



WEEK OF JANUARY 18TH 2016 #03/16



Garlic.

We have a great crop that is wonderfully clean of weeds. We planted the cloves last October. We have learnt to give the crop enough water right after planting to establish it well before the winter sets in. Ramon and Josesito have to work together timing cultivations and irrigation.



In this way the weeds are removed and then the crop is irrigated. We had to hand weed for half a day as rain in the fall did mess up our cultivation schedule a little. Green garlic in a couple of weeks.



Mixing It Up

Peas and Fava beans are planted in these beds. The two outside rows are Fava beans, they will grow to take over the whole bed. The line of peas in the middle will be removed when they are large enough to put in your box as peas shoots in a couple of weeks. The peas are called a catch crop because they take a niche, make a productive item, while not interfering with final crop. We also have beds with three rows of peas, same thing applies, the outside rows will be allowed to take over the bed and produce sugar snap peas. The

middle row will be picks for pea shoots. On Monday morning, I planted 25 cuttings from a neighbor in our new Permaculture tree rows. These are Quince and will root directly from a cutting pushed into the soil now. I marked each one



Our Heirloom Chickens

The chickens keep hatching every Thursday morning. They spend five weeks in the brooder house. They are then sorted into males and females. They go into separate chicken tractors in the field. The males are too aggressive at the feeding trough and the females suffer a little if we leave them together.

Here they are moving through a field, which had a summer mix of cover crop meaning that the recent frosts have killed it. The chickens are eating the residue as they move down the field. They have roosts inside these houses and the height gives them room to fly. The house protects them from predators of which the Hawk is the main problem These chicks are a easy, tasty morsels for any one of the resident Hawks on the farm. We want the Hawks to eat field mice and gophers not our chicks.



Bananas

My Mother in Law very kindly slipped a \$100 bill into my birthday card over Christmas. As some of you know, I have a thing about bananas, I have always loved them. So I blew the whole bill and a little more on 8 new plants.

They arrived on Saturday morning and after breakfast on Sunday, I had them potted up and looking pretty on a shelf by a south facing window in the farmhouse. I am lucky I have an understanding wife.

with a little flag so Jose could see where they are. He will come back and set a stake near it with a wire tube to keep the rabbits from munching on the new shoots in the spring. Why we have so many rabbits is a whole other story for another time.

The stake and netting in the picture on the right is protecting two chestnut seeds that were sown in late October. The early rains helped germinate lots of winter weeds so just before we sowed the chestnut seed Roberto cultivated these beds. It was then too cold for more weed seeds to germinate. We are learning these critical times over the years. They help us keep our fields clean of weeds. The summer is now the most difficult weed time with Johnson Grass. We are trying some new ideas this year to control that weed.

The seeds of the chestnut are sown directly, so that the tap root will grow undisturbed deep into the soil allowing it to survive in a drought without irrigation. Same goes for the Quince I just planted. We you start a tree in a pot the tap root reaches the bottom of the pot and cannot go any further. It grow lots of lateral branches to the root system. These are shallow when planted in the field and cannot draw upon deep supplies of water and nutrients. Have a great week. Nigel



WE WELCOME YOUR COMMENTS AND QUESTIONS!

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Recipes and Menu Suggestions

Winter Meze; Enjoy as a lunch or snack or appetizer

Uses: Lemon, Turnips, Lettuce, Pomelo

Roasted Broccoli Khao Soi (Coconut Thai Soup); serve with Spinach Tofu Salad

Uses: Broccoli, Butternut - possibly, Onion, Spinach,

Apples

Stuffed Savoy Cabbage; This is a one dish meal, but I would have some good bread to soak up all the sauce!

Uses: Cabbage

Gingery Butternut Squash; Served with wilted Arugula or Braised Mustard Greens, Black Beans and or Chicken

Uses: Butternut Squash, Arugula, or Mustard

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

A Bit of this and a Bit of That

Sunday lunchtime I was hungry, but not for a big meal. We had a lovely baguette sent home from the market and I thought it would be nice to make something yummy to dip it in. I found a can of organic garbanzos in the pantry and decided to make hummus. I had daikon left from last week's share and some lettuce, all good to go with a yummy dip. If I had had turnips I would have used those as well. For dinner (still thinking of using up the rest of the baguette) I made a cheese fondue. It is winter and I have had this craving. I was hoping to make one for the past few weeks, so fortunately I had the cheese already. I found a celeriac from a past week and roasted that whole. It was interesting to discover how sweet, roasted celeriac can be. But in this week's share broccoli, apples and again turnips would be perfect dippers for a cheese fondue. I realize most people don't have fondue pots but you can make a nice cheese sauce and dip into that. Sometimes a meal can be something special simply by doing something unusual, outside of the normal protein, starch and veg construct.

Winter Meze

Hummus, plenty of good brands available at the store, but if you want to make your own it is super simple. I read once to make a truly creamy hummus you take the time to remove the skins from the garbanzo beans, which I did and I have to say it was super creamy and delicious. Of course that is not necessary, so if you don't want to spend the time doing that, skip it.

1 can Garbanzo Beans, drained

1 to 2 cloves Garlic

2 TB Tahini

Olive Oil

Salt to taste

Juice of 1/2 Lemon

Paprika

Put the beans, garlic, lemon juice, tahini, 1/2 tsp salt and at least 2 TB olive oil into a blender with 2 TB water. Run until nearly smooth. Taste and add more salt if you want it. If it needs more water to make it really creamy, add another TB or 2, blend until creamy. Put into a serving bowl and drizzle on more olive oil and sprinkle with paprika. Wash and dry lettuce leaves, wash turnips well (you can peel them if you prefer), then slice into about 1/2" disks. Warm some pita and enjoy. Try with a little cut Pomelo.

The Last of the Butternuts

I am sorry to see the end of the Butternuts. I found this year, my favorite butternut squash was the simplest - peel, seed, and cube. Put into a pot with a good knob of butter a little water for the bottom of the pot and a good amount of grated ginger, salt to taste. Put the lid on and cook until tender. So simple, so delicious. I also find I really crave a combination of the sweetness of the butternut with the bitterness and earthy flavor of greens. With this week's share I would cook up my favorite butternut, and serve it with some sautéed arugula or mustard greens along with some protein, beans (particularly black beans) or some roasted chicken you would have a simple and fairly quick meal.

Stuffed Savoy Cabbage with Beef, Pork, and Rice in a Spicy Tomato Sauce

Martha Stewart's website

Serves 12

In these dark days (yay, not complaining, loving this winter) hearty dishes like stuffed cabbage sound so good.

For the Stuffed Cabbage

2 to 3 lbs Savoy Cabbage

12 oz Ground Beef

12 oz Ground Pork

2 cups cooked Brown Rice

1/2 medium Onion, finely chopped (1 cup)

1/4 cup chopped fresh Flat-leaf Parsley

1 TB hot Paprika

For the Tomato Sauce (makes 3 cups)

1 28 oz can Whole Peeled Plum Tomatoes, with juice

2 TB Extra Virgin Olive Oil

1/2 medium Onion, finely chopped (1 cup)

2 cloves Garlic, minced

Coarse Salt

Make the tomato sauce: pulse tomatoes with juice in a food processor until finely chopped. Heat oil in a medium saucepan over medium heat. Add onion, garlic and red-pepper flakes. Cook, stirring constantly, until onion is tender, about 6 minutes. Add chopped tomatoes and juice. Bring to a boil. Reduce heat, and

simmer stirring occasionally, until slightly thick,

about 20 minutes. Season with salt. Let cool

completely. Make the stuffed cabbage: Bring a

large pot of salted water to a boil. Add cabbage

head, and cook until outer leaves are just tender,

3 to 4 minutes. Remove with a slotted spoon.

Peel off layers of leaves and drain. Return

remaining cabbage to water, and repeat until all

leaves are cooked and removed. Pat each leaf

dry with a kitchen towel. Select 12 large leaves.

Reserve remaining leaves for another use.

Preheat oven to 375 F. Using 2 forks, gently stir

together beef and pork, rice, onion, parsley,

paprika and 1 TB salt. Working with 1 leaf at a

time, trim thick part of rib with a paring knife,

leaving leaf intact. Arrange about 1/2 cup filling

(less for smaller leaves) in center of each leaf.

Fold stem end of cabbage over filling. Fold in

sides of cabbage. Carefully roll cabbage over to

form a package, overlapping ends to seal.

Transfer each, seam side down, to a large shallow baking dish.

Spread sauce over stuffed cabbage leaves. Cover with parchment

lined foil, and bake until cooked through and cabbage is tender

about 1 hour.

Spinach and Tofu Salad with Peanut Miso Dressing

Saver Jan/Feb 2016

Serves 4 to 6

14 oz Silken Tofu

3 oz Spinach Leaves, trimmed and thinly sliced

2 TB Natural Peanut Butter

2 TB Soy Sauce

1 TB Red Miso

Place the tofu on a flat plate lined with a kitchen towel. Cover the tofu with another towel and plate and then weight with two 32 oz cans to press the tofu and release excess water. Let stand for 20 minutes. Uncover the tofu and crumble it into small 1/2" pieces into a large bowl. Add the spinach and toss gently to combine. In a small bowl, whisk the peanut butter with the soy sauce, miso and 2 TB water until smooth. Pour the dressing over the tofu and spinach and mix to coat. Transfer to a bowl and serve or refrigerate for 1 hour and serve chilled. *I always enjoy a bit of crunch in my salads, so I would add maybe a little bit of turnip, diced rather small and or some apple, also small chunks.

Roasted Broccoli Khao Soi (Coconut Thai Soup)
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