



WEEK OF NOVEMBER 18TH, 2019 #47/52

Counting Down To The Big Day

Before I really get started here, let me remind all of the **Thursday** delivery people, the week of Thanksgiving **YOUR BOX IS COMING ON TUESDAY**. Please don't forget, and no, this is **not permanent**, it is just to cover the week of Thanksgiving. We definitely want to make sure everyone has the best food for their holiday meal, and this is the most straightforward way of making this happen.

Ok, so down to the real stuff; what is everyone cooking? Are you cooking? Does anyone have any favorite Thanksgiving traditions? When my son Cameron was growing up, for Thanksgiving he and I would get up in the morning, have a big breakfast then go for a hike in Armstrong Woods in Guerneville. It was always the best part of the day for me. My little boy and I, in the glorious Redwoods, rain or shine, taking in the splendor of it all. I would love to hear about your traditions, maybe I could put them in next week's newsletter, if you have one you would like to share send it to me via email lorraine.ottens@gmail.com or text me 530-554-3971.

This year we are hosting on the farm. So my new tradition is going out to harvest a few things for our meal. Walking the fields, feeling so grateful for the land that feeds us all year long, for me is the essence of this holiday. Thanksgiving is my favorite holiday because it is not about gifts, but coming together and sharing a glorious meal. My biggest problem is trying



to limit the menu so it isn't so out of control. We will have all the traditional dishes; turkey, gravy, mashed potatoes, dressing, green beans and cranberry sauce. One dish that has become a regular for our Thanksgiving is Collard Greens Gratin. I have shared this recipe many times in the newsletter, so I won't put it in this week, but click on the link and you will find it. You can use any of our greens in this dish.

I do have one more reminder, if you are putting your box on hold over the holiday, please consider donating it. It is easy to do, when you go through the process of putting your box on hold, the system will ask if you would like to donate it. That box will get

added in to our Care Share fund. Since I am bringing up the Care Shares, for those of you who may not know about this program here is a little explanation:

When Nigel came home from the hospital after he was first diagnosed with cancer, we saw pretty quickly how important farm food was in his recovery. Having access to fresh food made such a difference for him. We decided to offer up 10 CSA boxes each week to those battling serious illness. To find people, we let our members know, asking if anyone knew someone who could benefit. Before we knew it we had members offering to donate so we could give more than 10 boxes each week. Now, each week we send 8 boxes to The Family House at UCSF and to the Potrero Hill Neighborhood House for the seniors, plus individuals who are battling illness, or maybe just struggling. So if you know someone who could benefit please let them know these shares are available to them. They, or you on their behalf, just need to email us (organic@eatwell.com) and ask to sign up for a Care Share. If you would like to donate a little to the fund you are welcome to do that as well.



Chicken Lights Update

We have had the lights up on two of our house for just over a week now. Cory has gone out a couple of mornings to check on them. He has found many of the girls are heading outside when the lights turn on. We were afraid this might happen. On to the next solution, doors for the houses that roll up and down to keep them tucked up inside at night. Cory has been doing some investigating and there are doors available that we can also run on the solar power. He found a youtube video where someone used an electric car antenna motor to raise a chicken door up and down. Here is a link to the video if you would like to see it <https://www.youtube.com/watch?v=n6OhY3Bnh7c>

We are hoping to get it sorted out so we can get those installed as soon as possible. And the project keeps moving forward, it may not make much of a difference this year, but at least we will be all set up by next year. Considering our egg production is down to about 35 dozen a day, this is something we desperately need to have in place.

RECIPES AND IDEAS FROM LORRAINE

Roasted cabbage is one of my favorite easy go to dishes. This week I shared a recipe from Food52 on our Facebook page for [Roasted Cabbage with Parmesan and Walnuts](#). Click the link if you would like the recipe. This recipe calls for savoy cabbage but I roast all of our cabbages, including the red, and all are delicious!

Sweet Potato Gnocchi

Recipe from Bon Appetit December 2005

Serve this with Amber's Fennel Caper Cream Sauce
2 lbs Sweet Potatoes, rinsed, patted dry, pierced all over with fork
1 12-ounce container fresh ricotta cheese, drained in sieve 2 hours
1 cup finely grated Parmesan cheese (about 3 ounces)
2 TB (packed) golden brown sugar
2 tsp plus 2 TB Salt
1/2 tsp freshly ground Nutmeg
2 3/4 cups (about) All Purpose Flour
Line large baking sheet with parchment paper. Place sweet potatoes on plate; microwave on high until tender, about 5 minutes per side. Cut in half and cool. Scrape sweet potato flesh into medium bowl and mash; transfer 3 cups to large bowl. Add ricotta cheese; blend well. Add Parmesan cheese, brown sugar, 2 teaspoons salt, and nutmeg; mash to blend. Mix in flour, about 1/2 cup at a time, until soft dough forms. Turn dough out onto floured surface; divide into 6 equal pieces. Rolling between palms and floured work surface, form each piece into 20-inch-long rope (about 1 inch in diameter), sprinkling with flour as needed if sticky. Cut each rope into 20 pieces. Roll each piece over tines of fork to indent. Transfer to baking sheet. Bring large pot of water to boil; add 2 tablespoons salt and return to boil. Working in batches, boil gnocchi until tender, 5 to 6 minutes. Drain and top with Fennel Caper Cream Sauce.

Fennel Caper Cream Sauce

Recipe from CSA member Amber from her blog [Twists and Zests](#)

Amber shared this recipe in our slack group, it is done as a sauce for gnocchi. Here is the link to her full recipe which included the Gnocchi. Since we have sweet potatoes in the share I am including a recipe for Sweet Potato Gnocchi below, and I believe Amber's sauce would be excellent on those!

1 med/100 g Spring Onion
1 med/125g Fennel
1 TB/7g Lemon Zest
2 tsp/6g Capers
2 TB/30g Butter
1/2 c/120ml Cream
2 TB/30ml Lemon Juice
1/2 tsp Salt
1/4 tsp Pepper
1 lb/450g Gnocchi cooked
Shaved parmesan optional

Cut onion into quartered horizontal segments (cut rounds across the grain, then cut those in 1/4). Thinly slice fennel into 1/8th inch strips longitudinally. Heat butter in a large pan on med-high. Add cooked gnocchi. Brown the gnocchi for 1-2 minutes, until both sides are lightly coloured. Remove from pan, leaving excess butter. Reduce heat to medium. Add onion and saute for 30 seconds. Add fennel, lemon zest, and capers. Continue cooking, stirring frequently for 1-2 minutes, until onion and fennel are just starting to soften. Add lemon juice. Reduce heat to med-low and add cream, salt, and pepper. Stir constantly for about 1 minute, until liquid has reduced slightly. Add back browned gnocchi and toss to coat in sauce. Serve with shaved parmesan if desired.

This Week's Box List

Arugula
*Bok Choy
*Cabbage
Fennel
Green Onions
*Romaine Lettuce
*Radish or Turnips
Mustard Greens
Garlic Chives
*Sweet Potatoes
*Acorn Squash
*Persimmons

* = Items in Box for 2

Bok Choy, Butternut Squash and Spicy Tofu Triangles

Recipe from Vegetarian Times, updated May 2017

This recipe uses butternut, but I am subbing this weeks acorn squash.

4 medium heads Bok Choy, halved
2 TB Olive Oil
Spicy Tofu Triangles:
1 TB Olive Oil

1 TB Soy Sauce
1 TB Dry Sherry or Mirin
2 cloves Garlic, minced (2 tsp)
1 tsp minced fresh Ginger
1 tsp Smoked Paprika
1/4 tsp ground Black Pepper
1 - 14 oz package Extra-Firm Tofu, drained and halved widthwise into 2 slabs
Acorn Squash
1 1/2 lb Acorn Squash, peeled and sliced to 1/2" thick
1 TB Olive Oil
1/2 tsp Smoke Paprika
1/2 tsp ground Cumin
Cook bok choy in large pot of boiling, salted water for 2 minutes, or until bright green. Drain and set aside. For the tofu triangles, preheat the oven to 350 F. Combine oil, soy sauce, sherry, garlic, ginger, paprika, black pepper, and 6 TB water in a 9 x 13" baking dish. Cut each tofu slab into 2 triangles, and place in baking dish, turning to coat with marinade. Season with salt, if desired. For the squash, toss together all ingredients in a large bowl. Spread on baking sheet and season with salt and pepper. Bake 30 minutes, turning once or twice to brown on all sides. Bake spicy tofu triangles 30 to 35 minutes, or until browned and most of marinade has evaporated, turning once to crisp on both sides. Meanwhile, heat 2 TB olive oil in large skillet over medium-high heat. Add bok choy halves, and sear 3 to 4 minutes on each side, or until browned. To serve, put one tofu triangle on a plate, spoon 1/2 cup squash over tofu and top with 2 bok choy halves.