



WEEK OF DECEMBER 2ND, 2019 #49/52

### Stormy Markets

Our first big winter storm has rumbled into California like a freight train and it's wet and cold. Hard to believe two weeks ago I was out running around the farm with a group of 2nd graders, enjoying a pizza lunch in the garden, on a gloriously sunny day. The storm hit just in time for the farmer's market on Saturday, and that hurts. We are like many retail businesses, we count on these busy markets for the financial boost they bring. When the weather is good, the Saturday after Thanksgiving traditionally has been a very busy day of salt and lavender sales. With 40 mph gusts blowing the canopies, requiring the crew to hang on so they wouldn't fly away (yes we do use weights, but it was crazy windy) we can't even put most of those products out. Those jars literally get blown right off the shelves. To prep for the market requires many man-hours before anything even leaves the farm. We send both trucks, plus a trailer, and our market crew typically ranges between 4 and 6 people. We have a complicated stand with a wide variety of products, so we need a lot of people to work. Manny, Cory and Andrew start here on the farm close to 3:30 in the morning, and typically Andrew and Cory get back around 5 pm. It is a long day. Cory said yesterday, even with the crazy weather, you get your groove going, get the stand set up, you work with and through the storm, only to suffer defeat when they have to call the market early for safety reasons. Canopies flying really can be pretty dangerous. Typically when Cory and Andrew get back we spend a few minutes having a quick debrief, how can we make things easier, how can we make them better, what are customers looking for now? Currently, the building is being renovated and has the market switched around a bit, and that clearly is effecting most of us. I have heard from many of the vendors sales are down. Regardless, the market is important. It is where Eatwell got its start, where Nigel met most of our first CSA members. We are one of the original farms at CUESA's Ferry Plaza Market, and I am proud to say

we have never missed a market, not once, ever. Over the years we have been blessed with many amazing helpers. When Nigel got sick and we couldn't make it down on a regular basis, Joyce stepped up and took on a lot of the responsibilities there. She and her partner Havel have been at the market almost every weekend for years now. With Cory driving our van and trailer, and having Andrew back, it all feels solid and well cared for by the younger generation. I think Nigel would be proud of the work they do, I know I am.

### Fish CSA

At our first Sunday Supper with Chef Wyatt, we served Rockfish as our main course. The fish came fresh from Half Moon Bay from the folks at Real Good Fish. They have a CSF and are looking for new members and new hosts. If you are interested in joining or hosting please visit their website [Real Good Fish](#). Currently they are offering a special promotion for Eatwell CSA members \$25 off your membership, just use code: FRESHFISHHOOKUP . Here's a little bit of information about RGF: *From an environmental perspective, we adhere to the same basic principles of environmental sustainability as Monterey Bay Aquarium's Seafood Watch, and the Marine Stewardship Council, meaning we consider ~*

*How healthy is the fish stock?*

*To what extent are our fishing methods harming the marine environment or other sea creatures?*

*Are fishing regulations thorough and are fishermen being held accountable?*

*We support our fishermen and inspire our neighbors to catch and eat what is available locally*

*We include by catch and under appreciated species whenever possible.*

*We buy direct from vessels whenever possible.*



# RECIPES AND IDEAS FROM LORRAINE

## Bang Bang Turkey

Recipe by Nigel Lawson from NYT Cooking

I thought this looked like a nice way to use up leftover turkey. I would julienne turnips instead of cucumber, to take advantage of what I have in the box. I am thinking of making this with shredded cabbage or the arugula instead of lettuce, but that is just my preference. You could go either way or a combo.

2 TB Peanut Oil  
2 tsp Sesame Oil  
3 TB smooth Peanut Butter  
2 TB Chinese Chili-Bean Sauce  
1 TB superfine Sugar  
1 TB Soy Sauce  
1 ½ TB Chinese black vinegar\*  
6 cups finely shredded lettuce  
½ cup chopped fresh Cilantro leaves  
½ cup chopped fresh Mint leaves  
3 cups cold shredded Turkey  
1 Scallion, halved crosswise and julienned  
1 small Cucumber, peeled, seeded and julienned

In a small mixing bowl, combine sauce ingredients with 2 tablespoons cold water, and mix until smooth. Cover and refrigerate until needed, up to two weeks.

To assemble: Spread lettuce over a large serving plate, and sprinkle evenly with cilantro and mint. Drizzle 4 to 5 tablespoons of Bang Bang sauce on top. In a small bowl, combine turkey with 4 tablespoons Bang Bang sauce, and toss until well coated. Arrange turkey strips in a rough line down center of the salad. Top turkey with scallions and cucumber. Drizzle with more sauce, or place sauce in a bowl to pass at table.

\*If you are like me, and don't happen to have Chinese Black Vinegar you can make this substitution: Mix 1 part balsamic, 1 part rice wine vinegar and 3 parts water.

## Baked and Sautéed Spaghetti Squash on a Bed of Spinach

Recipe from NYT Cooking by Martha Rose Shulman

This recipe is made with spinach, however we have chard in the box, which is what I am suggesting you use instead. You could also try a mix of arugula and chard, but I would cook the chard first and add the arugula at the last minute.

Spaghetti Squash, about 3 lbs  
3 TB Extra Virgin Olive Oil  
2 plump Garlic cloves, minced  
Salt  
12 oz Spinach or Chard, rinsed well if you are using Chard, remove the stems and save them for another dish. You may want to chop the chard a bit as the leaves are much bigger than spinach  
2 TB Bread Crumbs  
Lots of freshly ground Pepper

1 tsp Sumac (optional)  
¼ cup freshly grated Parmesan (more to taste)  
¼ cup chopped Walnuts (more to taste)  
1 TB Walnut oil

Heat oven to 375 degrees. Pierce spaghetti squash in several places with a sharp knife. Cover a baking sheet with foil and place squash on top. Bake 1 to 1 ½ hours, until squash is soft and easy to cut into

with a knife. Remove from oven and allow to cool until you can handle it, then cut in half lengthwise and allow to cool some more. Scoop out seeds and discard. Scoop out flesh and place in a bowl. Run a fork through to separate the spaghetti-like strands. Heat 1 tablespoon olive oil over medium-high heat in a heavy 12-inch skillet. Add half the garlic and as soon as it begins to sizzle and smell fragrant add spinach. It should wilt quickly in the liquid left on leaves after washing. Add salt to taste and toss in pan (tongs are a good tool for this) until all spinach has wilted, 2 to 3 minutes. Place a strainer or colander in the sink and drain spinach. Allow to drain while you sauté spaghetti

squash. Wipe skillet and heat again over medium-high heat. Add remaining olive oil and breadcrumbs. When breadcrumbs are crisp, after about 1 minute, stir in remaining garlic, stir for a few seconds, until fragrant, and add spaghetti squash and salt to taste. Toss together over medium-high heat until the squash is infused with oil and breadcrumbs are beginning to color, 5 to 8 minutes. Add sumac if using and lots of freshly ground pepper. Taste and adjust seasoning. Remove from heat. Arrange spinach on a platter. Top with squash. Sprinkle Parmesan and walnuts over squash and drizzle on walnut oil. Serve hot.

### This Week's Box List

\*Arugula  
Bok Choy  
Cabbage  
\*Rainbow Chard  
Fennel  
\*Leeks  
Lettuce  
Mustard Greens  
\*Turnips  
\*Sweet Potatoes  
\*Spaghetti Squash  
\*Mandarins

\* = Items in Box for 2

## Sweet Potato and Leek Soup

Recipe from NYT Cooking by Florence Fabricant

3 TB unsalted Butter  
2 cups chopped Leeks, white part only (4 to 6 leeks)  
2 Garlic cloves, minced  
2 lbs Sweet Potatoes, peeled, in 1-inch dice  
1 ½ cups Milk or Half-and-Half  
Salt and ground White Pepper  
1 TB minced Cilantro leaves for garnish  
Melt butter in a heavy saucepan. Add leeks, and sauté slowly over low heat until tender but not brown, about 10 minutes. Stir in garlic. Add sweet potatoes and 3 cups water. Simmer about 20 minutes, until tender. Purée. Return purée to saucepan, add milk or half-and-half, bring to a simmer, add 1 to 1 ½ cups more water to make soup no thicker than heavy cream. Season with salt and pepper and serve with a dusting of cilantro.