Save the Date!
The Pumpkin Party at Eatwell Farm is scheduled for Sunday, October 11th. This year we’ll have pumpkin picking, Eatwell Farm lunches featuring pasture raised chickens and heirloom flour, games, hay rides and more! You won’t want to miss it!
This is your farm, please round up your friends and show them you are not crazy, food should be this good.

Three Dimensional Farming
Imagine a field of lettuce, just lettuce, all exactly the same. Not only boring but wrong for so many reasons. Now take a look at our fall pumpkin and winter squash field. Its a jungle but also a very highly efficient solar collector. We are capturing solar energy and producing great food for all of us. There is plenty of light, that is not a limiting factor. This is a great example of how Lorraine and I see the future of the way we farm with lines of trees and herbs between set of beds of vegetable beds. It is not only more aesthetically pleasing but more efficient too, harvesting more solar energy. The overall yield will be greater too.

The Nest at Eatwell Farm
The last of the Tomato Sauce Parties was two weekends ago, and that was the last of the overnight events on the farm for the year. A couple of our members took us up on the offer to spend one more night. Kelly and Cole enjoyed a quiet afternoon under the trees in the orchard, watched an amazing sunset, popped up to the house in the morning to “borrow” some butter for their breakfast and shared a few biscuits and Highwire Coffee with us. I was so happy they chose to stay the extra night, this is your farm to enjoy and escape to, and that is exactly what they did. In the next week or so The Nest At Eatwell Farm will be ready for visitors; it’s a brand new Lotus Belle tent, kitted out with organic linens, king sized bed and hopefully a bit of whimsical Arabian Nights feel to it. Beautifully situated in the first row of the orchard, right next to the lavender field, The Nest is a place of retreat, rest and relaxation. You can wander and enjoy the farm, pick strawberries, tomatoes or peppers, cook if you like up in the greenhouse. If you are a cyclist this is a fantastically flat area with long country roads, and the ride over to Winters is really beautiful. The town of Winters was established in 1875, and still maintains that very charming old time western town feel. Brick buildings line the downtown, great restaurants, a few of the local wineries have tasting rooms, just outside of town is Berryessa Gap Brewery and then there is The Palms for some night time entertainment. Winters is only about a 10 minute drive from the farm. Here’s a link for a bit more info: http://discoverwinters.com/. We are hoping to sign up with HipCamp and/or AirBnB, but in the meantime if anyone is interested please give me a call 530-554-3971. The rate is $150.00 a night, we do have sleeping pads if you want to bring kids along. Farm cooked meals can be provided for an additional charge, including the option of our farm breakfast either here in the farmhouse kitchen or brought out to you in the orchard. One last thought, holidays are approaching and a weekend on the farm would make a truly delightful and thoughtful gift.

Kelly took the photos of The Nest a few weekends ago during the second tomato sauce party. View more of her photos and read about her adventures at kellyandcole.com.

Our newly planted strawberry field just got some love in the form of removing a few weeds and deflowering the young plants. The first fruit just do not taste great and we need all the energy to go into growing great roots for next year’s harvest. We plan on having a big crop for 2016!
Recipes and Menu Suggestions

Collard Wraps
- Uses: Collards, Basil, Mint, Parsley, Lunchbox Peppers
- Tomato, Onion
- Maple-Serrano Butternut Squash - Serve with Chard Rice. You can add
- another bit of protein to this if you like.
- Uses: Serranos, Butternut Squash, Onion, Chard and
- Lunchbox Peppers
- All recipes can be found at www.eatwell.com under the “CSA Farm
- Box” tab. Just click “Recipes.”

The Cycle of Life

It is with a heavy heart I sit at my computer today, the sky filled with
- smoky air, and I know thousands of people have been forced out of
- their homes. I am deeply saddened by the loss of Harbin, my go to place
- for sanity, relaxation, rejuvenation for over 25 years. It is where Nigel
- and I spend our birthdays and quick trips when we can. California fires
- can be ugly and cruel, raging fast; this one is all of that. But they will
- rebuild and nature will do what it does. But in the midst of all this
- sadness we are excited, anticipating a new life here on the farm;
- HelenMay, one of our cows, is literally at the start of birthing her new
- calf. I hope by this evening we will have a precious new member of our
- family. Fortunately for HelenMay, the natural ebb and flow of seasons
- has taken the temperature from 107 a few days ago to a
- windy 70 today. With this abrupt change I find my
- taste buds cycling right along with nature, thrilled by
- this collision of seasons when we get to enjoy basil,
- peppers and tomatoes, along side collards, chard and
- winter squash. So, in spite of the sorrow, I feel
- gratitude for this land I call my home, the
- nourishment it provides us, and all its delicious
- bounties. Looking forward to Autumn and some rain.
- - Lorraine

Chard Rice

Eatwell Farmhouse Kitchen - Serves 6
- I love to cook rice in our chicken stock with a good
- amount of vegetables. It makes plain rice so much
- more enjoyable, plus it is a great way to get more
- vegetables into a meal.
- 2 cups White Basmati or Jasmine Rice
- 2 TB Butter
- 1 TB Olive Oil
- 1 Onion, chopped
- 1 clove Garlic, chopped
- 1 TB Parsley
- Blanch the collards very quickly, just to soften them a bit. Put all the
- chopped ingredients into their own little individual bowls, the
- cooked quinoa as well. Using one leaf of collards, put on a little bit
- of any or all of the ingredients, then roll up. You can put the humus
- in the wrap or dip as you go along. Enjoy!

Maple-Serrano Butternut Squash

From quericavida.com Serves 6
- Funny what comes up when you google a few random ingredients.
- For some reason I was intrigued with the idea of combining
- butternut squash and serrano peppers, and this is what I found!
- 6 to 7 cups Butternut Squash, peeled and diced
- 1 tsp Salt
- 1/4 tsp freshly ground Black Pepper
- 2 tsp Oil
- 4 slices thickcut hickory smoked Bacon, chopped (2/3 cup)
- 1/2 cup Onion, finely chopped
- 2 cloves Garlic, finely chopped
- 2 Serrano Chiles, stems removed, seeded and chopped
- 3 TB real Maple Syrup
- In a 5 qt saucepan, place squash and cover with water. Heat to
- boiling over medium-high heat. Stir in 1/2 tsp of the salt and the
- pepper. Reduce heat to medium; cover and simmer 9 to 14 minutes
- or until toothpick inserted in squash resists somewhat going through.
- Drain. Meanwhile, in 12” skillet, heat oil over medium-high heat.
- Cook bacon in oil 4 to 5 minutes or until crisp or desired doneness.
- Remove bacon from skillet. Stir in onion; cook 2 to 3 minutes or
- until onions are translucent. Add garlic and chiles. Cook 30
- seconds; stir in squash, bacon, maple syrup and remaining 1/2 tsp
- salt. Cook about 1 minute or until heated through.
- Serve.

This Week's Box List
- Basil
- Onion
- Small Red Tomatoes or Roma Tomatoes
- Collards
- Holev Chard (a little bug-bitten)
- Plums or Melons from Riverdog
- Lunchbox Peppers
- Serranos
- Parsley
- Mint
- Butternut Squash

Recipes and Ideas from Lorraine’s Farmhouse Kitchen

Collard Greens, bottom stem removed
- Lunchbox Peppers, tops with seeds removed, sliced into matchsticks
- Thinly sliced Onion
- Chopped fresh Parsley, Mint and Basil
- Chopped Tomato
- Some cooked Quinoa
- Cucumbers and or Carrots, sliced into
- matchsticks
- Hummus

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- chopped ingredients into their own little individual bowls, the
- cooked quinoa as well. Using one leaf of collards, put on a little bit
- of any or all of the ingredients, then roll up. You can put the humus
- in the wrap or dip as you go along. Enjoy!

Vendors Needed for the Pumpkin Party

This year we’re holding our Harvest Market during the Pumpkin
- Party on the farm. We’d love to have CSA members sell hand-crafted
- goods in the greenhouse. We cannot vendors selling sweets or meals
- this year as it will conflict with what we’re offering.

Would you like to have a table at the Pumpkin Party on October
- 11th? Please send an email to Emily at organic@eatwell.com with
- details about what goods you’d like to sell.

Event Crew Members Needed for the Pumpkin Party

Would you like to earn CSA credit by helping us out on the farm at
- events? We credit CSA members $12 per hour worked in the CSA
- cash account associated with your subscription! Please email Emily
- at organic@eatwell.com to sign up to help with the Pumpkin Party on
- October 11th. We need at least five event crew members for the
- Pumpkin Party this year. Come out and help your farm!