



WEEK OF JANUARY 4TH 2016 #01/16



Introducing Connie
She has been working with us for almost a year now picking herbs for the market. We were so impressed, that when Emily let us know she was moving because her husband Christopher, who is an Air Force fireman, is being transferred, we offered her the job.



Connie is a young farmer who now gets to learn how to run a farm office. This is a vital skill that many new farmers do not like doing. They enjoy the farming, but sometimes forget they are running a business. Connie is great, you will love her.



Amazing Savoy Spinach

The world of spinach varieties is ever changing. The reason is mildew is constantly evolving. The plant breeders are looking all the time for new strains that are resistant to this disease of spinach. We grow the savoy type which is not the most popular. Flat leaf spinach is loved by the corporations that make those cheap spinach bags you see in the store. The reason is that they wash easily. Our spinach gets dirty just like the flat leaf, but it is much harder to wash by machine. The fact that the savoy types are so much more flavorful is trumped by the fact that it is cheaper to wash the flat leaf. We can take just a minute or two extra to get that great taste. This spinach is almost ready to pick.

We have plantings for later this month and into early March.



Last September the nursery planted a mixture of three lettuce varieties into the same trays for us. So we now have beds full of multicolored lettuce. If we wanted to just pick red lettuce, then this

would slow down the harvest. We will pick a mixture for your harvest share next week and we will try to mix the colors. This saves us a considerable amount of money for the propagation. If we ordered 1,000 plants of each variety the cost would be \$130 per 1,000. If we mix the varieties and they sow 3,000 the cost falls to \$60 per 1,000 at total cost of \$180 compared to \$390. We are expanding this to other crops this year, as our propagation costs are around \$40,000 per year plus seed. I have sent mixed heirloom tomatoes, slicing tomatoes and cabbages to the nursery to plant this spring. If we can save \$15,000 that will go a little way to offset some of our other increased expenses.

Please Return Your Boxes

The waxed cardboard boxes we use should make three journeys to your home and back to the farm before we use them for mulch around trees. Unfortunately just doing a quick calculation last year we bought way too many of these boxes. In an effort to find out where they are going Maysam and Jackie will be recording how many boxes we drop off at each location and how many return each week. I did this many years ago and offered Joseph Schmidt chocolates to the top three sites that have the highest return rate. Unfortunately Joseph was offered more money than anyone would refuse to sell his business, so our angle of great chocolates has disappeared. I will think of some very enticing prize in the next few weeks. We will run this until the end of March and the prizes will be given out in April.

Our Heirloom Wheat

Roberto planted this wheat back in late November last year. We have just over one acre planted, which is not much, but we do not have any extra space. We know many of you love the wheat so we always make an effort to plant some. Lorraine has pastry dough, biscuit mix and coming soon, savory pastry dough available on the webstore. We, as always, have flour and wheat berries. There may be some confusion as we do have a store on the website that anyone can get into. The member only store can only be seen by you when you log into your account. It is there that we have lots more to offer at much better prices as we appreciate your commitment to the farm and it is cheaper for us to just send it along with your box.

Sending love to our hosts

The place we all pick up our boxes is provided by many wonderful people. They let us use their homes, porches, garages and businesses. They are our unsung heroes that have helped make this all possible over the last twenty years. Yes it has been that long. Many go way beyond what we ask them to do, by calling you if you did not pick up your box and even refrigerating the contents. In return they get discounts on the harvest share or even a free share for the bigger sites. We want to acknowledge our great appreciation of what they do for all of us. Please make sure you fold your box carefully and stack it neatly. Our Drivers Jackie and Maysam clean up each week when they deliver new harvest shares. If the site is nice and tidy it makes the hosts happy and speeds up our work delivering.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150



Have a wonderful week
-Nigel, Lorraine and everyone at Eatwell Farm

Recipes and Menu Suggestions

Pulled Butternut Squash Tacos served on Corn Tortillas or Collard Wraps, with Cabbage Slaw and cooked beans on the side

Uses: Butternut Squash, Green Onion, Parsley, Spinach or Kale, Cabbage, Daikon

Cream of Turnip Soup served with good crusty bread and a Spinach Salad

Uses: Turnips and Turnip Greens, Spinach,

Broccoli or Romanesco Pot Pie

Uses: Broccoli or Romanesco, Butternut Squash, Green Onion

All recipes can be found at: www.eatwell.com under the "CSA

Butternut Squash Tacos

Eatwell Farmhouse Kitchen
Inspired by a recipe Vegan Richa

Enjoyed this for dinner last night, really flavorful and such a great way to enjoy many of the fresh vegetables in this week's share!

Perfect for vegans and people on a gluten free diet, and as a meat eater, I would highly recommend it to anyone whether you are a vegetarian or not. I will definitely make this one again!

2 cups shredded butternut squash (about 3/4 lb)
1 TB Olive Oil
1/2 tsp salt
1 clove garlic, minced
1/4 tsp coriander powder
1/4 tsp oregano
1/2 tsp cumin
1/2 tsp chili powder
2 TB Amarillo Sauce or Chipotle Sauce
1/2 cup water, veg stock or bean water
1/2 cup or so Kale or Spinach, finely chopped
1 TB each Parsley and Green Onion, finely chopped

Heat in a skillet, then add shredded squash and cook for 2 minutes. Add the spices, including the Amarillo or Chipotle Sauce and then mix well. Add approximately 1/2 cup of water or vegetable stock (if you are not a vegetarian you can also use chicken stock), stir and cook until the squash is to your desired level "doneness". To make your tacos, warm corn tortillas, put on a bit of chopped kale or spinach, then add some of the pulled butternut. Top with some finely chopped green onion and parsley. You can also make a wrap using collard greens, softening the collard leaves by dipping into a pan of simmering water just until it softens enough to wrap.

Creamy Turnip Soup

Inspired by a recipe from The Greens Cookbook

I love this soup, which is why I include this recipe fairly often. It is simple, satisfying, warming, filling and perfect with some good bread and butter. If you choose, serve it with a Spinach Salad. It would be a nice hearty salad contrasting the creaminess of this soup. I think a very nice combination.

1 bunch Turnips, save the greens, you are using them in the soup
2 to 3 TB Butter
1 or 2 Green Onions, chopped, separate the tops from the bottom
2 cups Eatwell Farm Chicken Stock or your own good Veggie Broth
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 pan over medium heat and sauté the onion bottoms until soft, then add the turnips. Sauté for a couple of minutes, stirring often, making sure the turnips do not brown. Add the stock and cook until the turnips are very tender. Purée with an immersion blender, or in a regular blender, but be careful to do that in small batches so as not to splatter hot vegetables on yourself. Add the milk (you can use a combo of milk and cream), salt and pepper to taste, and cook on low to allow the flavor to marry. Grate on some lemon zest, adjust seasoning if needed. Wash the turnip greens very well, chop and sauté quickly in a bit of melted butter. Ladle the soup into bowls and top with the sautéed turnip greens and a bit of the chopped green onion tops.

A Note From Lorraine

Happy New Year!

There is something rather refreshing with the start of a New Year and a nice light rain. The air outside smells so clean and the grasses around and on the house look a bit greener. Really, all is just lovely. For Nigel and I, winter keeps us inside a bit more, so now is the time to work on cleaning up paperwork, organize old business, and plan new projects. Our chicken project continues to move forward and we now have a few new items to add to your meat options: smoked chicken, smoked chicken stock and sous vide boneless, skinless breast packs or leg/thigh packs. Later this week, I will work on figuring out weights on these cooked chicken packs and hope to make them available as add on items for you by next week. As always I continue to work on recipes using our heritage meat birds and will have some tasty and easy ones put together for the smoked and the sous vide chicken very soon. In the meantime, last night I made a really delicious vegetarian/vegan meal that I am sharing with you in this week's recipes - Pulled Butternut Squash Taco

Broccoli or Romanesco Pot Pie

Eatwell Farmhouse Kitchen

1 lb Romanesco OR Broccoli, cut into florets, stems can be peeled and chopped into bite sized chunks
2 tsp Salt
1/2 lb Butternut Squash, peeled and cubed
1 or 2 of the Green Onions, chopped
1 TB Oil

This Week's Box List

Oranges (Twin Girls)
Savoy Cabbage
Parsley
Broccoli or Romanesco
Red Kale
Collards
Apples (Hidden Star Orchards)
Butternut Squash
Spinach
Green Onions
Daikon
Turnips

Preheat oven to 425 F. Heat a pot of salted water and cook the florets and stems. Cook just until they start to become tender. Saving the water, drain the broccoli/romanesco, set aside. Heat the oil in a skillet and add the green onion and butternut squash, cook on medium heat for about 5 minutes, stirring often. Mix with the Romanesco/Broccoli and set aside.

For the Cheese Sauce
2 TB Butter
2 TB Oil (use an oil that doesn't have much flavor like an organic Sunflower or Safflower)
6 TB All-Purpose Flour
3 cups hot Vegetable Water OR Vegetable Broth
1/2 lb grated Sharp Cheddar
1/2 tsp Mustard Powder
1/2 tsp Paprika

Pinch of Cayenne
1/2 tsp Salt
White Pepper, to taste

In a heavy bottomed sauce pan, melt the butter in the oil over medium heat. Stir in the flour and cook until it begins to turn a little golden. Slowly, one cup at a time, add the vegetable water. Whisk well, making sure there are no lumps, then add the cheese and cook on medium low until the cheese is melted. Mix the vegetables with the cheese sauce in a casserole dish or, if you are making individual pot pies, mix them in a bowl and then portion out. Top with pastry crust or biscuit dough.

A dough recipe follows, but as an FYI, in case you don't already know this, we now have Buttermilk Biscuit Mix available as an add on extra item AND coming in a week or so we will include a Savory Pastry Dough in addition to our slightly sweet Heirloom Pastry Dough!

Biscuit Dough:
2 cups Flour (always use our heirloom flour in a mixture of about 3/4 to 1/4 all-purpose)
1 1/2 tsp Baking Powder
1/2 tsp Baking Soda
1 tsp Salt
5 TB cold unsalted Butter, cubed
1/2 cup grated Sharp Cheddar Cheese
1/2 cup well shaken Buttermilk

Mix all of the dry ingredients in the bowl of a food processor, then add the cubed butter and pulse until it is fairly mixed up. Add the buttermilk and cheese and pulse until all is incorporated. Spoon dough right on top of the pot pie. Bake at 425 F for 15 minutes. If it still needs a bit more browning let it go another couple of minutes.