



WEEK OF NOVEMBER 4TH, 2019 #45/52

Wind And Dust

Last week was rough, the wind was really blowing here. In our “neighborhood” all the tomato and sunflowers fields have all been harvested. Those fields are now bare, so when the wind blows so does the soil. Additionally, it is walnut harvest season. There is a machine that drives through the orchard, grabs a tree and shakes furiously. It is hilarious to watch, it looks like something out of a cartoon, or you think your vision has gone blurry. Then another machine comes through to sweep them up. Here is a great [video](#) if you would like to see how it all happens. In this video they have short grass growing between the rows, which many of our local orchards do not have. You can’t imagine how much dust is kicked up during this process, it is pretty awful. Between walnuts and wind blowing across barren fields we have an incredible amount of dust here. The wind and the dust come through and hit our plants and do a small amount of damage, mostly to the tips of the greens. You may notice they look slightly rougher than normal. Nothing is wrong with the plant, it’s just a little wind damage. Part of supporting a CSA is understanding that our food is not picture perfect 100% of the time. When you buy produce in the store there has been a lot of sorting because we shop based on looks first. This is one of the reasons we have such a problem with food waste. Imagine how much food never gets picked? And then how much is discarded during the sorting process, and then again at the stores before they get on the shelves. I would suggest being a little more diligent with washing to get all the dust off, but



know that if your chard leaves have a little bit of damage on the tips, you are playing a very important role in reducing food waste by supporting this type of food system. So let’s hope the wind has died down for a while, and the walnut harvest will end soon, and the air will be clear.

Waltham Butternut Squash

Somehow I had it in my head that this is an heirloom variety, in fact it is not. According to the website cooksinfo.com “The Waltham Butternuts Squash was developed in the 1960s by the Massachusetts Agricultural Extension Service from a cross between New Hampshire Butternut and a wild squash from Africa. Introduced by Bob Young of Waltham, Massachusetts, in 1970.”

Personally, I love the Waltham, and apparently you do as well. Several years back we did a taste test up on the farm with CSA members, and it overwhelmingly won the taste test. I think it has a lovely rich, nutty flavor. One of the

reasons I really love this one is the seed pocket is small, so you get a lot of meat out of this squash. I have used it pureed in pies, and cubed then roasted and drizzled with olive oil and sprinkled with our Smoked Chili Salt. I love to do a combo roast vegetable with leeks and turnips and celeriac, the perfect wintery combo. Typically, this is the squash that is going into your CSA share. We have grown several varieties this year, so each week I hope to feature a different one.



Chicken Lights

And speaking of the light project, I want to thank those of you who have donated so far. Now that the wind has died down, Cory is hoping to get to work this week. This project is actually a little bit trickier than one would imagine. On our land, the rows run East/West, whereas on the 40 acres we lease, the rows run North/South. The houses will move up and down the field, going down one direction, and then back up the other, once the houses get to the end of the row. So how we mount the solar panels for most efficiency is something to be thought out and planned for. I think Cory has it all worked out, and I am very excited we are able to move forward. Looking forward to seeing if it makes a difference. [Donations](#) are greatly appreciated!

Thanksgiving

I want to remind everyone that we switch up our deliveries the week of Thanksgiving. Everyone who normally gets a box on Thursday will be switched to Tuesday. Please keep that in mind, and for those of you who get a box on Wednesday, there is no change. The feasting holiday will be here in a blink, so get ahead of the work. You can bake, puree and freeze pumpkin or squash for pie fillings. You can even pre-sauté onions and garlic and freeze that as well. Make sure you have plenty of chicken stock on hand to help out with gravy. Here is a link to a recipe for [Make Ahead Turkey Gravy](#) that uses turkey wings and chicken stock. According to the recipe it will keep for 3 months in the freezer. Why not make the day a little easier?

RECIPES AND IDEAS FROM LORRAINE

On my search for recipes (Cabbage/Fennel/Pomegranate recipe below) I found a great website - [The Gantzery](#). I was impressed and curious about who these folks are so I checked out their "About" page. I think you might find this site to be a good resource for delicious, healthy eating. And I love what they say about food: *This is a site for people who want inspiration to cook, and to improve their health through food. We think a lot about food, and we think you should, too.*

But, in all honesty, food and health is overwhelming. Most of us didn't grow up cooking, and our markets are filled with food designed for profit and convenience, not health and longevity. Food matters, though. Not just food, but how we make decisions around food, and how it permeates family, health, the environment, and our community. We aim to connect people with food. We publish seasonal recipes with tasty photos, often with tips on things like nutrition, mindfulness, meal planning, and cooking

Citrus-Glazed Pork Chops With Gingery Bok Choy

Recipe from NYT Cooking by Yewande Komolafe

1 - 2" piece fresh Ginger, peeled and grated
2 TB Rice Vinegar
Salt and Black Pepper
1 lb Bok Choy
2 TB Neutral Oil, like Grapeseed, plus more as needed
3 (1 1/2"-thick) bone-in Pork Loin chops (about 2 1/2 pounds)
1 1/2 TB light Brown Sugar
1 whole Orange, cut in half crosswise, seeds removed, plus 3/4 cup fresh orange juice
4 Shallots, peeled and quartered
4 Garlic cloves, smashed
In a medium bowl, combine the ginger and rice vinegar. Season with salt and pepper. Set aside. Trim the bok choy and cut into 3 to 4 inch pieces, if large, or cut down the middle lengthwise, if using baby bok choy. Heat 1 tablespoon oil in a large (12-inch) skillet over medium-high heat. Working in batches, add the bok choy to the pan, cut-side down, if using baby bok choy, and sear on one side until golden brown, 3 to 4 minutes. Add additional oil, if necessary. Flip to cook on the other side until just tender, about 1 minute. Transfer bok choy to the ginger marinade and toss to coat. Season to taste with salt and pepper and set aside. Rub both sides of the pork chops with the brown sugar and season generously with salt. Heat the remaining 1 tablespoon oil in the skillet over medium heat. Arrange chops and orange halves in the skillet, cut-side down. Sear one side of the pork (without moving it) until deep brown, 5 to 6 minutes. Flip the pork but leave the orange undisturbed. Cook on medium-low until the pork is browned on both sides and the orange halves are charred, 4 to 5 minutes. Move the orange to a serving platter and the pork to a plate. Add the shallots and garlic to skillet and cook until softened and starting to brown, about 3

minutes. Add all the pork chops and any accumulated juices back to the pan, overlapping if necessary. Add the orange juice and 1/4 cup water. Bring the liquid to a simmer, swirling the pan to release any bits stuck to the bottom. Cover and cook for 3 minutes, then uncover and cook until the pork is cooked through, 6 to 8 minutes. Transfer the cooked chops to a board and allow the sauce to continue cooking until reduced and sticky, 2 to 3 minutes. Remove from heat.

Transfer the bok choy to the serving platter. Slice the pork and transfer to the platter along with any accumulated juices from the meat. Spoon the pan sauce and squeeze the caramelized orange halves over the top.

Pan Fried Broccoli Stems

Recipe from NYT Cooking by Martha Rose Shulman

OK I couldn't pass this one up because I don't always use the stems from the broccoli (although I do try). This is a great solution and a delicious treat.

4 to 8 thick broccoli stems
About 4 tablespoons grape seed oil or olive oil
Salt to taste
Peel broccoli stems and slice crosswise, very thin, about 1/8 inch.

(Don't slice paper-thin because then

it's too easy to burn them). Heat a heavy skillet over high heat and add enough oil to coat well (about 1/8 inch of oil in the pan). When oil is hot add broccoli stems in a single layer. (Don't add too many at a time because they will cook quickly and you need to turn them all over before they burn.) Turn heat down to medium-high and cook broccoli stems until edges are lightly brown, then flip over with tongs. Cook for 30 seconds to a minute more and remove from oil. Drain on paper towels, sprinkle with salt, and let cool for about a minute before eating. Continue with all of the broccoli stems, adding oil as needed.

Cabbage and Fennel Slaw with Pomegranate

Recipe found on The Gantzery

According to the website, this salad lasts for several days in the fridge, so can be made ahead of time and enjoyed much of the week.

1 lb cabbage, thinly sliced (For us, this was about 1/2 of a large cabbage)

1 fennel, thinly sliced

1 apple, either small dice or matchsticks

1/2 cup parsley, chopped

Juice from 1 lemon

Seeds from 1 pomegranate

6 Tbsp extra-virgin olive oil

1 avocado, sliced (We usually split 1 avocado between the two of us. If we're serving the salad for a group we'll usually add in an extra avocado)

Sea salt to taste

Pour the oil and lemon juice into the bowl, and mix well. The lemon helps prevent the fruits and veggies from turning brown. Divide into bowls, and top with avocado slices. Salt to taste. We salt our own bowls after serving. Because salt draws moisture from the ingredients over time, if you salt the whole dish it can make for some soggy leftovers.

This Week's Box List

Bok Choy

*Broccoli

*Cabbage

*Fennel

Garlic

*Romaine Lettuce

*Pomegranates

*Potatoes

Sweet Potatoes

*Butternut Squash

Turnips or Radishes

Rosemary

* = Items in Box for 2