



WEEK OF MARCH 3RD 2015 #9/52



Peach Blossoms

A walk down the main farm road leads straight past the Eatwell Farm orchards, and during this time of year I cannot help but be drawn to the striking pink of the peach blossoms, especially when they're surrounded by lush, green crops and a bright sky dotted with clouds.

While I snapped a few photos, none of them rivaled Nigel's photo shown here.
- Emily



Blossoms Abound

The warm sunny weather is perfect for the peach blossom. The flowers are beautiful, and most importantly, very attractive to the bees and other pollinating insects and native bees. Rain at this time not only keeps the pollinators away, it encourages diseases such as brown rot (*botrytis cinerea*) which can destroy the flowers. The same disease can hide in the growing fruit and then rot the fruit from the insides when picked ripe. Any one who has got a peach which looks fine on the outside but all mushy and brown on the inside, now you know the culprit.

There are chemical and organic approved sprays to keep this at bay. The organic one is called Bordeaux mixture which contains copper. While copper is one of the 42 essential known nutrients for plant growth it is also a heavy metal in excess amounts. I do not use it any more as the copper levels in our soil were increasing with its use.

This year we will be spraying the flowers with draw milk and whey. The biology in the milk and whey will flood the flowers leaving few opportunities for the brown rot to take hold. We hope this will be effective in controlling the disease. We have no more than fifteen trees of any variety. There are twelve varieties of peach which ripen from June to August. In this way we have fresh fruit every week for the summer boxes.

Chick Time

The tractor supply store in Dixon has lots of chicks for sale. These are all females to raise as laying hens. What is missing are the males. They do not lay eggs so are put into a meat grinder after they hatch and are sorted.

Thanks to the help of members and market customers at Eatwell Farm, we raise our own chicks and the males do not meet the same fate. Our breed is Black Australorps, which is a dual purpose breed that was once one of the industry standard breeds. The males are raised until 16 weeks old when they go to be great roast chickens. The females go into the laying flock. In July we will have heritage roosters for sale, oven ready. In September a few ready to lay hens will be made available to members and BarnRaiser supporters. I will have pre-orders set up on the webstore by the end of April. - Nigel

Lorraine and Emily Go On Tour

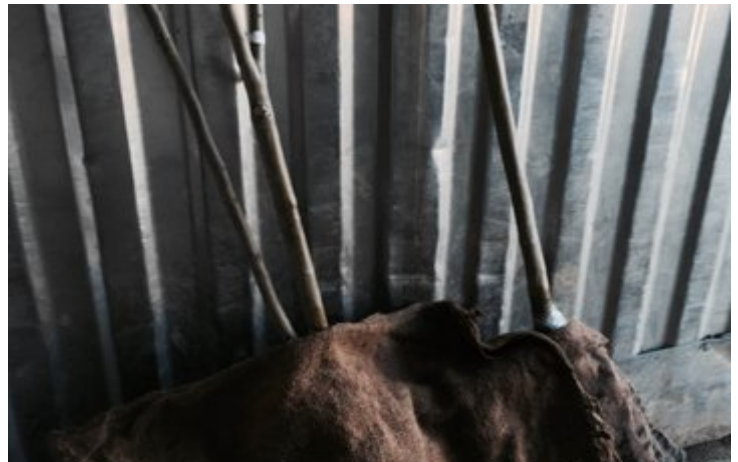
Last week Lorraine and I had the amazing opportunity to spend an evening with Eatwell Farm and 18 Reasons members for a three course meal at 18 Reasons, prepared by the talented Chef Michelle McKenzie. Lorraine discussed the farm and facets of the CSA, showing photographs of the farm, crew and events. I had the easier task of mingling and eating, both of which I greatly enjoyed. Before Nigel was diagnosed with cancer, he would tour around the area giving talks about the farm and generating interest in membership. Lorraine and I would like to do the same. Do you have an organization, group, or workplace with people who want to know more about the farm and learn about the CSA? Send us an email, and we'll work on scheduling a meet-up!



American chestnuts

Over the next five years we will be planting many more trees as we transition the farm into permaculture. Our main over-story trees will be chestnuts and walnuts. Last Saturday Lorraine and I went to the Felix Gillet nursery in San Juan. We picked up four grafted American chestnuts. These are the original chestnuts that were destroyed by chestnut blight in the rest of the country. California's dry climate means they can still grow here. We will use these as mother plants to have fruiting (scion), wood to graft onto chestnut rootstock for the many more trees we will need.

These are bare root trees waning they are not in pots. I have covered them in wet burlap to keeps the roots moist. We planted them on Monday.



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WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Wheat Berries with Kale Pesto, Roasted Beets and Turnips - Serve with Roasted Meat OR use the other half bunch of Turnips and make Cream of Turnip Soup and Salad with Lemon Dressing

Uses: Kale, Green Garlic, Beets, Turnips, Lettuce, Lemon Saffron Prawns on a bed of Sautéed Spinach served with Celeriac Chips and Green Garlic Aioli

Uses: Spinach, Green Garlic, Lemon and Celeriac
Cajun Cabbage served with Gingered Chard and Corn Bread if you're up for making it!

Uses: Cabbage and Chard

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

Saffron Prawns on a bed of Sautéed Spinach served with Celeriac Chips

Cooking for two, with no leftovers, has long been a challenge for me. But with Nigel's doctors telling him he is not allowed to eat leftovers, I have been working really hard on portioning my cooking for two. Last night I made this extremely delicious meal and not one scrap of food was leftover! This meal took me about 40 minutes from start to table, and it was really quite simple. One big note on quality ingredients - I strongly urge you spending the money on good prawns. I love the fish from Shogun Fish Company <http://www.cuesa.org/seller/shogun-fish-company> who sell at the Saturday Ferry Plaza Market. They are not at the market every week, so always go to find out from CUESA's website before. San Francisco Fish Company (inside the Ferry Building) is my other source. There is nothing like very fresh, super quality prawns, or any other fish for that matter. And because these prawns taste so much better, you will cherish your meal that much more and find you are quite satisfied with a little less, thereby making it an affordable special occasion meal!

For this meal I started working on the Celeriac Chips (that is British for fries, in this case oven fries) first because they take the longest to cook. In the 25 minutes the chips were in the oven I made everything else for the dinner. Also I used the same bowl that had the chip marinade for the prawns as there was just a little bit of marinade left. - Lorraine

Celeriac Chips

From oliveoilandlemon.com

1 small Celeriac, peeled and cut into oven fry strips
1 tsp ground Cumin,
1 tsp Sweet Paprika
1/4 to 1/2 tsp Cayenne, depending on your preference for heat
1 tsp Celery Salt, or I used Celery Seed in stead plus 3/4 tsp Salt
3 TB good Oil

Preheat oven to 350 F. Mix all the spices in a large bowl with the oil, then add the celeriac. Toss well so all the celeriac is coated all over. Put a piece of parchment paper on a large baking sheet and lay out the celeriac pieces so that they are not touching. Bake for 15 to 20 minutes, then flip them over and bake another 5 to 10 minutes.

Green Garlic Aioli

Recipe by your Farmer, Nigel Walker

1 Whole Eatwell Farm Egg
1 pinch of Eatwell Farm Lemon Salt
1 stalk Green Garlic, he only used the bottom portion
Juice from 1/2 Lemon
Good Oil, Nigel used organic Grape Seed

In a food processor or blender add the eggs, lemon juice, salt and green garlic, turn on and very slowly trickle the oil in until the sound changes (sounds thicker). Turn off and check the consistency, add more oil if you like, taste for flavor.

Saffron Prawns and Sautéed Spinach

Recipe from the Eatwell Farmhouse Kitchen - Serves 2

1/2 lb good fresh Prawns, medium size. You can leave the shells on if you like them like that; I peeled them halfway
1/2 bag Spinach, tips removed and washed well
1 to 2 tsp Saffron threads
1 to 2 tsp Eatwell Farm Lemon Salt
Glug of good Olive Oil
1 stalk Green Garlic, chopped
Zest from 1 Lemon, plus the juice from 1/2 Lemon

Heat up 1 to 2 TB of water for the Saffron Threads, put the water into a good sized bowl, and add 1 tsp of Saffron Threads (I used the bowl that had the celeriac chip marinade in). Allow the threads to soften a bit. Rinse the prawns, peel if you like, add the chopped green garlic, lemon zest, lemon juice, and mix well. In a good sized skillet heat the oil over medium-high heat then add the prawns, including all the liquid in the bowl, plus one more tsp of saffron and the lemon salt. Cook quickly. As soon as they are beautiful bright pink remove the prawns from the pan and set aside. Leave any liquid in the pan. To the pan add the wet/washed spinach, reduce the heat a bit and cook until the spinach is well wilted to your preference, making sure you are mixing it well with the juices in the pan.

As soon as the spinach done, plate with the prawns and serve with the celeriac chips, green garlic aioli and enjoy immediately!

These recipes will help you use everything in your box

Spinach
Lettuce
Red Kale
Chard
Beets
Savoy Cabbage
Turnips
Green Garlic
Celeriac
Lemon (Twin Girls)
Blood Oranges (Twin Girls)

Roasted Turnips, Beets on Farro with Kale Pesto

Variation of a recipe from Chef Michelle McKenzie at 18 Reasons

Last Tuesday Emily and I spoke at a dinner at 18 Reasons. The meal featured produce from our farm and the main dish was farro with roasted butternut squash with arugula pesto. It was really tasty, and the chef was kind enough to give us a few tips. This is a variation on Michelle's recipe, tailored to accommodate items in this week's box. I am making it right at

this very moment; Beets and Turnips are in the oven roasting, Farro is cooking in Eatwell Farm Chicken Stock and in a minute I am going to make the Kale Pesto. Always good to cook and write so I don't forget how I do things.

1/2 cup Farro
1 1/2 cups Eatwell Farm Chicken Stock
1/2 piece of Kombu Seaweed (this isn't strictly necessary)
3 Beets, washed not peeled, tops and a bit of the long tail removed
3 medium sized Turnips, washed not peeled
Good Oil
Some salt to sprinkle on the roasting veg
1/4 cup more or less to taste Kale Pesto (recipe below)

Warm the chicken stock separately. Heat a heavy bottomed sauce pan dry, no oil or water, over medium high heat, then add the farro. Toast until the color changes to a rich golden and it smells deliciously aromatic and toasty. Keep an eye on it as it can go over and burn quickly. Once toasted, add the heated chicken stock by 1/2 cup, stirring in between each addition. Add the piece of Kombu in and cover the pot. Adjust the temp to medium low or low depending on your stove and cook until tender, about 30 minutes. You don't need to add salt since you will be dressing it with the Kale Pesto. For the Beets and Turnips, preheat the oven to 400 F. Cut 3 pieces of foil and put one turnip and one beet on each sheet. Drizzle a bit of oil and sprinkle a pinch of salt onto each packet, close up and roast in the oven for 30 minutes. When the beets and turnips are well roasted open up the packets carefully to let the steam escape. As soon as you can handle them rub the peels right off and cut into bite sized chunks. Mix about 1/4 cup of Kale Pesto into the farro, mix well and plate. Top with the roasted beets and turnips and shave on a bit more parmesan if you like.

Find the recipe for Kale Pesto at www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."