



WEEK OF OCTOBER 14TH, 2019 #42/52

### An Abundant Harvest Season

Some farms wind down in the winter but for us all seasons are harvest seasons, as we are all living in this fertile region here in Northern California, that has a pretty amazing climate. We are able to grow lots of produce year round. Compared to spring, we currently have too many items to choose from, summer items are still hanging in there, and now the fall and winter crops are starting to come in. I had to laugh at the pictures from the market this past Saturday, melons next to leeks and Napa cabbage. Lunchbox peppers and tomatoes mixed in with greens, what a glorious time of year!



### Eatwell In The News

This past Sunday, the SF Chronicle featured Eatwell Farm in the food section. The article was written by Alix Wall, a long time member. Alix and I met at events on the farm, but solidified our connection when she humbly, yet very directly asked me if she could write Nigel's obituary. It was, as she explained to me, something that would seem like an odd request and not anything in my consciousness at that time. Of course, she was right. It was the last event we had before Nigel's passing, he was literally in the bedroom under hospice care. When I think back on that morning in our home, Alix, her husband Paul and I standing at my kitchen counter, I honestly can't imagine that that was my reality. It seems so strange to me now to think that while Nigel was living his last few weeks we had a Strawberry Day, our Lavender Harvest and a Solstice Party, but on the other hand, knowing Nigel as I do, he would have been so deeply disappointed in me if I hadn't. So the question is, how do any of us get through such hard and such odd times in our lives? For me it was with the help of my family and our community. Alix is a public example of how many of our members have supported me, my family and this farm over the years. It was that love of Eatwell that got Alix to write this week's article. Several weeks back she came and spent a good amount of time with Andrew, Cameron and I. She came prepared with many great questions. One of the things that struck me after talking with her for a few hours, was just how

often I came back to two themes, first how you, our CSA members truly feel like my family, and second, just how important it is to me to share this way of eating. I hope that the people who don't know us will get that from this article. Yes, we have suffered great tragedy, but Nigel's spirit and vision live on through this farm and through this community. You can read the story here: <https://www.sfchronicle.com/food/article/After-personal-tragedy-the-family-at-the-heart-14515081.php>

### Our Friends From Onsen Come To Visit

Every once in a while a group from one of the restaurants we work with will come to the farm for a visit. You might think that people who spend all of their working lives preparing delicious food and serving their customers wouldn't be interested in spending their free time cooking. But the folks at Onsen came up, fully loaded with all kinds of goodies for pizza making. Joyce, who runs our farmers market stand, got up early in the morning to make all the dough. We had pizza with ham, roast beef, tuna, prawns, artichoke hearts and Cory brought quail eggs. It was a true pizza feast. If you aren't familiar with Onsen, it is an amazing Japanese inspired restaurant and bath house located in the Tenderloin. If you are looking for a truly wonderful evening out that is more than just dinner in a restaurant, then this is a perfect solution. The baths are delightful, plus there are therapists offering various types of massage and acupressure treatments. Chef George Meza focuses on cooking with local ingredients, and that freshness combined with his talent really shows in the food. George shops our farmers market stand every week, and has been one of our biggest supporters of Cory's quail meat and eggs. You can imagine how excited they were to actually see how Cory is raising the birds here at Eatwell. And a trip out to the strawberry field always makes everyone really happy!



# RECIPES AND IDEAS FROM LORRAINE

And just like that, we have a box with no summer veggies. I have to be honest, I am not quite ready for this yet, but so it goes. And my brain isn't geared into this line of recipe/menu thinking. Last week I cooked for a private party here in the farmhouse and made the Puy Lentil & Eggplant Stew that I included in the newsletter, and it was AMAZING! If you have any eggplant left and you need something to do with them, make it now. You will love it. As a side veg I sautéed the fennel, which I had thinly sliced, and once the fennel was starting to cook, I added chopped chard and a little bit of minced shallot. Salt and pepper, oil, and a splash of apple cider vinegar, oh yum!

Since we have sweet potatoes and potatoes in the box at the same time, might I suggest you try making mashed both potatoes? It is a delicious combination, and what a rare treat to have them at the same time. Peel and cube equal amounts of the two potatoes, put into a pot and cover with salted water. Bring to a boil, then turn the heat down to a low simmer and cook until tender. Drain, mash, add enough milk to get it to the consistency you like, plus butter and season with salt and pepper. Delicious!

## **Farro Broccoli Bowl With Lemony Tahini**

*Recipe by Melissa Clark from NYT Cooking Series 4*

Kosher salt  
1 ½ cups Farro, rinsed and drained  
4 large Eggs, scrubbed under hot running water  
1 large head Broccoli, cut into florets, tender stems sliced (about 1 ¼ pounds)  
2 TB Extra-Virgin Olive Oil  
1 tsp Soy Sauce, plus more for serving  
2 TB Toasted Sesame Oil  
1 TB Sesame Seeds  
Thinly sliced Turnips or Radishes, for serving (optional)  
1 Scallion, thinly sliced  
Hot sauce or thinly sliced green chiles, for serving (optional)  
**FOR THE DRESSING:**  
2 ½ TB fresh Lemon Juice, plus more for serving  
1 Garlic clove, finely grated or minced  
¼ tsp Kosher Salt, plus more as needed  
⅓ cup Extra-Virgin Olive Oil, plus more as needed  
3 TB Tahini  
Bring a medium pot of salted water to a boil. Add farro and eggs. Cook eggs for 6 minutes for very runny centers and 7 minutes for medium-runny. Use a slotted spoon to transfer eggs to a bowl of cold water. Let them sit for 2 minutes, then crack and carefully peel the eggs. Continue to let the farro cook until done according to package directions, usually a total of 20 to 40 minutes. Drain farro. As farro cooks, prepare the dressing: In a medium bowl, whisk together lemon juice, garlic and 1/4 teaspoon salt. Let sit for 1 minute, then whisk in oil, a few drops at a time, until

emulsified. Whisk in tahini and set aside. Broil the broccoli: Position the rack underneath your broiler so that it's at least 4 inches away from the heating element; heat the broiler. On a rimmed baking sheet, toss broccoli with olive oil and soy sauce, then spread the pieces out into an even layer. Broil until slightly charred in spots, 2 to 5 minutes, watching closely so that it doesn't burn all over (a few burned spots are O.K.). Let cool slightly, then toss with sesame oil and sesame seeds and cover to keep warm.

(You can also roast the broccoli at 450 degrees for 8 to 15 minutes instead of broiling.) Toss cooked farro with 5 to 6 tablespoons tahini dressing to taste, a large pinch of salt and a drizzle of olive oil. Taste, and add salt and olive oil if needed. To serve, divide farro across 4 serving bowls and drizzle with remaining dressing. Top with turnips, and sprinkle them lemon juice and salt. Add broccoli and egg to the bowl and garnish with sliced scallions and more sesame. Serve immediately, with soy sauce, hot sauce, and-or sliced chiles on the side if you like.

## **This Week's Box List**

\*Bok Choy  
\*Broccoli  
\*Chard  
\*Fennel  
\*Onion  
\*Plums  
Potatoes  
\*Sweet Potatoes  
Shallot  
Butternut Squash  
Stir Fry Mix  
Radish or Turnips

\* = Items in Box for 2

## **Coconut-Poached Fish With Bok Choy**

*Recipe by Colu Hiden found on NYT Cooking*

Serves 4

4 (6-ounce) cod fillets or other flaky white fish  
Kosher salt  
2 TB Vegetable oil  
1 large Shallot, thinly sliced  
2 Garlic cloves, thinly sliced  
1 (2") piece Ginger, peeled and cut into thin matchsticks  
1 fresh Thai or Serrano chile, thinly sliced  
2 (13 1/2-ounce) cans Coconut Milk  
1 ½ tsp Fish Sauce  
1 tsp Light Brown Sugar  
About 7 ounces Baby Bok Choy, ends trimmed and stalks separated  
¼ cup roughly chopped Cilantro, both leaves and tender stems  
2 TB thinly sliced Scallion Greens  
Lime wedges (from 1 lime), for serving  
Flaky salt (optional)  
Season fish well with salt. In a large sauté pan, heat oil over medium heat. Add shallot, garlic, ginger and chile, and cook, stirring often until they become translucent, about 2 minutes. Season with salt. Add coconut milk, fish sauce and brown sugar, and whisk together until combined and sugar dissolves. Bring mixture to a gentle simmer. Add cod fillets and turn the heat down to low. Cover and cook until cod is just cooked through and opaque, about 6 to 8 minutes. Carefully remove the fish and plate in bowls. Add bok choy to the coconut milk broth and turn heat to medium-low. Cook bok choy until leaves are wilted and stems are tender, about 1 to 2 minutes. Divide bok choy evenly alongside the fish and ladle the coconut milk broth over each portion. Top with cilantro, scallions and a good squeeze of lime, and serve with remaining wedges on the side. Garnish with flaky salt, if desired.