



WEEK OF JANUARY 11TH 2016 #02/16

Available Now

The first of the Sauerkraut is on the webstore and can be added to your box delivery. Made from our own Supreme Vantage Cabbages in our Certified Kitchen in Dixon. The cabbage is so sweet we had to test the pH to make sure it was done. Yes at 3.8 the pH was perfect.



Log onto you account and you can get a taste of our delicious new product. There are limited supplies. We are making more later this, which will be ready in a couple of weeks. \$5 for 16 Fluid ounces plus \$1 for the jar.



In your Harvest Share This Week

We have the first Pomelos from our trees. These have been a great crop for us. They seem to really like our soil and the additions of coffee grounds and chicken tractors passing by for fertility. Jose was concerned about the up coming storms blowing the fruit from the trees, so we decided to pick after tasting them. You will notice they have marks on them and they do not look so pristine. Well, this is how all pomelos look after you pick them. Even organic ones go

through a special brushing machine to clean and shine them. In the store, it is all about looks. I have always said the box you open each week should look and taste just like it came straight from your grandparents' garden. Real food, honestly grown, with care. The other great item, the red cabbage, is a hearty winter fare.



Please take a look at the other side of this newsletter for Lorraine's cooking tips and recipe ideas to help with any crop that you are not familiar preparing or eating.

On the farm, we have not started pruning yet, because it has been too wet. When you stand around the trees, carefully contemplating the right cuts, you do not want to be compacting the wet soil. We have a great deal of work to do before the planting season begins again. I have spent a great many hours in the office. This is the time of the year to renew certificates, permits, and all that fun stuff. Last week I was knee deep applying for a grant to improve our irrigation system. The goal is to replace a diesel pump with a solar electric one and irrigate at night. We would save 3,000 gallons of fuel a year and about 35% on water. We will know in March if we are successful with our application.

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 then prizes will be given out in April.

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



Egg Deception

There are so many descriptions on egg cartons these days, they are all designed to confuse you. The hen house in the top part of the picture is cage free. It could be cage free, organic or not. This picture was shared with me, so I cannot say. There is obviously a very big difference in the environment and the costs of raising the birds. I have always said that the best way to make a choice is to educate yourself. One great way is to come and see the girls on your farm. In May, we will have Strawberry days every weekend. The dates will be released at the end of January.

Around the house we have the first signs of spring with the Paperwhites flowering. Our first tomatoes will be sown this week at the nursery. Our winter break is so short compared to Mid Western farmers. We are barely finished in the fall and I have to finalize my plans, order seed, and send



it to Headstart Nursery. I am waiting on seeds from Italy for the San Marzano tomatoes. They were a great favorite last year, so I am making sure I get the same varieties. I would be in trouble with some members' Italian grandmothers if I messed that one up.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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