



WEEK OF SEPTEMBER 9TH, 2019 #37/52

End Of The Season

This past weekend was the final Sauce Party for 2019. I say this every year, but reaching the end of the last Sauce Party always makes me sad. Over the past few weeks I said farewell until next year to many of you, knowing I won't see you until next year when the farm events start up again. I can't believe how many of you feel like relatives, the kind you only get to see once a year or once every couple of years. On Saturday I really enjoyed listening to CSA member Brian explain the "production plan" with his directions for proper canning.

A lot of sauce was made, and I think pantries have been filled for the coming months. Babies were held and played with. Kids had fun in the sprinklers and helped out with breakfast and pizzas. Lots of pizza was consumed. A few farm tours happened, and friends of members learned a little about how we grow our food and what Eatwell is all about. We were really lucky this year, no extreme heat, and we had San Marzanos for each and every weekend. Given the late rains this year, I would say that was pretty darned amazing.

The events are a lot of work, and emotionally draining. Every sauce party I look around the event center and I can see Nigel sitting on one of the tables, long legs swinging, hands moving, and that great smile of his, him chatting away with all of you. It is a blessing to have you all in my life, and truly the greatest gift he left me. But do consider coming up sometime before next May, maybe for an Olive Harvest party in October?



Big Changes Around Here

We have, unfortunately, lost both of our ladies out in the pack house. This, you can imagine, is a pretty tough situation for us at the moment. It is a key position to getting produce into the boxes. There is a lot of prep work that happens after the veggies have been harvested and brought in from the field. In the winter many items have to get washed, but right now there is a lot of weighing and bagging. I spent three days working out there last week, and will do that again this week. The one positive is that it has shown me areas that need improvement and systems I want to change. We talk a lot about the hard work the crew puts in working out in the field, but the pack house job isn't easy either. It is hot in the summer and cold in the winter. Plus there are many details and different things that need to happen to get everything on the road to you. Each week egg coolers need to be prepped, eggs cartons need to be stamped and labeled. The extras have to get bagged and labeled and put in their appropriate spots. We also have wholesale orders that get thrown into the middle of all the chaos. Opening your CSA share it is hard to imagine how much work goes into the making of it. I know this rough time will pass soon, and I will learn a lot, and gain much needed confidence in running this farm, but until then, I won't be needing to worry about not getting enough exercise. So, please bear with us, I am hoping we won't make too many mistakes during my latest "learning curve".

Sweet Potatoes

Running around like crazy Friday afternoon, went flying past the pack house and was stopped in my tracks when I saw a crate of gorgeous sweet potatoes. Because we had no spring to speak of, and it feels



like summer hasn't been quite long enough yet, I was really caught off guard, but so excited to see one of my Fall faves. If you are new to our CSA, you are in for a treat. Our sweet potatoes are truly delicious. I never enjoyed them when I was younger, but I understand now it is because the sweet potatoes we bought in the store were always kind of chalky and not particularly tasty. One of my favorite things is Sweet Potato Pie and I can't wait to share my recipe with you.

RECIPES AND IDEAS FROM LORRAINE

Sunday night I made a Peach Clafoutis because we had some beaten egg leftover from Sunday's Sauce Party Breakfast. Clafoutis can be made with all sorts of fruit, and the batter is really simple. It is rather similar to a Dutch Baby. Here is a link to a basic Clafoutis recipe if you would like to try it with this week's fruit. FYI, you can also make a savory version. www.epicurious.com/recipes/food/views/basic-clafoutis-51208430

Herby Chicken Traybake

Recipe from Jamie Oliver's 5

Ingredients

1 lb Potatoes
1 lb Chicken Thighs or Legs
6 cloves Garlic
2 sprigs of fresh Rosemary
1 Lemon
Preheat oven to 350 F. Scrub the potatoes, slice to a 1/4" and place in a 9" x 13" roasting tray with the chicken, 1/2 a TB of Olive Oil and a pinch of sea salt and black pepper. Lightly squash and add the unpeeled garlic cloves, toss well, then arrange the spuds in a fairly even layer. Sit the chicken legs directly on the bars of the oven, skin side up, with the tray of potatoes directly underneath. Bake for 40 minutes. When the time is up, mix up the potatoes in the tasty tray juices, then sit the chicken on top. Strip the rosemary leaves off the sprigs, use a speed peeler to peel strips of lemon zest, then toss both in 1 tp of olive oil and sprinkle into the tray. Squeeze over hot the lemon juice, then return to the oven for a final 10 minutes, or until the chicken is tender and super-golden.

Zucchini With Fresh Tomatoes and Mozzarella

Recipe by Mark Bittman from the NYTimes

I realize this recipe grills the Zucchini, but I would roast it in the oven, won't have the depth of flavor, but overall I think if you don't have a grill this combination would still taste great.
1 1/2 pounds Zucchini
1 1/2 pounds Tomatoes
1 pound Mozzarella
Olive Oil
Balsamic vinegar
Salt and pepper
Basil, for garnish
Heat a charcoal or gas grill; the fire should be medium-low and the rack about 4 inches from the heat. Cut 1 1/2 pounds zucchini into 1/2-inch-thick slices. Rub zucchini with olive oil, salt and pepper; grill, turning once, until nicely browned and tender, 6 to 8 minutes. As zucchini cooks, slice 1 1/2 pounds tomatoes and 1 pound mozzarella into 1/4 inch rounds. Toss (or layer) with the zucchini, and drizzle with balsamic vinegar and olive oil; season with salt and pepper. Garnish with basil.

Bulgur With Tomato, Eggplant and Lemon Yogurt

Recipe from Ottolenghi Simple by Yotam Ottolenghi

Every time I grab one of his books I immediately find several recipes that make my mouth water. Yotam says you can make it without the eggplant and yogurt as just a side, but with it makes a nice vegetarian main. Enjoy!
6 cups of 1 1/4" cubes of Eggplant
7 TB plus 1 tp Olive Oil

Salt and Black Pepper
2 Onions, thinly sliced
3 Garlic cloves, crushed
1 tsp ground d Allspice
14 oz Cherry Tomatoes
1 TB Tomato Paste
1 2/3 cups Water
1 1/2 cups Bulgur
2/3 cup Greek Yogurt
1 small Preserved Lemon, seeds discarded, skin and flesh finely chopped (2 TB)
1/2 cup Mint Leaves, finely shredded
Preheat oven to 425 F. Place the eggplant in a large bowl with 4 TB of the oil, 1/2 tsp salt and a good grind of pepper. Mix well and then spread out on a large parchment-lined baking sheet. Roast for 35-40 minutes, stirring halfway through, until the eggplant is caramelized and soft. Remove from the oven and set aside. Add the remaining 3 TB plus 1 tsp of oil to a large sauce pan with a lid and place over medium-high heat. Once hot, add the onions and fry for 8 minutes, stirring a few times, until caramelized and soft. Add the garlic and allspice and fry for 1 minute, stirring continuously, until the garlic is aromatic and starting to brown. Add the cherry tomatoes, mashing them with a potato masher to break them up. Stir in the tomato paste, water and 1 tsp salt. Bring to a boil, decrease the heat to medium-low, cover, and cook for 12 minutes. Add the bulgur, stir so that it is completely coated and then remove from the heat. Set aside for 20 minutes, for the bulgur to absorb all the liquid. In a medium bowl, mix together the yogurt with the preserved lemon, half the mint and 1/8 tsp salt. Serve with yogurt and eggplant on top and a sprinkle of the remaining mint.

Oven Dried Hot Peppers- Flakes or Powder

Recipe from food.com by Rita1652

Cut them in half or even quarters so the flesh is open and dries out faster and more even.
Place them on a cookie sheet that has parchment paper on it in only one layer.
Dry peppers at 200F degrees.
Keep an eye on them and remove those that are dry as need be so they don't burn.
It can take 1-3 hours.
You can crush them to make flakes or grind them to make a chili powder.
Use a coffee grinder or food processor once they are cooled and grind to flakes or powder.
Store in a glass jar out of sunlight.

This Week's Box List

*Basil
Eggplant
*Onions
*Potatoes
*Summer Squash
Shallots
*Cherry Tomatoes
*Heirloom Tomatoes
Cayenne Peppers *HOT*
Lunchbox Peppers
Rosemary
*Plums/Nectarine

* = Items in Box for 2