



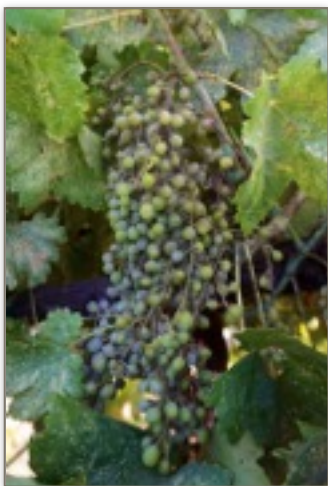
WEEK OF JULY 17TH 2017 #29/52



Our Strawberries Need Help

This photo clearly shows our strawberry field has been invaded by the poplars. Connie and I have been talking about why this is happening and we believe there are two factors. First, this patch is right next to the row of poplars we coppiced a few years back, so we think it sent runners out for regrowth. Secondly, the strawberry patch's soil has gone undisturbed for two years now. No tilling, no breaking the cycle. These trees growing all over the strawberries make harvesting very difficult, and I am sure it is reducing our yield. I am wondering if we could get a small crew of people to help us do a little weeding and work on cutting these poplars down to the ground. Cameron and I looked at it and I don't think we can pull them out easily, particularly with the fabric down. We have two sauce parties coming up the last week of July and the first week of August. Would any of you be interested in volunteering for an hour? Maybe Sunday morning after breakfast? I think if we had a small group working together we could probably take out a good chunk. Soooo, if you are coming up for the first two Sauce Parties, AND you are interested in working on this project can you send me a text? 530-554-3971, let me know how many of your group can participate. Thanks ever so much!

Grapes



The bunches have formed and it appears there is quite a bit of fruit out there. Sadly, it is obvious that we have a lot of powdery mildew, so I doubt we will get any fruit to harvest. I did a quick reading and found products we could spray that are acceptable for an organic crop, including sulphur. Nigel was always opposed to using sprays, even if they were approved for certified organic crops. I did see two products that are strains of bacillus (bacillus subtilis, and bacillus pumulis). This is interesting because a few years ago we had pretty good results

spraying the stone fruit with old raw milk and whey. What I learned in the soil class I took with Elaine Ingham is the good bacteria can crowd out a fungus, virus etc. This year, with as much rain as we had, I doubt there would have been much we could have done to prevent this from happening. Certainly more reading and research is needed.

This Summer's Sauce Parties

Sauce Party #1 is just around the corner, and of all the events that happen on the farm, it is the sauce party that connects people. It's usually hot, hotter for having close to 100 people cooking tomato sauce all day. But magic happens in that communal cooking, in the sharing of recipes, lunch, and cocktails (thinking of you Ted - Manhattan Man). It is pretty serious work for all of you.

Last year it was so obvious that most of you have become hard core canners and the operations you are setting up have become quite impressive (and huge!). This year we have reduced the number of tickets rather significantly to accommodate you the Eatwell canners. I think we used to open it up to well over 100 people, now we are down to just 80. If you haven't gotten your tickets, I strongly encourage you do that, because I think this year we are going to book out once people realize this. Also, we grew more San Marzanos this year and they really do make the best sauce EVAH! Get your tickets, bring up some friends, make a year's worth of sauce, and more importantly let's all celebrate the amazing man I was lucky enough to love and marry! For ticket inquiries, email organic@eatwell.com or check your Friday email for the parties link.



Onions

Several years back I told Nigel that onions are something people cook with all the time; there is no season, I explained. I think over this past year, we have done an excellent job of getting some type of allium into the boxes most weeks. During late fall and winter there are the leeks and shallots. Chives can fill in a bit here and there. Spring brings us green/spring onions, and they come in red and white. As the onions get bigger, they resemble more of the basic white onion. Walking around the farm this morning, it was quite obvious the onions are maturing and approaching the more common yellow onion look. The skins are beginning to form, and soon they will be ready to dig up and cure. These onions will hold in storage for a while, stretching this crop even further.

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



Fettuccine with Zucchini

Recipe from NYT by Florence Fabricant

You might have some parsley leftover from last week, but if you don't a little basil would be a nice substitute. Even a small amount of lemon verbena would work, which would give it a very citrus fresh flavor.

1 lb Zucchini, diced
Salt
4 TB Extra Virgin Olive Oil
1 1/2 cup minced Onion
1 cup Pine Nuts
3 cloves Garlic, slivered
1 lb fresh Fettuccine
Freshly ground Black Pepper
3 TB minced flat leaf Parsley
1/2 cup grated Grana Padano or parmesan cheese

Place zucchini in a colander, toss with salt and set aside to drain in sink or over a bowl 30 minutes. Meanwhile, heat 3 TB oil in a heavy sauce pan, add onion, pine nuts and garlic and sauce over low heat about 10 minutes, until onion is soft and nuts start to brown. Rinse and drain zucchini and add to pan. Saute about 20 minutes, until tender. Bring large pot of salted water to a boil for pasta, cook pasta about 3 minutes and drain, reserving about 1 cup pasta water. Add pasta to sauce pan, cook over low heat about 5 minutes, to blend ingredients, adding pasta water as needed. Season with salt and pepper. Fold in parsley (or basil or lemon verbena), cheese and additional olive oil and serve.

Roasted Potatoes with Lemon Verbena

One of our members sent me an email a week or so ago, telling me he roasted our potatoes with some of the lemon verbena. And apparently it is quite the delicious combination.

Here is the photo he sent me.



The recipe is pretty straight forward.

Potatoes, well washed, skins left on, cut into chunks
Small amount of Lemon Verbena, chiffonade (stack the leaves, roll if you can and slice thin strips)
Olive Oil
Salt and Pepper

Roast in the oven preheated to 450 F until brown, and tender all the way through.

Storage tips and all other recipes be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "This Week's Box" or "Recipes"



Smashed Cherry Tomato and Plum Croissants

Recipe from the website Simply Beautiful Eating

Once again the google trick worked and when I googled cherry tomatoes and plums I found this beautiful website. This recipe is simple, and a great way to use cherry tomatoes and plums in a way I would have never thought to try. Check out Debi's website simplybeautiful-eating.com for some truly gorgeous photography!

4 Croissants, split
3 TB melted Garlic Butter, make your own by melting the butter and adding fresh garlic
1 TB fresh chopped Parsley
2 cups Cherry Tomatoes
4 Plums, sliced in half
2 TB Extra Virgin Olive Oil
Salt and Pepper, to taste
Additional butter for grilling

Brush croissants with the melted butter and top with parsley. Preheat oven to 350 F. Spread tomatoes and plums in a large cookie sheet. Drizzle with olive oil and season with salt and pepper. Bake for 20 to 30 minutes or until nicely caramelized. Heat a large skillet with 1 TB of butter, medium to medium high heat. Add croissants and pan fry until golden brown, about 3 minutes. Remove from pan and top with caramelized tomatoes and plums. Serve warm.

Bubble and Squeak

Recipe from BBC Good Food

I think of this dish more in the winter when it is colder here. But then I remember most of you are living in winter, on the bright side you aren't suffering through 108 degree weather! In any case this recipe is designed to use leftover potatoes and cabbage, but I am setting it up to make this a start to finish recipe. Of course if you have used your cabbage and potatoes for something else and you do have leftovers by all means, repurpose!

1 TB Butter
4 slices Bacon, chopped
1 Onion, finely sliced
1 Garlic clove, chopped
Shredded boiled Cabbage
400 g cold, crushed boiled Potatoes (or cold leftover Mashed Potatoes)

Melt the butter in a non-stick pan, allow it to get nice and hot, then add the bacon. As it begins to brown, add the onion and garlic. Next, add the cabbage and let it color slightly. All this will take 5 to 6 minutes. Next, add the potato. Work everything together in the pan and push it down so that the mixture covers the base of the pan - allow the mixture to catch slightly on the base of the pan before turning it over and doing the same again. It's the bits of potato that catch in the pan that define the term "bubble and squeak", so be brave and let the mixture color. Cut into wedges and serve.

Cooking Classes With Lorraine

Looking for more food inspiration or ideas? Join our luncheon with Lorraine and learn to cook from the box. You'll engage yourself in the farm, connect to the food you eat, and celebrate the land it comes from.

Classes are held the second and fourth Tuesday of every month. Space is limited to 10, so tickets must be purchased in advance. Go to eatwellluncheon17.bpt.me or email organic@eatwell.com for more information.