



**Summer Solstice
Sleepover & Garlic
Braiding Party is
THIS WEEKEND!**

Tickets are on sale for everyone at eatwellsolstice2015.bpt.me or eatwell.com/events/solstice2015

Invite your family and friends to join you on the farm for this fun weekend.



Lavender Harvest Success

A very big thanks to everyone who helped us fill our lavender drying room. It was hot hard work but great fun. Lorraine and her kitchen crew kept every one well fed. This was our first event like this, and we were very pleased how smoothly it went. I know for sure those who worked with us in the field have a real appreciation for the incredible work Jose and our crew do out in the field all week. Emily posted lots of great picture in an album on our Facebook page. This coming weekend is our Solstice Party where we will celebrate the season and pick garlic for a braid to take home. There will be a tour of the farm and a chance to pick lavender also. Waking up on the farm is special, not only do we have great coffee greeting you but you get to experience where your food comes from. Please take these opportunities to commune with your farm.



Harvesting Wheat

Last Friday Agustin finished harvesting the wheat with our combine. Having our own combine means we do not need to ask our neighbors to harvest the small plots of wheat that we grow. It would probably take longer to clean their machines before and after than the whole time to harvest the crop. The hopper is full and we need to empty it into one ton bulk bags. We will then clean it with the seed cleaner we share with Tierra vegetables in Santa Rosa. The variety is Sonora which yields well for an heirloom variety in our climate. This last weekend Chloe made cookies for all our lavender helpers, four batches made with 100% our flour. They all went very fast! You can order our freshly milled flour as ann add-on item and have it delivered with your next harvest share.



Saving Water

Our lunch box peppers need lots of water to grow. How we apply that water is important in minimizing how much we need to use. To encourage good root development and stimulate the roots to explore as much soil as possible, we establish the crop with sprinklers. In the heat of the summer as much as 35% of the sprinkler water can evaporate before it is absorbed into the soil. We switch to using drip lines in June before the crop canopy closes in. Drip lines are made from plastic and generally last us a couple of years. Josesito has these special couplings to make repairs to the drip lines. Gophers can chew on the lines in their search for water.



After the wheat

Roberto will be mowing the straw this week then Josesito will set up sprinklers to give this field a good soaking over night. As the wheat crop ripened the soil has dried out considerably. We hope to stimulate the clover seeds that were sown at the same time as the wheat last November. Lorraine learnt about this technique at a biodynamic farming meeting last fall. It is called under sowing. We do not need to cultivate the soil to plant the clover after the wheat. In a couple of months we hope to have a verdant field of clover for the chickens to eat and fertilize for the following vegetable crops. We hope this will work as it could be a great way to integrate the wheat crop into our rotations.

Fixing Stuff

No matter how careful we are, maintenance and replacing parts is necessary. Josesito changed the pumping gasket on the primer for this irrigation pump. Over the last week I have made several trips to Woodland to get parts. First a drive chain on the combine broke, then when Agustin was half done a fan belt on the combine tore also. This belt was 180 inches long and cost \$190. When you see the size of the machine you realize everything is bigger and more expensive.

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Peach and Plum Salad - Serve with Tacos de Pap Hwy 99 (Potato Tacos)

Uses: Peaches, Plums, Basil, Parsley, Onion, Garlic, Potatoes

Cheddar Zucchini Muffins - Serve with Scrambled Eatwell Farm Eggs and Cucumber Relish

Uses: Zucchini, Garlic, Oregano, Cucumber, Onion

Carrot Bonda This is a snack food, but I think you could use it as a starter.

Uses: Carrots

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

What a Weekend!

This past weekend was our first Lavender Harvest Weekend. I can honestly say, it was everything we hoped it would be. Most of the "crew" came up Friday night, set up tents out in the garden and in the lavender field. A group of strangers who very quickly learned to bundle and hang lavender, work together, get their groove and flow and by Sunday morning were a cohesive team. I spent the weekend in my favorite place, the kitchen, cooking meals for everyone. It was really special, a good test of my space here in the Farmhouse Kitchen, and we had our own little crew who also worked extremely well together. It was wonderful listening to the conversations around the table, knowing that this group of strangers had bonded through a very unique experience. They had a purpose here on the farm, and you could feel the satisfaction they felt from a hard day's work. For me I definitely now know that our home is a comfortable space for people to gather around food and community, and all of this is such a blessing. Thanks to all who were here this weekend. It was a great time and a memory we will surely cherish for years!

Peach and Plum Salad

Saveur May 2015

I love it when recipes coincide so well with what is in the box. This recipe calls for cilantro and when we made it here for my birthday dinner we left that out. This would be a nice side to another recipe from the same issue of Saveur which is for Tacos de Papa Hwy 99 or Potato Tacos. You can find the recipe online.

4 Peaches, pitted and cut into 1" wedges

4 Plums, pitted and cut into 1" wedges

1/4 cup fresh Lemon Juice

1/4 cup Red Wine Vinegar

2 tsp Kosher Salt, plus more to taste

1 small Red Onion, thinly sliced, soaked in ice water 10 minutes drained

2 oz Baby Arugula

1/3 cup Basil leaves, torn

1/3 cup Cilantro leaves

Freshly ground Black Pepper, to taste

Extra-Virgin Olive Oil, for drizzling

Toss peaches and plums with 2 TB lemon juice and the vinegar in a bowl; transfer to a serving platter. Add remaining juice, 2 tsp salt, and the onion to bowl; toss to combine. Using a slotted spoon, sprinkle onion mixture over fruit, leaving juice in bowl. Add arugula, basil and cilantro to bowl. Season with salt and pepper, toss to combine, and scatter over fruit. Drizzle with olive oil and black pepper.

Don't Forget to Order Extras!

You can purchase Eatwell Farm Salts, Heirloom Sonora Wheat Flour and Sonora Wheat Berries, pasture-raised eggs, chicken broth, essential oils, lavender products and Drinkwell Softers for delivery with your CSA box. Just log into your account and order items for delivery with your next CSA box. Remember to place your order by 4pm the Sunday before your next delivery.

Cucumber Relish

Adapted From Outstanding In The Field by Jim Denevan

1 Shallot or one small Eatwell Onion, minced

1/4 cup Red Wine Vinegar

1/4 cup Extra-Virgin Olive Oil

1/4 tsp Kosher Salt

3 Cucumbers, peeled, seeded and sliced

3 sprigs fresh Oregano, stems removed

1/2 cup crumbled Feta Cheese

1/4 cup Pine Nuts, toasted

1/4 tsp coarsely ground Black Pepper

Combine onion and vinegar in a small bowl. Let stand about 10 minutes. Add olive oil and salt, whisking well. Pour vinaigrette over cucumbers and toss well. Sprinkle with oregano, cheese and pine nuts. Season with black pepper

Cheddar Zucchini Muffins

From Allrecipes.com - Pam Ziegler Makes 12 Muffins

We served these for breakfast with scrambled eggs this past Saturday morning to the Lavender crew. They were really delicious and so easy to make. I think this recipe would be equally delicious with out the bacon, but I would add a teaspoon or so of the fresh oregano and maybe a bit of the parsley from this week's share.

1 1/4 cups Eatwell Farm Heirloom Flour

1/2 cup All-Purpose Flour

1 1/2 tsp Baking Powder

1/2 tsp Salt

1/4 cup Butter, melted

1 Eatwell Farm Egg, lightly beaten

1 cup Milk

1 cup shredded unpeeled Zucchini

1 clove Garlic, minced

3/4 cup shredded Cheddar cheese

1/4 cup freshly grated Parmesan cheese

4 slices Bacon, cooked crisp and crumbled

Preheat oven to 350 F. Spray 12 muffin cups with cooking spray. Mix the flour, baking powder, baking soda, and salt in a bowl. In another bowl, stir together the

butter, egg, milk, zucchini and garlic until well

blended. Mix the flour mixture into the milk mixture, about 1/2 cup at a time, stirring between additions, until the flour mixture is incorporated. Fold in the cheddar cheese, Parmesan cheese, and crumbled bacon, and pour the batter into the prepared muffin cups. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 30 to 35 minutes (I found they were done in 25). Allow muffins to cool slightly before removing from muffin cups; serve warm. Refrigerate leftovers.



Lavender harvesters enjoyed all meals over the weekend in the farmhouse. You can enjoy a farm fresh meal at our Summer Solstice Sleepover this weekend or our Tomato Sauce Parties this summer. Check out the details at www.eatwell.com/events.