



WEEK OF JANUARY 25TH 2016 #04/16



Calendulas

Way back in the summer Juanita and Rosa would pick Calendula flowers for us a couple of mornings a week. They laid them out on tables in the shade house to dry. This took only 3 days after which we vacuum packed and froze them. Now Juanita is opening the bags to infuse them into Olive oil. The oil is used for our calendulas salves and sugar scrubs. The oil takes on a strong orange hue. The healing properties of this flower have been known for centuries. You can order the products with your harvest share.



Please Wipe Your Feet.

We ordered a squeeze of straw bales, to those not from the country, that is eighty bales. The chickens had not been listening to our requests to wipe their feet before going into their houses to lay eggs. During this rainy time, we cannot move them onto fresh pasture so it gets pretty muddy around their houses. We are hoping that before the end of this week we will have been able to move them to the pasture next door. We need to keep them dry to keep disease at bay. About five years ago, we lost 15 chickens to an oviduct infection. We

were able to move fast and take care of the problem by moving them and steam cleaning the houses, water system etc. It was a lot of work, so we have acted to avoid the problem with the straw.



Agustin and I were walking the farm talking chickens last week and we were amazed at the number of different mushrooms growing. The soil biology is improving rapidly and all this rain has brought forth abundance. Many we saw were small but this one was quite impressive. I am in no way familiar with which

Tree Manicure and Raw Milk

Pruning got off to a late start this year. We are always concerned about treading on the ground around the roots. Believe it or not these peaches will start to flower in three to four weeks. We bought some new long handled pruners to keep us away from the trunk. Pruning is an art and a science. Jose, Ramon and Roberto are the only ones who I have trained. Firstly we remove any disease, then move onto crowded areas where branches will shade each other out. We like the tree to be shaped like an open goblet so inward facing branches are removed to let light and air in. This helps with disease control, as well as, ripening the inner fruit.

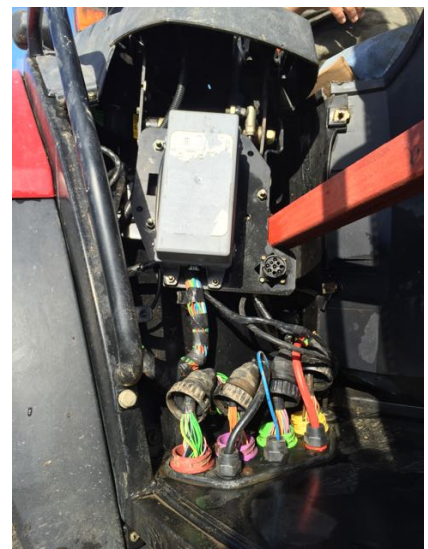
As soon as the buds start to swell to almost 'popcorn' stage, we will spray with raw milk that has been allowed to sour. This floods the buds with bacteria, which will take up shop all over and crowd out two main diseases, Botrytis and Peach Leaf curl. We tried this for the first time last year in the middle of flowering and it worked amazingly well. We had our best crop ever. This year we will apply the raw milk three times. At the beginning, middle and toward the end of flowering.



Aphids

This is the time our 'friends,' the aphids, take up residence on broccoli and romanesco. The crop provides the ultimate in protection for them. Soaking in salt water or a mild soap will loosen their grip so they can be rinsed away. We do not spray them. It would kill the beneficial bugs even if we used organic stuff.

ones you can eat. So we have not sampled the new farm crop. The picture on the right is from our tractor. Ramon spent most of Monday drying out the electrical wiring and connectors on one of the tractors. Even though they are parked under cover at night they get wet while we use them to harvest your fruit and vegetables. There is a very good cover over this but still he had to use compressed air to blow out all the water and leave it in the sun to dry. The tractor works fine. There are just warning lights flashing, because of shorting connections. We have contact cleaner and a special grease to isolate the contacts too. It did not hurt the tractor to get a good pressure wash and love after working so hard in the field this winter. Have a great week... Nigel



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Recipes and Menu Suggestions

Oven Baked Chicken and Romanesco, serve with a Kale Pilaf

Use: Romanesco, Kale

Creamy Cannellini Soup with Arugula Pesto, serve with Balsamic

Roasted Radishes w/Greens and good crusty bread

Use: Arugula, Radishes, Onion, Parsley

Fried Red Cabbage and Broccoli served over brown rice and your choice of protein

Uses: Red Cabbage, Red Onion and Broccoli

Fusilli with Spinach, Cannellini Beans and Arugula Pesto

Uses: Spinach, Arugula and Parsley

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

One Pot Kale and Quinoa Pilaf

Found on Food52

Recipe by Deensiebat, serves 2-4

Original recipes calls for Lacinato Kale, but regular kale can be use instead. Make with Oven Baked Chicken and Romanesco

2 cups Salted water

1 cup Quinoa

1 bunch Kale, washed and chopped into 1" lengths

1 Meyer Lemon, zest end and juiced

2 Scallions, minced (use the tops of this week's onions)

1 TB Toasted Walnut Oil

3 TB toasted Pine Nuts

1/4 cup crumbled Goat Cheese

Salt and Pepper

Bring the water to a boil in a covered pot. Add the quinoa, cover, and lower the heat until it is just enough to maintain a simmer. Let simmer for 10 minutes, then top with kale and re-cover. Simmer another 4 minutes, turn off the heat and allow to steam for 5 more minutes. While the quinoa is cooking, in a large serving bowl, combine half the lemon juice (reserve the other half), all of the lemon zest, scallions, walnut oil (you can sub olive oil), pine nuts, and goat cheese. Check the quinoa and kale when the cooking time has completed - the water should have absorbed, the quinoa will be tender but firm, and the kale tender and bright green. If the quinoa still has a hard white center, you can steam a bit longer (add more water if needed). When the quinoa and kale are done, fluff the pilaf, and put into bowl with the remaining ingredients. As the hot quinoa hits the scallions and lemon, it should smell lovely. Toss to combine, season with salt, pepper, and the remaining lemon juice if needed.

Fusilli with Spinach, Cannellini Beans And Arugula Pesto

Eatwell Farmhouse Kitchen

If you cooked beans for the soup and have some leftover, you might consider this for a quick dinner. Bring a pot of salted water to boil. Add well washed spinach and cook just until wilted. Remove the spinach, then add the pasta and cook according to package directions. Drain the pasta. Put the pasta, spinach and beans in a bowl with some arugula pesto and mix well. Use as many beans and pesto as you like.

Fried Red Cabbage and Broccoli

Serve over Rice and with your choice of protein. Full Recipe:

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1582648>

1/4 cup chopped onion

1/2 cup sliced celery

1 1/2 cups sliced cabbage

1/2 tsp coarsely chopped garlic

1 cup broccoli florets

1/2 cup chicken broth

Spray a cast iron skillet with cooking spray and heat on low.

Saute cabbage for 1-2 minutes until soft, add onion and saute for 1 minute, add garlic and saute until onion becomes clear, add broccoli and stir. Pour in 1/2 the broth, cover, and cook until the broth is cooked away. Add the other half of the broth and continue to cook, uncovered, another few minutes while stirring. When the liquid is cooked out turn off heat and serve.

Creamy Cannellini Soup

Eatwell Farmhouse Kitchen

serves 2-4

I used dried Marcella beans from Rancho Gordo, they are very similar to the Cannellini. You can use pre-cooked canned beans. The beauty of Rancho Gordo's beans is they fresher than most store bought beans (and of course delicious), so they don't need soaking and they cook rather quickly. This can be done the day ahead, or over night in a slow cooker. We just got a new Pressure Cooker/Slow Cooker machine to use on Slow Cooker recipes. I cooked the beans in there and they were done in less than 1 hour. I cooked an entire 1 lb bag, so I would have beans for a few other dishes.

2 cups cooked Cannellini Beans or if you can get them, Rancho Gordo Marcella Beans

2 cups Eatwell Farm Chicken Stock or good Vegetable Broth, maybe a bit more

1 Onion, chopped

3 cloves Garlic, minced

About 1 tsp Eatwell Farm Rosemary Salt

Freshly ground Black Pepper, to taste

Arugula Pesto Ingredients

2 TB Parsley, finely chopped

1/2 bunch Arugula

1/2 cup + 2 TB Olive Oil, divided

Zest and Juice from 1/2 Lemon

1/4 cup Parmesan, more if you like

1/4 Walnuts (optional)

This Week's Box List

Pomelo

Tangerines

Radishes

Red Kale

Broccoli

Parsley

Apples (Hidden Star Orchards)

Red Cabbage

Spinach

Onions

Arugula

Romanesco

In a pan heat 2 TB of olive oil and sauté onion and garlic on low until soft. If you are anything like me, timing in these situations doesn't matter, temp does, and that is because I am always doing several other things, like washing the milking equipment or grabbing laundry off the line before it gets damp again (all of which I did tonight). So the key is, if you are the one who is multi-tasking, turn the burner way down, otherwise, please stay focused and watch that the onion and garlic doesn't brown! If you are cooking your beans, let them cool a bit before putting into the blender. If using canned beans, rinse and put into the blender. Add 1 cup of stock/broth, as well as the garlic and onion, blend on a lower speed. As it is whirling add

more stock and some salt and pepper and run until you have a very creamy consistency. Make the pesto in the blender (you only need to give it a quick rinse). To serve the soup, ladle into bowls with a dollop of Arugula Pesto in the center. You won't use all the pesto in the soup, so you can use on a few other things later in the week.

Roasted Radishes with Balsamic Vinegar

Found on the White on Rice blog

serves 2

I thought I would look for something other than raw radishes with salt on buttered bread or in a salad. I made this tonight and it was quite tasty, except for that darned multi-tasking thing. I forgot to set the timer and over "crisped" the greens a little, but it was clear they would be very delicious (I liked them even over crisped!).

1 Bunch of Radishes with tops

2 TB Olive Oil

2 tsp Balsamic Vinegar

1/2 tsp Sea Salt or Kosher

Black Pepper, to taste

Preheat oven to 350 F. Wash radishes, remove roots and remove stems. Blot dry with paper towel. If radishes are big, cut them in half. In large bowl, combine olive oil, vinegar and salt. Whisk together. Toss in radishes and greens until everything is coated evenly with oil. Spread out radishes and greens on roasting pan or baking dish. Bake in oven for about 10 minutes or until the greens are crispy. Remove the greens and continue roasting the radishes about another 5 minutes.