



THURSDAY MAY 22ND 2014 #20/14



The soil under the safflower crop is already cracking. This is very good news as this crop has been planted to dig down and break up any hard soil areas ready for tree planting next fall and winter. The safflower has a silica tip on the end of its root and it aggressively burrows down in search of more water. We do



Drip Irrigation

We use as little water as possible on the farm. One of the ways we do this is with our summer squash and melon crop is with drip irrigation. The black tube runs along the line of where the crop is planted. It has pathways built into the tube which regulates how much water drips out every foot, along it's 600' length. We use 7/8th inch diameter tape as we run such long lengths and we want the water to be uniform along its whole path.

We sow the seed and then lay this drip tubing directly over them. This tube was used last year and wound onto a special reel to save it. We get about two years use out of it. There is a company now that will recycle it so we are hoping not to have to send the used tape to the dump this year.

Jose turns on the water and after a week the crop germinates. He gives it another dose of water and then Ramon comes along with the tractor and a couple of guys to cultivate between the rows and eliminate weeds. We then hoe between the plants, removing unwanted crops plants and weeds.

This is where the crop is now, the drip line will stay until the it is finished and we wind it back down the row onto the reel.

Drip irrigation does not work for every crop, especially ones we want to explore the whole profile of the soil. We



Introducing Josesito

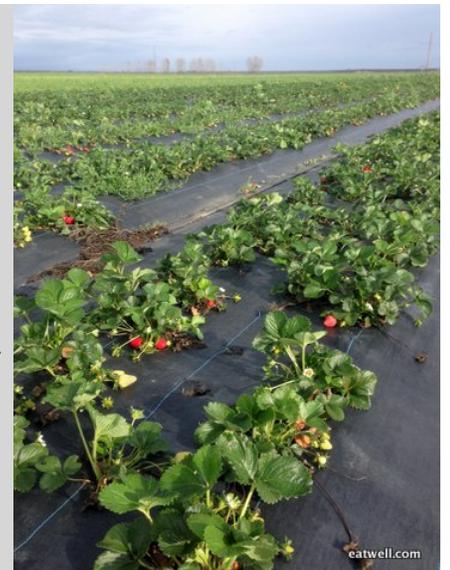
Jose is our foreman and then there is young Jose who is in charge of irrigation. Last Saturday he was working with me to install the sprinkler lines on our walnut trees. The sprinklers are held at bout shoulder height and the water sprays in large droplets in a 10' circle. This means that the roots of the tree have lots of moist soil to explore. Another benefit is that the irrigation line is up and way of tractors or weed whackers. Roberto likes to keep going on his tractor so we like to



Strawberry Days

The highlight of the year for many members is to come to the farm in May and eat your self silly on fresh, ripe and warm berries.

There is one more regular strawberry day on June 1st and you can still sign up for that one. Please bring your friends and show them where your food comes from. There is



Affordable housing for the farm crew is a big issue and I will explain more about the challenges we face

WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM

If you refer friends to our CSA program, please ask them to include your name in the, "How did you hear about us?" field when they sign up. You'll receive a jar of my home made tomato sauce as a thank you!

RECIPES AND IDEAS FROM LORRAINE'S FARMHOUSE KITCHEN

Recipes and Menus

Suggestions:

Grilled Steak and Fava Bean Salad with Simple Boiled Potatoes Uses: Fava Beans, Basil, Potatoes
Crepes filled with Sautéed Greens and Chicken with Tarragon Cream Sauce, Serve with Green Salad
Uses: Spinach and or Chard or Mustard, Tarragon, Chives, Mixed Lettuces and Radishes
Strawberry or other Summer Fruit Filled Crepes

Best Laid Plans...

Sometimes inspire fantastic recipes. When most of my Mother's Day dinner plans fell apart, including the salad, I had to scramble to get a meal together. It was also a Strawberry Day so I didn't have time to shop or go back out to the field to pick more lettuce. We pulled out the crate full of fava beans leftover from Saturday's market and I put everyone to work. It was great to see them, including my 90 year old Mother, chatting away and shucking favas. Before anyone realized we had two large bowls filled and I was on my way to creating a simple salad to replace the green salad I had originally

Fava Salad

Eatwell Farmhouse Kitchen
Shucked Favas Your favorite Salad Dressing

Avocado Lemon Zest
Salt and freshly ground Pepper
Big pot of well Salted Water, boiling
Finely chopped Basil

You might consider adding any of the following: Marinated Artichokes, Roasted Red Peppers, Feta Cheese

Boil the fava beans until tender. I do not remove the outer skin like most people do, I find that our favas have been quite tender and don't need to add this extra step. Drain then put the favas into a bowl and immediately pour on the salad dressing. Start out with a 1/4 cup, mix well, add another 1/4 cup if you think you need it. Cover so the flavors from the dressing steam right into the beans, letting it rest about

Béchamel

Julia Child – The Art of French Cooking

2 TB butter 3 TB Flour

2 cups of Milk + 1/4 tsp Salt – heated

In a heavy bottomed sauce pan, melt butter to foamy. Add the flour and whisk until the flour/butter mix is frothy, about 2 minutes. This is the "roux". Remove from heat and as soon as it stops bubbling add all of the liquid at once. Immediately beat vigorously with a wire whip to blend liquid and roux, gathering in all bits of roux from the inside edges of the pan. Set saucepan immediately over high heat and stir with the wire whip until the sauce comes to the boil. Boil for 1 minute, stirring.

Arugula Barley Salad

Created by member Marnie Riddle April 2007

1 bunch fresh Arugula, washed and thick stems removed
1 cup Pearl Barley

2 cups Water or Eatwell Chicken Stock or Vegetable Stock

2 Stalks Spring Garlic, minced 1 TB Balsamic Vinegar
2 TB Olive Oil 1 tsp prepared Mustard
1/2 tsp dried Thyme 1/2 tsp Salt

Cook the barley in the water or stock. In a bowl, mix together one stalk minced garlic with the next five ingredients. Toss the cooked barley into this mixture until coated. Briefly sauté the other stalk garlic. Add the arugula and sauté until the greens have just barely

Crepes

I have always loved crepes. My Mom used to take me to a crepe restaurant right in the heart of downtown just off Union Square. This was way back in the 70's, ages before the explosion of crepe places the City has now. I loved the idea of these great little rolled up meals, filled with whatever your heart desired and then you could have one for dessert as well! I make them often, sometimes for breakfast, sometimes for dinner, sometimes just for dessert. We even served an entire course of crepes at our wedding – Thank you EJ for expertly making 400 crepes! I have always basically followed Julia Child's basic recipe. You can make crepes ahead of time and wrap well to refrigerate or even freeze for later use.

Basic Crepe

Julia Child – Mastering the Art of French Cooking

1 cup cold Water

1 cup cold Milk

4 Eatwell Farm Eggs

1/2 tsp Salt

2 cups sifted all-purpose Flour

4 TB melted Butter

Vegetable Oil for the pan

6 1/2" to 7" Skillet

Put the liquids, eggs, and salt into the blender jar. Add the flour, then the butter. Cover and blend at top speed for 1 minute. If bits of flours adhere to sides of jar, dislodge with a rubber scraper and blend for 2 to 3 seconds more. Cover and refrigerate for at least 2 hours. The batter should be a very light cream, just thick enough to coat a wooden spoon. If, after making your first crepe, it seems too heavy, beat in a bit of water, a spoonful at a time. Your cooked crepe should be about 1/16" thick. The first crepe is the trial one to test out the consistency of your batter, the exact amount you need for the pan, and the heat. Brush the skillet lightly with oil. Set over moderately high heat until the pan is just beginning to smoke. Immediately remove from heat. While holding the pan, pour in 1/4 cup of batter into the middle of the pan. Quickly tilt the pan in all

directions to run the batter all over the bottom of the pan in a thin film. Pour any extra that does not adhere to the pan back into the bowl. Adjust your portion size for the next crepes accordingly. This whole operation takes about 2–3 seconds. Return the pan to heat for 60 to 80 seconds. Then jerk and toss pan sharply back and forth and up and down to loosen the crepe. Lift its edges with a spatula and if the under side is a nice lightly brown, the crepe is ready for turning. Cook about 1/2 minute on the other side until lightly browned. Slide onto a plate and repeat the process.

Now, what to put in your crepes? The ideas are

Chicken and Greens filled Crepes topped with Tarragon Sauce

Julia Child – Mastering the Art of French Cooking

1 cup dry White Wine or 2/3 cup dry White Vermouth

4 TB minced fresh herbs or all Tarragon

2 TB minced Shallots or Green Onions

2 cups Béchamel * Recipe follows

Place all ingredients into a non-reactive saucepan and boil slowly for 10 minutes, allowing the wine to reduce to about 2 TB. This is now an herb essence. Add to the béchamel sauce pressing the juice out of the herbs. Simmer for 2 to 3 minutes.