



WEEK OF OCTOBER 7TH, 2019 #41/52

### A Few Changes and Some Clarifications

Over the past few weeks Andrew has been working on getting all of our available fruits and vegetables listed on the CSA webstore. Forever you could order an extra fruit or veg, and either send us a message letting us know what you would prefer OR just get a farm choice. Now you can go to the webstore and choose from a long list and purchase exactly what you want. Growing for a CSA is complicated, and often we will have items ready to sell, which we take to the market or sell a little to restaurants, but we don't necessarily have enough for a week's worth of CSA boxes. A great example at the moment we have Napa Cabbage on the list, we have cabbages ready in the field to harvest but we don't have 500 of them at the correct size yet to put into boxes. It is a challenge guesstimating the week before how much of any item we might have ready for the boxes the following week. That is why we sometimes have a this or that item, or have to completely switch out an item. In any case, you now have the ability to build a pretty nice grocery list of vegetables, fruits and of course all of the other extras we offer, to make your CSA subscription much more convenient and hopefully a lot more beneficial.

I know that the free choice box model used by companies like Farm Fresh To You is really popular. I get it, people like choosing what they are getting in their box. I also know there is something really nice about having one less basic decision making task taken off a long list of tasks we all must perform each week. Having our standard boxes, based on what we know we have available in the field allows us to streamline our work. You must remember that Farm Fresh to You does not grow much of what goes into their boxes, they contract with many farmers, so they do not have the limitations we have. Because we pick, pack and deliver, we believe what we offer you is far fresher. I know, as I sit at my desk Monday morning, the guys are out in the field starting the harvesting process for this week's boxes. Now, after having worked out in the pack house quite a bit over the past several weeks, and seeing what is coming in, how we process everything, I know it could not be any fresher. Is it always perfect? No, it isn't. Could we do better? I am one of those people who believes we could always improve, but honestly, watching the guys unload stacks and stacks of crates filled with gorgeous produce, I also know we do a pretty good job. I wonder, how much would it matter to you to be able to choose what goes into your box each week? Would it make your experience with Eatwell much better? Or is having the box content set for you, but now having the ability to pick and choose lots of add-ons enough, and will that make your experience much better? I would truly love your feedback, because this is a frequently discussed topic around here. So if you have an opinion about any of this would you mind sharing it with me via text 530-554-3971 or email [lorraine.ottens@gmail.com](mailto:lorraine.ottens@gmail.com).

Since we are now offering a lot more in the way of extras I think people are sometimes getting a little confused about which box to grab. If you are person who has grabbed the wrong box, PLEASE DO NOT feel like I am singling you out. There has been a good amount of confusion, so I am hoping to explain it a little better. To improve our delivery accuracy, some months ago we decided to make boxes for each site to put all of the extras into. We typically use the same size box we use for the Box for 2. We put a label on it with the drop-site name and the current delivery date. This has saved a lot of time for our drivers, as we used to just put

all the extras into crates and put them in the back of the truck. Then when the drivers got to a site, they would have to rifle through the crates looking for that site's extras. It was time consuming and prone to mistakes. The boxes have made an enormous difference, but on occasion a member will accidentally grab that box instead of their CSA box. Another mix up we have had this summer is the confusion with the Pesto Box. This is also in the Box for 2 box, but it is labeled "Pesto Box". I know that most often y'all are on your way home, at the end of a long day, everyone is tired and hungry and I can see how easy it would be to make these mistakes. Or perhaps you are new to the CSA and it just isn't that clear, so I am hoping this, rather long winded, explanation will help. Another thing that has always happened is people forget to grab their extras. The best way to avoid that from happening is to check the sign-in sheet next to your name there will always be a list of what you are supposed to be receiving. I forget things ALL the time, so this is a way to catch yourself. Perhaps you are sending someone to pick up your box, it would be helpful for them to know to read what is listed there. I suspect as more of you order more extras we will be switching the extras box to something different, because we will need a bigger box, but for now, I hope this helps clear this up a bit.

Two more CSA box related topics I wanted to quickly mention. First of all, we do re-use the CSA boxes as long as we can. So please remember to bring them back to your drop-site so we can take them back. If you are a home delivery person and have a stack of them piling up at your house, please get in touch with Andrew at [organic@eatwell.com](mailto:organic@eatwell.com) or 707-999-1150 and he will schedule a pick up. The final CSA item is a mention of the trade box. I hear from people all the time there is a particular item they don't like. If that happens to you, each site should have a trade box, put what you don't like in that box and hopefully there is an item in there that you prefer. This is meant to be a trade, so kindly do not take an item without leaving an item. We do try to remember to stock the boxes with a few things when we make the delivery to get you started.

Ok, I think I have taken care of all the business. Did want to remind everyone, we have one last event, Olive Harvest and Pizza Lunch. I will have pizza dough, cheese and tomatoes. If there is a topping you want on pizza bring that with, plus something to share!



# RECIPES AND IDEAS FROM LORRAINE

## Tomato, Chard, And Spinach with Toasted Almonds

Recipe from *Ottolenghi Simple* by Yotam Ottolenghi  
Serves 6 as a side

This recipe calls for spinach, but I am suggesting you switch that out for the stir-fry mix.

1/4 cup Olive Oil  
1/2 cup sliced Almonds  
1/2 tsp Paprika  
1 1/2 tsp Caraway Seeds  
2 cloves Garlic, thinly sliced  
2 14.5 oz cans of Plum Tomatoes  
1 lb Chard, stalks thinly sliced and leaves roughly chopped  
Salt  
4 1/2 oz Spinach OR Stir-Fry Mix, roughly shredded  
2 Limes: finely zest to get 1 tsp and juice for 2 TB  
1 3/4 cup Mint, roughly chopped  
1 3/4 cups Dill, roughly chopped  
8 Green Onions, chopped into 1/2" pieces (about 1 cup)

Place a large saute pan with a lid, over medium heat with 2 TB of the oil, the almonds, and paprika. Fry for 2-3 minutes, until the almonds are golden brown, then transfer to a bowl, discarding the oil once cooled. Return the pan to medium-high heat with the remaining 2 TB of oil. Once hot, add the caraway and garlic and fry for 1 minute, until they start to sizzle and brown. Add the tomatoes with their juice, chard, and 3/4 tsp of salt and stir through, crushing the tomatoes as you go. Cover the pan and continue to cook for 20 minutes, stirring every once in a while until the chard wilts and the tomatoes break down. Remove from the heat, stir in the spinach, lime zest, lime juice, the mint, dill, and green onions. Serve with the almonds sprinkled on top.

## Puy Lentil and Eggplant Stew

Recipe from *Ottolenghi Simple* by Yotam Ottolenghi

I do this all the time, I have his book out in front of me and just find so many perfect recipes that I almost always end up including at least two Ottolenghi recipes in one week. So here you go, recipe #2 from the same book. I am cooking for a dinner party one of our CSA members is hosting here in the farmhouse this week, and I think this one will fit the bill perfectly, gluten free and vegetarian. I can use the Rancho Gordo Lentils and will serve this with Chico Rice.

3 TB Olive Oil, plus extra  
3 cloves Garlic, thinly sliced  
1 large Red Onion, finely chopped (1 cup)  
1 1/2 tsp Thyme leaves  
Salt  
6 cups Eggplant, cut into 2 x 3/4" chunks  
7 oz cherry Tomatoes  
Black Pepper  
3/4 cup plus 2 TB Puy Lentils (French Lentil)  
2 cup Vegetable Stock  
1/3 cup dry White Wine  
1 3/4 cup Water  
6 TB Creme Fraiche  
1 tsp Urfa Chile Flakes or 1/2 tsp other crushed Red Pepper flakes

2 tsp Oregano leaves

Put 2 TB of oil into a large high-sided sauce pan anyplace over medium-high heat. Add the garlic, onion, thyme, and 1/4 tsp salt and fry for 8 minutes, stirring often, until soft and golden. Tip into a bowl, leaving the oil behind. Set aside. Place the eggplant and tomatoes in a bowl and season with 1/4 tsp of salt and plenty of pepper. Add the remaining 1 TB of oil to the same pan, no need to wipe clean, and once very hot,

add the eggplant and tomatoes. Fry for 10 minutes, over medium-high, turning them often until the eggplant is soft and golden brown and the tomatoes are beginning to blacken/. Return the garlic and onion to the pan, then add the lentils, stock, wine, water, and 3/4 tsp salt. Bring to a boil. Decrease the heat to medium and simmer gently for about 40 minutes, until the lentils are soft but still certain a bite. Serve warm or at room temperature, with dollops of creme fraiche, a drizzle of oil, and Chile flakes and oregano on top.

## Langos

Recipe from *zserbo.com*

Langos, pronounce langosh, is a very popular Hungarian street food.

When I was in high school in SF we often went to the Hungarian

restaurant Paprikas Fono, at Ghirardelli

Square, and ate loads and loads of Langos, so delicious. We usually dunked it into a bowl of Gulyash, but I think it might make a nice accompaniment to either of the other recipes I have included this week.

7 oz Potato, peeled and chopped

1/2 cup lukewarm Milk

2 1/2 tsp dry Yeast

1/4 tsp Sugar

4 cups Flour

7 oz Sour Cream

1 Egg

1 1/2 tsp Salt

4 cups Oil, Lard or Goose Fat for frying

Place the potatoes in a small pot, cover with water and cook until tender. Drain and mash the potatoes. Set aside and let it completely cool. Dissolve yeast and sugar in lukewarm milk. Place the flour in a bowl. Add crushed potatoes, activated yeast, egg, sour cream and salt. Knead until the dough is smooth and no longer sticks to the bowl. Cover and in a lukewarm place let the dough rise until it doubles in size. Turn out the dough onto a floured surface, and roll it out 1/2 inch thick. With a big water glass cut out circles, and let them rest for 10-15 minutes. Meanwhile heat the oil in a deep skillet. Drop in a small piece of dough to check its temperature.

Stretch out a piece with your fingers into a round lángos shape with the centre being thinner than the edges. Place the lángos into the hot oil, fry it on one side until golden brown, then turn it over and fry until both sides are nice golden. As soon as a lángos is placed in the hot oil, quickly flatten out the next piece of dough. Remove lángos from the oil and place on paper towels. Serve lángos fresh and warm, single or spread with chopped garlic and/or sour cream and grated cheese.

## This Week's Box List

\*Chard  
Cayenne Peppers  
\*Eggplant  
\*Fennel  
\*Onion  
\*Plums  
\*Potatoes  
Sweet Potatoes  
Shallots  
Stir Fry Mix  
Radish or Turnips  
\*Cherry Tomatoes

\* = Items in Box for 2