



WEEK OF NOVEMBER 25TH, 2019 #48/52

Giving Thanks

Thanksgiving week, a time for gratitude and appreciation for the blessings in our lives, and of course, a ridiculous amount of excellent food. As I consider the many blessings in my life, family, friends who are my family, this farm, my home, and our community, I also reflect back on this year's events: Strawberry Days, Tomato Sauce Parties, and Lavender Harvest. I can't help but feel immense gratitude for all of you who enrich my life every single day. Do you know how much I enjoy getting text messages from you? Or having you stop by the farm to pick olives or better yet, a quick surprise visit on your way somewhere? I think of all the kids I saw this year, and how much I love watching them grow up, knowing that we play a part of that process. You all make the work we do so worthwhile.

Several years back I met Elianna Friedman, who was, at the time, CUESA's Ferry Building Farmers Market chef, and later the founder of Bay Leaf Kitchen cooking camp for kids, and Eatwell Farm lifesaver. Recently she asked if we could donate produce and our time to a special event she was coordinating in SF for families who live in single resident occupancy (SRO) hotels in the Tenderloin. On Sunday, Cameron, Lilly, Cory, Tam and I spent the day prepping, serving, hosting, and generally having a truly special day, in the service of others. I got to work at the hand pie station helping the youngest guests make small apple pies to take home. It was a long and chaotic day, that included 40 + kids running around having the best time. When we were all done and heading back to the farm I realized this is what it is all about, serving, sharing our abundance with those who have so little, reconnecting with many acquaintances in this amazing food community around SF, feeding us all, not just our bellies but our souls.

I am trying to keep this short to make room for more recipes, but I cannot finish this up without mentioning our farm crew, all the people that work here at Eatwell who make this farm possible. It is beautiful and crisp but windy here today, but tomorrow they say it will rain, so the food on your table this week will be picked by the crew working out in the wet and the cold. Our drivers will be out in the bad weather too. So I hope you all will join me in remembering to include them in our list of things we are thankful for.

Happy Thanksgiving Everyone!



If you are doing a traditional Thanksgiving I know you have your meals set. So I am choosing some recipes which are a bit of a departure from that, and particularly good if you are looking for vegetarian options, and a feast for just a couple of you. The Roasted Whole Cabbage could be a lovely center for a meal that typically revolves around a roasted turkey. The Stuffed Butternut Squash looks absolutely delicious and quite special. I think it would pair nicely with the roasted cabbage. Serve with the Arugula, Fennel Salad, or a simpler green salad and you will have a very special meal indeed.

Arugula, Fennel And Green Lentil Salad

Recipe From River Cottage Veg, by Hugh Fearnley Whittingstall

2/3 cup French Lentils - hope you have some
Rancho Gordo's beans
1 Bay Leaf
1/2 small Onion
A few Parsley stems - optional, a great way to use discarded stems
1 large or 2 small Fennel Bulbs
2 to 3 oz Arugula
1/2 cup Olive Oil
2 TB Lemon Juice
2 tsp Dijon Mustard
Finely grated zest of 1 Lemon
A pinch of Sugar
Sea Salt and freshly ground d Black Pepper
Put the lentils in a saucepan and add plenty of water. Bring to a boil and simmer for a minute only, then drain. Return the lentils to the pan and pour in just enough water to cover them. Add the bay leaf, onion and parsley stems, if using. Bring back to a very gentle simmer and cook, slowly for about half an hour, until tender but not mushy. *(continued on next page)*

RECIPES AND IDEAS FROM LORRAINE

Arugula, Fennel And Green Lentil Salad

(cont.)

Meanwhile, to make the dressing, put the oil, lemon juice, mustard, lemon zest, and sugar in a screw-topped jar, season with salt and pepper and shake until emulsified. When the lentils are done, drain them well and discard the herbs and onion. While still warm, combine with a good half of the dressing.

seasoning; you could add a little more salt, sugar, pepper, or lemon juice if needed. Trim the fennel, removing the tough outer layer. Halve the bulb vertically, then slice as thinly as you can, tip to base. Divide about two-thirds of the lentils among wide serving bowls. Scatter over the arugula and fennel and trickle over the rest of the dressing. Scatter the remaining lentils over the top and serve.

Stuffed Butternut Squash

*Recipe from River Cottage Every Day
by Hugh Fearnley Whittingstall*

If you have any of Old Dog's Rosemary Walnuts at home those are amazing on butternut squash
1 Butternut Squash, close to 3 lbs
1 Garlic clove, finely chopped
3 TB unsalted Butter
A little Olive Oil
Sea Salt and freshly ground Black Pepper
1/2 cup Walnuts, lightly toasted and very coarsely chopped
6 oz blue Cheese, crumbled into small lumps
2 tsp chopped fresh Thyme, Or ditch the fresh Thyme and plain salt, use Eatwell's Thyme Salt
1 scant TB Honey
Scrub the butternut well, then pre-bake at 375 for 10 to 15 minutes. Remove from the oven and cool enough to handle. Cut in half lengthwise and scoop out the seeds and soft fibers. Put in a baking dish, add the chopped garlic and butter to each cavity, then brush with a little oil and season well. Place in the oven and bake for about 30 minutes, until the flesh feels very tender when pierced with the tip of a knife. Scoop the soft flesh and all the buttery, garlicky juices out into a bowl, leaving a 1/2" thick layer of flesh still attached to the skin, so the squash holds its shape. Coarsely mash the flesh. Keep back a few pieces of walnut and a little of the cheese, then fold the remaining walnuts and cheese into the soft squash, along with the thyme and some more salt and pepper. Spoon the filling back into the squash halves and scatter on the reserved cheese and walnuts. Finish with the merest drizzle of honey, then return the squash to the oven and bake for 15 minutes, or until the cheese is bubbling. Serve with a crisp green salad.

Roasted Whole Cabbage

Recipe by Lena Abraham from delish.com

I love the idea of turning a whole head of cabbage into the main course, complete with mushroom gravy! And think of how much easier this is to carve:)

1 large head Cabbage
3 TB melted Butter
1 TB Dijon Mustard
2 tsp Maple Syrup

1 tsp Vegetarian Worcestershire sauce (optional)
1/2 tsp Garlic powder, or a little minced fresh Garlic from the box
Salt and freshly ground Black Pepper
2 TB stalks Celery, cut into quarters
2 medium Carrots, peeled and cut into thirds
1/2 Yellow Onion, cut into quarters
1 TB Extra Virgin Olive Oil
1 TB freshly chopped Sage
1 TB freshly chopped Rosemary
1 TB freshly chopped Thyme
1/2 cup Vegetable Broth, divided
1 TB freshly chopped Parsley, for garnish

This Week's Box List

*Arugula
Bay Leaves
*Bok Choy
*Cabbage
Fennel
*Leeks
Lettuce
Turnips
Garlic
*Sweet Potatoes
*Butternut Squash
*Pomegranates from Twin Girls Farm

* = Items in Box for 2

GRAVY

4 TB Butter
1/2 Onion, finely chopped
4 oz Crimini Mushrooms, finely chopped
1 tsp freshly chopped Sage
1 tsp freshly chopped Rosemary
1 tsp freshly chopped Thyme
3 TB All Purpose Flour
3 cup Vegetable Broth

Preheat oven to 400 F. Cut stem off cabbage so it can sit flat. In a medium bowl, whisk together melted butter, mustard, maple syrup, Worcestershire, and garlic and season liberally with salt and pepper. In a large bowl, combine celery, carrots, onion, oil and chopped herbs. Season with salt and pepper and toss to coat. Place vegetable mixture in a large oven-safe skillet. Nestle cabbage in the center, on top of the vegetables, and brush all over with half the melted butter mixture. Pour half of vegetable broth into the bottom of the skillet and cover cabbage with aluminum foil. Bake for 45 minutes. When 45 minutes have passed, remove foil and brush with remaining butter mixture. Add remaining 1/4 cup broth and bake until cabbage is tender and slightly charred, 45 minutes more. Pierce cabbage with paring knife to check if it's ready. Meanwhile, make gravy: In a small saucepan over medium heat, melt butter. Add onion and cook stirring until soft, 6 minutes. Stir in mushrooms and herbs and season with salt and pepper. Cook, stirring occasionally, until mushrooms are soft and golden, about 4 minutes. Stir in flour and cook 1 minute, then whisk in 3 cups of broth and bring mixture to a boil. Reduce heat to low and simmer until mixture has thickened to your desired consistency, 5 minutes. Add more broth if desired. Slice cabbage into large wedges and serve with gravy. Garnish with parsley and serve hot.