



WEEK OF OCTOBER 21ST, 2019 #43/52

What A Weekend

It was a full one for sure. We hosted close to 40 CSA members and their friends for a little olive picking this past Saturday. This is an event I have been trying to make happen for the past few years because the olives just go to waste. Apparently this was the year, and boy did everyone

pick! There are still quite a bit of fruit on the trees, but mostly small, so if anyone wants to come for olives you might want to wait a few weeks.

Kirsty, one of our Vacaville hosts shared this link to bringing instructions, should anyone be interested:



https://honest-food.net/how-to-cure-green-olives/?fbclid=IwAR1xmKiDkYJYvoLbMQ_1vzHRsLr-vMykMQrJWxpnmU65pNpB5HW_MPrA4c

On Sunday we hosted a group of Center for Urban Education about Sustainable Agriculture (CUESA) farmers market volunteers for a fun day on the farm. CUESAS runs the Ferry Building Farmers Market on Saturdays that we've been going to since it started in 1993. Andrew took them all on a tour to show off and explain how we do what we do. After their walk everyone came back up to the garden for lunch and day two of pizza oven fun.

This year I have learned a lot about using our pizza oven. Lesson #1, really important to get that fire going hours before you want to use the oven. Lesson #2, poplar wood burns pretty fast and you need to constantly add more log but it's from the farm so that's pretty great. Lesson #3 CSA members tend to be very hands on people, so give them a few instructions on how to make and bake pizzas, then step away and let them at it. This past Saturday Kirsty was manning the oven for quite some time. And just like Ted, who held the peel at one of the sauce parties, they both helped build the oven, so that makes it even more special. There is a lot of positive energy that gets created with communal cooking. People gathering around the table, rolling or stretching dough, then topping with your favorites, conversations, jokes. What better example of community supported agriculture than people around a community table.

Bananas in Dixon?

You might find that a little hard to believe, but yes we have bananas in Dixon, at least here at Eatwell we do. Granted there aren't many, but this past Friday Andrew went out and cut down the one hand we had growing. As a special treat for the members who came this Saturday to harvest olives, we whipped up some cream, made some chocolate sauce and make Eatwell Banana Splits. Definitely a treat, banana splits are my favorite ice cream treat. Actually, the Emperor Norton at Ghiradelli really is, because it is just vanilla ice cream, bananas, hot fudge, whipped cream and nuts, yum! Andrew is hoping to bring the remaining bananas to the market this coming Saturday to sell. One of Nigel's best traits was trying something new and kind of crazy, and the bananas in front of our house were one of his projects that brought him lots of joy and laughs.



RECIPES AND IDEAS FROM LORRAINE

Spiralizers

So I am curious, do many of you have a spiralizer? Now I am wondering if my new Cuisineart has an attachment for spiraling veg. Will have to check on that. In any case, for those of you who do, I found this recipe for Sweet Potato and Cabbage Pad Thai that sounds really delicious and works so well with our box this week. It does call for purple cabbage which I would switch out and use the green from this weeks share. Recipe found on <https://inspiralized.com/sweet-potato-and-cabbage-pad-thai/>

Cabbage with Sweet Potato in Coconut Milk

Recipe from My Colombian Recipes by Erica Dinho

3 tablespoons vegetable oil
1/4 tsp Red Pepper flakes
1 cup finely chopped Onion
4 Garlic cloves, crushed
1/2 TB ground Cumin
1 tsp Curry powder
1 cup Vegetable Broth
1 can Coconut Milk
1/2 cup Tomato Sauce
1 TB Tomato Paste
Salt and Pepper

2 Sweet Potatoes, peeled and diced
1 large White Potato, peeled and diced
1 small Cabbage, shredded
1 cup shredded Coconut
Juice of half a Lime
2 cups frozen Peas

In a large saute pan, heat the oil over medium heat. Add the pepper flakes, onions and cook, stirring occasionally, until beginning to soften, about 5 minutes. Add the garlic, ground cumin, curry powder and cook, stirring, about 1 minute. Add the vegetable broth, coconut milk, tomato sauce, tomato paste, salt and pepper. Bring to a boil and reduce the heat to medium-low. Add the potatoes, cabbage and shredded coconut. Cover and cook about 30 minutes. Add the lime juice and peas. Stir well and cook for 2 minute more. Serve warm on top of white rice.

Swiss Chard Tahini Dip

Recipe from Bon Appetit Sept 2018

Makes about 2 1/2 cups. This recipe was shared on our Slack group by CSA member Amanda who is actually not a big fan of chard. So she tried this out and says "it's absolutely wonderful!"

2 bunches Swiss Chard (about 1 1/2 lb.)
2/3 cup Extra-Virgin Olive Oil, divided, plus more
5 garlic cloves, finely chopped
1/2 cup Tahini
1/3 cup fresh Lemon juice
Kosher salt

Toasted flatbread and lemon wedges (for serving).
Remove ribs and stems from Swiss chard leaves and finely chop. Tear leaves into small pieces. Set both aside

separately. Heat 1/3 cup oil in a large pot over medium-low. Cook reserved ribs and stems, stirring often and adding a splash of water if they start to brown, until tender, 5-7 minutes. Add garlic; cook, stirring, until fragrant, about 1 minute. Add reserved chard leaves by the handful, letting them wilt before adding more; cook, tossing, until all the leaves are wilted and tender, 10-12 minutes total. Let cool. Squeeze excess liquid from mixture into a measuring glass. (You should have about 1/2 cup liquid.) Place Swiss chard

mixture and 1 Tbsp. cooking liquid in a food processor and add tahini, lemon juice, and 1/3 cup oil. Season with salt and process, adding more cooking liquid if needed, until dip is creamy and only speckles of chard remain. This could take up to 5 minutes. Season with more salt if needed. Transfer dip to a serving bowl and drizzle with more oil. Serve with flatbread and lemon wedges. Do Ahead: Dip can be made 3 days ahead. Cover and chill.

Broccoli Toasts With Melty Provolone

Recipe by Colu Henry from NYT

Cooking

Kosher salt

1 head of broccoli, about 1 pound, trimmed and cut into small florets

3 TB Extra-Virgin Olive Oil

4 Anchovy Fillets, roughly chopped (optional)

2 Garlic cloves, finely chopped

1/2 teaspoon Red-Pepper flakes

1/2 teaspoon Lemon zest

Black Pepper

6 (3/4-inch thick) slices of a 10-inch round

Peasant Loaf

3 oz grated Provolone, preferably extra-sharp

Bring a large pot of salted water to a boil and blanch the broccoli for 2 to 3 minutes. Drain broccoli and pat dry. Heat the olive oil in a 12-inch tall-sided skillet over medium heat. Add the anchovies, if using, the garlic and red-pepper flakes and cook until the anchovies have dissolved and the garlic is fragrant, 1 to 2 minutes. Add the broccoli and cook, stirring occasionally until the broccoli is cooked down and very tender, about 8 to 10 minutes. Add a tablespoon or two of water, if needed, to help it along. Stir in lemon zest. Taste and season with salt and pepper, if needed. While the broccoli cooks, heat the broiler. Lay the bread on a large sheet pan and toast until golden, about 1 to 3 minutes a side depending on your oven. (Check often to make sure they don't burn.) Remove from oven and divide the broccoli mixture between the toasts. Scatter each toast with the grated provolone, return to oven and broil until the cheese melts and turns golden in spots, 1 to 3 minutes more. (Again, check often to make sure they don't burn.) Remove from oven and serve.

This Week's Box List

*Bok Choy

*Broccoli

*Cabbage

*Chard

Lettuce

Mustard Greens

*Plums

Potatoes

*Sweet Potatoes

Shallot

Butternut Squash

*Radish or Turnips

* = Items in Box for 2