



WEEK OF OCTOBER 26TH 2015 #43/52



*Lettuce*

*We should have begun putting lettuce in your boxes by now. How come none so far? Well this September and early October has been warmer than normal. We need three consecutive days under 90F to plant lettuce or it will not germinate. These have been difficult to find. Once the radicle root emerges it can be hotter but we have to make sure that the soil surface is moist so the young seedling can burst through into the light of the day. Josesito has to irrigate frequently, and that encourages weeds to grow.*



### Around the Farm

These are Napa cabbages that will be ready to harvest after Thanksgiving. We are already just starting to pick from the first planting of this crop in other beds. We always have multiple plantings of crops to make sure we have the freshest produce picked at the peak of their maturity.

In the greenhouse we have just taken delivery of many trays of young plants from Headstart Nursery. They grow seedlings for us organically from seed that we supply them including lettuce, onions, cauliflower and lots of herbs. The herbs are for next year but the rest are for your harvest shares in late winter. We will plant them into the fields over the next couple of weeks. Half of one variety one week and the other half the next week. In this way we stagger their harvest time to give us as long as possible picking.

The new strawberries we planted in August are growing very well. We took many of the first flowers off to concentrate their energy into growing deep roots.



They are now sending out runners, a natural act of reproduction. The woven plastic mulch we use prevents these from rooting into the soil. This is good as we want all the energy in the mother plant. A strong root system means bigger berries and crops next May. The last thing we want is too few berries for Strawberry Days next year. For almost ten years we have had an abundance of berries with only rain or very hot weather messing with one week in May. This last May all the weeks had disappointing harvests. Unacceptable! Jose and I can say confidently now that we will have a great crop for 2016.

We grow lots of citrus fruit in the winter but we never seem to have enough. We buy extra from a great Mexican American Family in Fresno. Nacho and Cassi have been friends for many years at the



Ferry Plaza Farmers market, and they also have twins. The pomegranates in your box today are from them. They grade and pack their fruit for purity, hence the label on the fruit. They are certified organic and a great family to boot.

For those of you who get a box every week please excuse me for repeating some articles as many members get a box alternate weeks. Articles like the Mexiganic one need to be read by everyone..Nigel

WE WELCOME YOUR COMMENTS AND QUESTIONS!

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## Recipes and Menu Suggestions

Beans On Toast with Sautéed Chard

Uses: Chard

Cilantro Lime Rice with Roasted Chickpea and Broccoli Burritos

Uses: Cilantro, Onion, Broccoli, Peppers

Turnip Soup - Serve with good bread and butter

Uses: Turnips

Roast Chicken, Cabbage/Fennel Slaw and Roasted Sweet Potatoes

Uses: Cabbage, Fennel, Pomegranate and or Apples and Sweet Potatoes

Tatsoi Egg Bake - Serve with some of the Cabbage/Fennel Slaw

Uses: Tatsoi, Cabbage, Fennel, Pomegranate and or Apples

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

## Most of the Time, Simple Really Is Better

We had our second set of guests staying in The Nest this past weekend. Millie and her husband Robert and their 1 1/2 year old son. With their stay they added on dinner and breakfast. After they finished their dinner they paid me the greatest compliment imaginable. Robert is in the wine industry and they live in Napa, and what they said after dinner was it was better than anything they have eaten in the finest restaurants in Napa. I was really so touched and so happy, because the truth is, it is all in the ingredients; the flavor of food that is grown/raised with care and skill shines above all. My job is really all about making sure I combine the flavors to balance and highlight what we produce. Nothing fancy or even very time consuming, but it all came together perfectly; roast pork (from our friends and neighbors at Haus Hogs), cooked collards (as described in last week's newsletter), butternut squash baked in a covered dish with a good amount of butter and grated fresh ginger and smoked chili salt, and some cooked wheat berries with sautéed shallots and lunchbox peppers. Dessert, well that is always a yummy thing, Sweet Potato Pie and Eatwell Farm Ice Cream. A simple meal, well balanced and full of delicious flavor. Often our day runs really late, and we are physically wiped out, so cooking is sometimes a struggle. Last night was a perfect example, but keeping it simple we enjoyed a twist on the English classic "Beans on Toast". Nigel sautéed fresh chard with garlic (smelled heavenly!), spread avocado on the toast, spooned on some Amy's Kitchen organic vegetarian Baked Beans and topped with the chard. 10 minutes, easy, satisfying and little mess to clean!

## Tatsoi Egg Bake

Found this recipe on Worden Farm's website

1 bunch Tatsoi

1 cup Cheese (cheddar, mozzarella, feta, cottage cheese or other cheese)

6 Eatwell Farm Eggs, beaten

1 cup Milk

1/4 tsp Salt

1/4 tsp Pepper

2 TB fresh Basil, chopped (I wonder if you could use Cilantro?)

1/2 cup Bread Crumbs, or several slices of bread, cut into 1" pieces  
Paprika

Wash tatsoi and chop leaves. Sauté until wilted. Drain well. Mix cheese, eggs, milk, salt, pepper and fresh basil in a baking pan.

Distribute bread crumbs or bread pieces and tatsoi evenly throughout the egg mixture. Top with paprika. Bake at 350 F for 30 minutes, or until baked through. Allow to stand for several minutes before cutting.

## Please Return Your Empty Boxes

Each waxed cardboard box costs over \$2, and we simply cannot spend \$1,000 to replace the boxes each week. Help us keep costs low by returning your flattened cardboard boxes when you pick up your next delivery.

## Roasted Chickpea and Broccoli Burritos

From ThugKitchen.com

2 cups cooked chickpeas (2 - 15 oz cans, drained)

1 large Yellow Onion

1 Red Bell Pepper (so use several of the Lunchbox Peppers)

1 large crown of Broccoli

4 cloves Garlic, minced

1 Lime

Spice Blend:

3 TB Olive

1 - 2 TB Soy Sauce, Tamari or Bragg's Liquid Aminos

2 tsp Chili Powder

1 tsp ground Cumin

1 tsp Smoked Paprika

1/2 tsp ground Coriander

Black Pepper or Cayenne Pepper to taste

Heat the oven to 425 F. Chop up the onion, peppers and broccoli so that all the pieces are about the size of chickpeas. Place all the veggies in a large bowl with the cooked chickpeas. Pour in the oil and soy sauce and stir, then add the spices. Mix well. Put it all on a large rimmed baking sheet and bake for 20 minutes. Remove from the oven and add the garlic and bake for another 15 minutes. The

broccoli will look a bit burned but that is good.

Squeeze the lime juice of half of the lime over the pan and stir the roasted chickpeas and veggies all around. Taste and adjust seasoning, if needed. Make a burrito and add chopped cilantro, salsa, whatever you like!

### This Week's Box List

Green Cabbage

Savoy Tatsoi

Chard

Pepper

Broccoli

Onion

Cilantro

Fennel

Sweet Potatoes

Turnips

Apples (Hidden Star Orchards -

Might have some exterior blemishes)

Pomegranates (Twin Girls)

## Creamy Turnip Soup

Inspired by a recipe from the Greens Cookbook

Ok, so when Emily and I heard there would be turnips in the box this week, we both went right to the Creamy Turnip Soup recipe. I am so excited, we have gray skies right now and I can make some of this hearty delicious soup and enjoy it with Della Fatoria's Meyer Lemon Rosemary bread! There, dinner for tonight!!!!

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.

## Get a Jump on Holiday Gifts

With the holiday season approaching, it's time to start stocking up on stocking stuffers and hostess gifts. You can order Eatwell Farm salts, sugars, essential oils and bath products with your CSA box. Just log into your account and click on one of the many categories listed. Be sure to place your order by 4pm the Sunday before your next delivery if you want your extras with that box.