



WEEK OF SEPTEMBER 18TH 2017 #38/52

## Happy Hens

Last year, our friend and neighbor George came in with his special seeder and planted 15 acres of pasture for us. I have been waiting for some time to get our chickens on to this lush pasture and finally it has happened. It is a lot of work for the guys to pull up the stakes and fencing, setting it up in a new spot, hooking the tractor to the houses, and moving the girls. Clearly, it is worth it! This extra effort is what keeps our land fertile, helps break pest cycles and makes the hens happy.



In the one photo you can see how much the girls have eaten in less than two weeks. It is extraordinary how fast they go through lush green pasture. You will see a difference in the color of the yolks as well. Every week, the guys go in and pull the houses forward a bit because the girls don't roam too far, and we want to make sure they always have enough fresh greens to eat.



## Tomato Sauce

Now that we are marching to the end of the season, I find myself saucing a lot. Last year, I invested in this beautiful all metal Squeezeo, which I absolutely love! My BayLeaf Kitchen friends came up on Sunday and we had a saucing day in the house. It is a lot of fun sharing the work with a small group of women, particularly when there is a great lunch and champagne, but I digress. The point is, just look at that sauce! It is as delicious as it is gorgeous. So I am just reminding you all there are still tomatoes to order for saucing, Jose says loads, actually! Once you start making your own sauce, it is really hard to go back to store bought. I keep mine extremely simple; I use San Marzanos, cut the butt off, slice them in half, and put them on a baking sheet. Then, I'll cut side up and roast for about 30 minutes at 425 F. It should be bubbling, a little shriveled and completely soft. I put them into a chinois to drain the extra juice, then I run them through the food mill. When the farm provides such delicious bounty it is hard to pass this up, so get your orders in, do a batch once a week, and before you know it you will have the larder filled!



## Pumpkin Party 2017!

Ok folks, this is the last big event of the season! So please mark your calendars, get your tickets, and come on up to the farm. I would love to see you. Since last year we had to cancel, I am hoping for a good turn out this year. I will be checking in with Jose to find out the status of this year's crop, but the bit that I have seen is looking good. I would like to do a bit of a harvest market, pumpkin carving, face painting, picnic lunch, with a dessert potluck (I know- kind of a long sentence). I am wondering if any of you know someone who would be interested in face painting? Also, if any of you have something you would like to sell, we are hoping to setup tables for people to vend. Let me know at 530-554-3971.

## Balance

This photo of the ladybug on a squash leaf for some reason grabbed my attention. When I see ladybugs, I think about how we hope and try to provide opportunities for nature to find it's own balance here on the farm. Nigel always felt that spray, even organically approved sprays, meant we would throw nature out of balance. The ladybugs eat the aphids. If we spray, we kill the ladybugs and the aphids will return. Seeing ladybugs always makes me happy because it shows we are doing something right. We walk a fine line in life, and the best we can hope for are enough ladybugs to keep us balanced.



WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

# RECIPES AND IDEAS FROM LORRAINE

I really can't get over having Sweet Potatoes AND Potatoes in the box at the same time, and this years potatoes have just been amazing. I probably say that every week, but I LOVE potatoes. Nigel's favorite thing was when the very first new potatoes came out, gently washing them, steaming, and eating them straight out of the pot with butter! I will forever remember the two of us hanging out over the stove doing that, and you will probably have to read this again, as I am sure I will write it again next year. :)

## Roasted Pepper Soup

Recipe from SmittenKitchen, shared on the Eatweller's Slack by CSA Member Erin, who made it with the Lunchbox Peppers and highly recommends it! You could use a little Serrano instead of the Red Pepper Flakes. Adapted from the NYT 9/21/05

2 Tb Olive Oil  
3 1/4 cup sliced Onions  
3 large cloves Garlic, crushed  
1/4 cup dry White Wine  
12 large Red Bell Peppers, cut into 1" pieces  
2 cups Chicken or Vegetable Stock or Broth  
2 TB chopped fresh Thyme  
1/4 to 1/2 tsp Hot Red Pepper Flakes  
Salt and White or Black Pepper  
Creme Fraiche for garnish  
Thyme Sprigs for garnish

Put oil in large pot. Add onion when oil is hot. Cook onions until they begin to soften and take on color. Add garlic and cook another minute. Add wine and cook down quickly and on high heat, until only one tablespoon is left. Add peppers, stock, thyme and red pepper flakes. Season to taste with salt and pepper. Cover and simmer until peppers are tender, about 30 minutes. In food processor or with an immersion blender, puree mixture in until smooth (if a food processor, in batches). Adjust seasonings to taste. Soup can be served warm or chilled. Serve topped with a dab of creme fraiche and a tiny sprig of thyme. Do ahead: Cover and chill overnight or for as long as 2 days or freeze, whisk well before serving if thawed.

## Oven Roasted Stuffed Tomatoes

Recipe from the Quite Good Food webpage Lilly made this for dinner the other night. She added feta, which was delicious, and we all thought some toasted walnuts would also make a great addition.

4 large, ripe Tomatoes  
1 cup cooked Quinoa  
2 tsp Olive Oil  
8 pitted Black Olives, finely chopped  
1/4 cup fresh Basil, chopped - Lilly added more  
Salt to season  
Pepper to season

Preheat oven to 375 F. Cut the tops off the tomatoes and set aside. Use a small knife and spoon to carefully scoop out the seeds of the tomatoes. Put the cooked quinoa, olive oil, olive, basil and garlic in a mixing bowl and mix well to evenly distribute everything. Season with salt and pepper to taste, remembering that the olives are salty so you won't need much salt. Spoon the filling into the tomatoes, pressing it down with the back of a spoon as you go so that the tomatoes are quite firmly packed. Put the stuffed tomatoes, and tomato tops in a roasting dish and cook for 15 to 20 minutes, or until fragrant, soft and a little caramelized around the edges. The tomatoes will collapse if overcooked, so don't overdo it.

## All-The-Tomatoes & Pasta Salad

As fall is inching closer, I have been celebrating each and every tomato-inspired meal knowing this summer tomato indulgence will soon be over and give way to more warming fall foods. Bay Area cookbook author, Heidi Swanson visits us at the farmer's market and shared a beautiful late-summer salad on her Instagram a few weeks ago that has had my mouth watering ever since.

Recipe from Martha Stewart Living December/January 1994, Adapted from Heidi Swanson of 101cookbooks

1 bunch kale, loosely chopped  
8 oz. dried whole-grain short pasta  
1 tsp whole caraway seeds  
3 garlic cloves  
1/4 tsp sea salt (fine grain if available)  
2 tbsp harissa paste  
1/3 cup lemon juice  
1/3 cup water or almond milk  
3 tbsp nutritional yeast  
1 tbsp tahini (optional)  
1 basket cherry tomatoes, cut in half  
Lots of fresh basil, torn or sliced thinly  
Optional: can be served along with herb flowers, thinly sliced lime leaves, torn olives, chopped toasted almonds, cooked black or French lentils

Arrange chopped kale in large serving bowl. Cook pasta in salted water per package instructions, drain, and shake off additional water.

Make dressing by toasting caraway seeds in a dry skillet until fragrant, just a minute or two, tossing regularly. Transfer to mortar and pestle and crush seeds. Add garlic and salt and crush into paste. Work in the Harissa, followed by lemon juice, then water, then adding nutritional yeast and tahini (if using). Taste and add salt as needed.

Just before serving our 1/3 of dressing over the kale and toss well. Add the pasta, another 1/3 of dressing, and toss again. Arrange tomatoes and basil on top of the kale-pasta, and give a gentle toss. Drizzle with remaining dressing and top with suggested extras if using. Enjoy!

### This Week's Box List

*\*Items in Box for 2*  
Potatoes  
\*Sweet Potatoes  
Red Tomatoes  
Cherry Tomatoes  
\*Heirloom Tomatoes  
Lunchbox Peppers  
Serrano Peppers  
\*Radish  
\*Red Kale or Arugula  
\*Plums  
\*Basil

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

### 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.

Tickets must be purchased in advance.

Go to [eatwellluncheon17.bpt.me](http://eatwellluncheon17.bpt.me) and use discount code "CS@Member" for 50% off your ticket.

