazy. You only have to talk to Lorraine who will tell you how much we are paying for the organic feed. Obviously this is not enough to persuade Midwestern farmers to go organic. Organic corn can sell for six times the price of Monsanto's gmo. There is something very seriously wrong either the farm bill and the corporate subsidies for corn and soybean farmers.

So what can we do? Chris at Modesto milling says nothing for this season. He buys his feed way ahead but still the demand is so great. Local wheat is possible but it would not be organic. Soy is not grown around here, and these three crops do not make enough money and need valuable irrigation water. This water can be used for crops much more valuable. Winter rains will help the wheat farmers in the foothills get a good crop this year so that will help. I have poultry nutrition books from the last century that I have to study. This helps but we still need the basic feed ingredients. I have to admit that our options are really slim. It is nigh impossible to rent more land around here.

Our journey into broadacre permaculture will help considerably over the next five years. So long term I believe we can produce much more of what the chickens eat. Your comments and suggestions would be very much appreciated. - Nigel



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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!
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Recipes and Menu Suggestions

Sausages, Red Cabbage Salad and Potato Celeriac Mash

Uses: Red Cabbage, Daikon, Mandarins, Celeriac, Dill

African Squash & Chickpea Stew - Serve with Spinach Salad with Dill Yogurt Dressing

Uses: Butternut Squash, Onion, Garlic, Spinach, Dill

Romanesco Red Cabbage Stir Fry - Serve with Bok Choy and Oyster Sauce

Uses: Romanesco, Red Cabbage, Spring Onion, Green Garlic, Bok Choy

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

Coming Home

Round one is done. Nigel is coming home today. This joyful event is tempered by the fact that I have had a miserable cold for over a week (almost better now), so we have to keep our distance and we both must be very careful. Lots of hand washing, table wiping and mask wearing, but that's ok, home is always better. I asked Nigel what he wanted for his first dinner home (not really sure why I bother asking) Creamed Spinach, Steak and Eggs, his favorite meal. Nigel says creamed spinach is one of the reasons he married me! Funny because it was one of the first things I remember my Mom teaching me to make, I guess all those years of practice have paid off. Welcome home Husband. - Lorraine

Red Cabbage, Daikon, Mandarin and Dates

Adapted from a recipe in Veg by Hugh Fearnley Whittingstall Serves 4

The original recipe is made with parsnips for which I have substituted the daikon, oranges and we have mandarins, thyme - we have dill. I think the crunch and bit of spice will be great from the daikon will be really nice here, and our fresh dill is just heavenly.

4 Mandarins, maybe more if you like
1/2 small Red Cabbage, core removed, finely shredded
1/2 Daikon, peeled and coarsely grated or cut into julienne
4 TB Extra Virgin Olive Oil
Sea Salt (Our Lemon Salt is really wonderful)
Freshly Ground Pepper
4 Medjool Dates, pits removed, sliced lengthwise
2 tsp freshly chopped Dill

Put the shredded cabbage and grated daikon into a bowl. Juice one of the mandarins, then trickle the juice and the olive oil over the cabbage and daikon. Sprinkle with salt, pepper, chopped dill and toss with your hands. Transfer to serving plates. Peel the remaining mandarins, separate into segments and scatter over the salad along with the date slices.

Bok Choy with Green Garlic and Oyster Sauce

Adapted from Tender by Nigel Slater - Serves 2 to 4

The original recipe is made with Chinese Broccoli, but I think the Bok Choy will be great.

Bok Choy, bottoms trimmed, sliced in half or quartered lengthwise
2 Green Garlic, bottoms trimmed, peeled, finely chopped using much of the green tops
2 Spring Onions, bottoms trimmed, peeled and finely chopped
Some Oil - I like toasted Sesame Oil
3 heaping TB Oyster Sauce
3 TB Rice Wine

Steam the greens over hot water. Fry the garlic and onion for a minute or two in a little oil. Stir in the oyster sauce and the wine and bring to a boil. Let the resulting sauce cook down for a minute, maybe two, then pour it over the steaming-hot greens.

Creamy Potato and Celeriac Mash

From Veg by HFW Serves 6

2 lbs Starchy Potatoes, peeled and cut into even-sized chunks
3 cups Whole Milk
14 oz Celeriac, peeled and cut into 1" chunks
3 TB Unsalted Butter, plus extra to taste
Sea Salt and freshly ground Black Pepper
A few gratings of Nutmeg

Add the potatoes to a large pot of salted water, bring to a low boil and cook until tender, about 20 minutes. Drain well and leave to steam in a colander for a few minutes to drive off excess moisture. While the potatoes are cooking, bring the milk to a boil in a separate saucepan. Add the celeriac and simmer until very soft, about 20 minutes. Drain, reserving the milk and keep it warm. Puree the celeriac in a food processor with the butter and about 2/3 cup of the hot milk. Place the puree in a warmed large bowl. If you have a ricer or food mill press the potatoes through straight into the bowl with the celeriac, if not, mash them in a separate bowl until very smooth. Using a wooden spoon, beat the celeriac puree with the potatoes until smooth and well combined, adding a little more of the hot milk and or some more butter until you get the consistency you like. Season with salt, pepper, and nutmeg to taste and serve immediately.

These recipes will help you use

everything in your box

Red Cabbage
Celeriac
Butternut Squash
Spinach
Daikon
Bok Choy
Garlic
Onion
Dill
Romanesco
Lemons (Twin Girls)
Mandarins (Twin Girls)

North African Butternut Squash and Chickpea Stew

Also from Veg by HFW Serves 6
This looks like a fantastic one dish meal!

2 TB Sunflower Oil
2 large Onions, diced
2 Garlic cloves, finely chopped
1 Celery Stalk, finely diced
1 tsp ground Turmeric
1/2 tsp ground Cinnamon
1/2 tsp ground Ginger
Sea Salt and freshly ground Black Pepper
1/2 cup Red Lentils
1 can Chickpeas, drained and rinsed
8 Saffron strands, toasted and crushed
2 cups Tomato sauce (roasted tomato sauce is called for)
A good handful of Parsley, coarsely chopped
A large bunch of Cilantro, coarsely chopped
3/4 lb of Butternut Squash, peeled and cubed in large chunks
5 cups Vegetable Stock OR Eatwell Farm Chicken Stock
1 Bay Leaf
2 oz Orzo or other small Pasta
Dates, to serve (Optional)

Heat the oil in a large saucepan over medium heat. Add the onions and sauté until just starting to turn golden. Turn down the heat to medium-low and add the garlic, celery, turmeric, cinnamon, ginger and 1 tsp pepper. Sauté for a couple of minutes. Now add the lentils, chickpeas, saffron, tomato sauce, parsley and about half of the cilantro. Cook over low heat for 15 minutes. Then add the butternut to the pan along with the bay leaf and stock. Cover and simmer gently for about 30 minutes. Add the pasta and simmer until it is cooked. Season with salt and pepper to taste. Serve immediately with the remaining cilantro leaves and with a few dates on the side, if you like.

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

MENU

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