



WEEK OF JANUARY 8TH, 2018 #2/52



## Laying A Green Carpet, Article from December 1998 by Frances

*Going through the file box of old newsletters, I found this little gem Frances wrote, I think in 1998. It is hard to imagine our farm without our beautiful orchard, but in this article Frances is telling us about the first steps taken creating it!*

“During October and early November Nigel and Martin worked on our new 10 acre orchard at the Sievers ranch. They loosened the soil to 24” depth where the tree rows will be then made berms for the trees. Planting trees on high berms, 2’6” keeps the tree roots out of wet soil and away from root rotting disease. It also helps the soil around the roots warm up faster in the spring.

Next, in the spaces between the berms they hired a seeding machine called a Billion Seeder. This works well for small seeds such as clovers and alfalfa. The mix they used was New Zealand White Clover, Trefoil, perennial Rye grass, Fescue, Alfalfa, Assylum and Triticale. The seeder is 14’ wide, one pass between berms was enough. Now we have had some rains our ‘Green Carpet’ is emerging and looking very good.” — Frances

## We’re Home Again

The trip I began planning nearly 6 months ago, is now behind us. Poor Andrew got caught up in the storm mess when his flight to JFK was diverted to DC. After enduring a 3 hour “sit-in” on the tarmac, followed by a cold night in the airport lounge, waiting for answers, I would say he is now a seasoned traveler! I came home with a terrible head/chest cold and have basically spent the last 3 days in bed. I am grateful it isn’t the flu, but man it takes the thrill out of coming home and starting a new year fresh and filled with enthusiasm!

Perhaps this is a message that maybe I need to slow down a bit? After the last year of frantic living, trying to squeeze in bits of work when I was home and had a moment of time, I find myself needing to learn how to reorganize, plan a full week, and settle my mind down to work on projects with no interruption. I seem to have lost those basic skills.

As I came home sick, I have not had a chance to walk the farm, so I have no updates or new pictures. That always makes writing the newsletter much more challenging. And that got me thinking, would any of you like to send us a short (couple of paragraphs) stories we could use in the newsletter? Anything farm related, experiences with your weekly CSA share, encounters with Nigel, or even just your feelings about being a CSA member and why you choose to make this commitment. You can send them to the farm’s email [organic@eatwell.com](mailto:organic@eatwell.com).

## Farm Vocabulary Lesson #1

Working on our seed order, Cameron and I came across the words **determinate** and **indeterminate**. The basic definitions are - **indeterminate** seeds continue to produce fruit throughout the season, whereas **determinate** seeds grow to a certain size and produce all of their fruit in one go.

We grow indeterminate type tomatoes, needing to produce fruit throughout our very long tomato season. The description of the physical attributes of these plants is long and gangly, needing to be staked. Several years ago, Nigel made the decision to no longer stake our tomatoes because it requires so much labor during a time when labor is in high demand, lavender harvest, potato harvest, etc. I believe he compensated for loss by over-planting, to ensure we have plenty of fruit to choose from.



Determinate tomatoes are what they grow at the farm next door, for Campbell’s tomato soup. These plants are described as short and bushy. Now that I have learned this aspect of tomatoes, I can clearly see the difference. And yes, the fruit comes in all at one time. When the soup tomatoes fields are ready, their harvesters come in and the clear out the field in about 24 hours. It is pretty incredible.

## 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. You can also email [organic@eatwell.com](mailto:organic@eatwell.com) for the ticket link.



# RECIPES AND IDEAS FROM LORRAINE

## Speedy Spinach Curry

Recipe from Jamie Oliver's 5 Ingredients, Quick and Easy Food

I picked up this book in England. It caught my eye because I know making fast, simple dishes sometimes is a lifesaver.

1 oz Cashews  
1 Onion  
2 tsp Rogan Josh Curry paste  
1/4 lb Paneer Cheese  
1/2 lb Spinach  
1 TB Red Wine Vinegar

Toast cashews in a frying pan over medium-high heat, shaking occasionally, until the nuts are golden. Tip the cashews into a mortar and pestle, returning the pan to the heat. Peel and finely slice the onion and place in the hot pan with 1 TB of olive oil and the curry paste. Cook and stir for 8 minutes, then add the red wine vinegar. Let the vinegar cook away for 30 seconds, dice and add the paneer, then the spinach. Stir until the spinach wilts and all the liquid evaporates, then taste and season to perfection with sea salt and black pepper. Crush the cashew nuts and sprinkle over the top before serving.

## Leeks with Greens

Recipe from River Cottage Every Day by Hugh Fearnley-Whittingstall

About 1 lb Leeks, white part only  
1 TB Unsalted Butter  
1 head Green Cabbage  
1 bunch lettuce  
Sea Salt and freshly ground Black Pepper

Slice the leeks finely and give them a good rinse to get rid of any grit. Heat the butter in a large frying pan or wide saucepan and add the leeks with a pinch of salt. Let them cook gently for 5 to 6 minutes, stirring or shaking the pan occasionally, until wilted and tender. Meanwhile, trim and coarsely shred the cabbage and chard. Cook lightly - in either a steamer or large saucepan of salted water- 3 to 4 minutes, until wilted and tender but not too soft. Remove from the heat immediately, drain well and let the excess moisture steam off for a minute or so. Then add to the pan of buttery leeks, along with some more seasoning, and stir over a low heat for about a minute until thoroughly combined. Serve right away.

## Poulet a la Normande

Recipe by Francis Lam from NYT

As we were just in neighboring Brittany, where Cider rules, I thought this was a perfect recipe for this week.

1 3 to 4 lb Chicken, cut into 8 bone-in pieces  
Salt and Black Pepper  
3 TB Olive Oil, duck fat or chicken fat  
1/2 cup Calvado or Cognac  
1 1/4 cups hard Cider, preferably a yeasty French one  
15 Pearl Onions, peeled (frozen is fine)  
1 1/2 lb Apples  
2 TB Cornstarch  
5 TB Creme Fraiche

Pat the chicken very dry with paper towels, and season well with salt and pepper. Heat the fat in a large Dutch oven or deep skillet over medium-high until shimmering. Brown the chicken, in

batches if necessary, skin side down until deep golden, 6 to 8 minutes, then flip, and sear the other side until golden, another 3 minutes.

**If flambeing:** Make sure there is nothing flammable near or above your stove. Gently warm the Calvado in a saucepan over medium heat. When the chicken is well browned, protect your hand, and use a long kitchen match to light the liquor on fire, then carefully pour it into the chicken pan. The flame can shoot over 2 feet high, so be careful. Cook until the flame subsides.

**If not flambeing:** Once the chicken is browned, turn off the heat, and add the Calvado. When the sizzling subsides, turn the heat

on to medium low, bring the liquid to a simmer and cook for 4 minutes to evaporate the alcohol. Add the cider and onions, and bring to a boil over medium heat. Turn the heat down to a very gentle simmer.

Quickly peel and core the apples, and cut them into 1 1/2" chunks, and place them on top of the chicken. Cover the pan, and cook, checking occasionally to ensure the liquid is maintaining a gentle simmer, not boiling, until the chicken is just cooked through, 35 to 40 minutes. Remove the chicken, onions and apples to a platter, and cover. Make a slurry with the cornstarch and 3 TB of cold water. Stir this into the braising liquid, and bring to a simmer for 1 minute, until thickened. Stir in the creme fraiche, and season the sauce with salt to taste, replace the chicken, onions and apples in the sauce and serve with crusty bread and a salad of arugula, with shaved radishes and fennel.

### This Week's Box List

*\*Items in Box for 2*

\*Leeks  
\*Fennel  
Cabbage  
Spinach  
\*Arugula  
Bok Choy  
\*Lettuce  
\*Radish

Cauliflower or Broccoli

\*Butternut Squash

\*Pomelos

Apples (*From Hidden Star Orchard*)

