



WEEK OF JULY 19TH, 2020 #30/52

We Need New CSA Pick-Up Sites

Our wonderful Liz has been working hard reaching out to the hundreds of folks on our waiting list. At one point there were over 1,000. Naturally, by the time we were ready to take on new members, many of those people had found other options, but we still have a long list. One of the biggest problems we have at the moment is a lack of space at our current pick up locations. Many of them are at capacity, some are beyond, and with summer's bounty slowly coming in and the extras that goes with that, I fear we will run into problems.

At the beginning of SIP we lost a few key locations. It was sad to see some of the sites had to close like ACTCM and Gravel and Gold in the Mission. The Mission district is a heavy CSA area for us and juggling to move our existing members to other locations was a challenge. So not only did we lose sites, we maxed out several others with all the switching.

Now we have the food and space in the vans to add more folks, but the current problem is not having room at drop sites. So I need your help. Do any of you have space and the ability to host a site? Even if you live really close to your pick up location, your proximity to an existing site could be a good thing because our drivers will already be close by. A few examples of high box count sites are at the Cumberland, South Van Ness, the Haight, Bernal, and Oakland Park Blvd sites. We need more places to drop off in your neighborhoods, so please consider hosting.

On the flip side, we do have a few sites that have very low box numbers and could use a few more members. If you pick up at one that only has a few boxes perhaps you have friends who might be interested in joining. I would like our trips to all locations to be efficient and fruitful, and the best way to help us with that is by increasing membership.

If you can help us with any of this please email the office organic@eatwell.com. To make it easier please on Elise and Liz, please reference pick up site in the title. Thanks so much!

Stone Fruit

Stone fruit is a tricky thing. Those gorgeous peaches we see at the store are "graded hard". That means a lot of fruit is discarded, hopefully much will go into cooked products like pies or jams, but a lot get tossed because they don't make the grade. I know our peaches and nectarines typically are pretty ugly. For us there are several reasons for that. First and foremost we do not spray our orchard at all. This means we typically have a big problem with Peach

Leaf Curl, especially after a particularly wet winter. I have spoken with farmer friends who are not organic growers and they have told me they are out spraying as often as possible, in between the rains. That is not an option for us. Even if we use the organic approved sprays, it is still toxic to the person spraying, and over time can be harmful to your soil.



Here is a little information from Michigan State University:

Peach leaf curl weakens the tree by removing leaves during early growth. This reduces energy the tree can absorb from the sun, weakening the tree, and reduces growth and fruit size. Heavy fruit thinning reduces stress on the tree and increases the likelihood of a marketable crop. Severely infected trees should receive an increased ration of nitrogen fertilizer. This will help the tree replace lost leaves and maintain vigor.

The second problem is we don't have enough hands. As MSU states, thinning trees helps produce better fruit, especially on trees suffering from PLC. However, at that time of year we are going gangbusters getting plants in the ground, and don't have time to get out there thinning trees. Even if trees aren't suffering from Curl, thinning makes for much better fruit, but like I said we don't have the man hours to get that all done.

Fortunately our plum trees don't seem to suffer much at all. Over the past several years they have produced a lot of fruit for us, that is tasty and good looking. This year the Curl wasn't as bad as it had been the past two or three years, but the peaches and nectarines are not a pretty



site. They are really tasty though. I really enjoy them with some yogurt, my favorite is St Benoit's Vanilla, soooo delicious with our peaches.

RECIPES AND IDEAS FROM LORRAINE

Padrons or Shishitos? Jose says we have Padrons this week. Honestly I am having a hard time telling the difference, but I will defer to his call. However, maybe you might get some Shishito peppers in the mix too. But they are both fantastically delicious blistered!

Blistered Padron OR Shishito Pepper

Recipe from *Bon Appetit*, March 2013

2 TB Olive oil
1 lb Padrón or Shishito peppers
Flaky Sea Salt (such as Maldon)

1 Tbsp. oil in a large skillet over high heat until just smoking. Add half of the peppers; cook, tossing occasionally, until skins are blistered and flesh is softened, about 4 minutes. Transfer to a bowl, sprinkle with salt, and toss to coat. Repeat with remaining peppers, remaining 1 Tbsp. oil, and more salt.

Miso French Onion Soup

Recipe by John Schenk from The Temporary Vegetarian

When I was out in the pack house earlier this morning and saw our gorgeous, giant onions, I immediately had a craving for some kind of onion soup. And since I LOVE miso, this one sounded really intriguing. Not sure if you will have quite 4 cups of onion, but I am guessing it will be pretty close. And as the rebel I am, I always use whatever yellow onion I have on hand.

¼ cup plus 1 tablespoon Olive Oil
2 ½ lb Onions, peeled, halved, and thinly sliced (about 4 cups)
8 diagonal slices of Baguette, about 1/4" thick
⅓ cup White Miso
1 TB finely chopped fresh Thyme, optional OR use Eatwell's Thyme Salt
Salt and freshly ground black pepper
4 large slices Swiss cheese

Preheat oven to 325 degrees. Place a large sauté pan over medium-high heat for 1 minute. Add 1/4 cup olive oil, and heat until shimmering. Add the onions and cook, stirring constantly and adjusting heat as needed, until the onions are soft and deep golden brown, about 20 to 25 minutes. Remove pan from heat and allow onions to cool in the pan. Brush both sides of the bread slices with the remaining 1 tablespoon olive oil and place on a baking sheet. Bake, turning once, until just crisp, about 4 minutes a side. Remove from oven and set

aside. Pour 3 cups of water into a 2 quart saucepan. Cover and bring to a boil. Add miso, thyme, and cooked onions; mix well. Simmer and season with salt and pepper as needed. Preheat a broiler. Place a large oven-proof serving bowl or four small oven-proof bowls on a broiling pan or small baking sheet. Pour the hot soup into the large bowl or divide among the small bowls. Place the croutons on top of the soup, and top with Swiss cheese slices. Place the pan holding the soup directly under the broiler until the cheese is melted, and the soup is bubbling. Serve immediately.

Summer Squash Fritters

Recipe by Kim Severson from NYT Cooking

1 ¼ cups all-purpose flour
¾ cup shredded white Cheddar
1 tsp Salt
1 tsp ground Black Pepper
1 tsp Garlic powder
2 large Eggs
¾ cup cold Beer
2 cups grated Summer Squash drained on paper towels 15 minutes

1 small Yellow onion, halved and thinly sliced
½ cup good Frying Oil

Combine flour, Cheddar, salt, pepper and garlic chives in a large bowl. In a separate bowl, gently whisk eggs with beer. Pour egg mixture into flour mixture and stir until combined. Stir in squash and onion. Heat oil in a large heavy-bottomed skillet over medium-high heat. Drop about 1 tablespoon of batter into the oil per fritter and fry 6 fritters at a time until golden-brown, 2 to 3 minutes a side. Remove to paper towels to drain. Serve hot, with the sauce on the side.

Garlic Dipping Sauce

20 garlic cloves, peeled (about 2 heads)
Extra-Virgin Olive Oil
1 cup Mayonnaise
3 TB Lemon Juice
1 tsp Salt
¼ teaspoon ground Black Pepper
¼ cup Garlic Chives, minced

Heat oven to 375 degrees, put garlic cloves in a small baking dish and add enough olive oil to cover. Roast until garlic is soft and golden, about 30 minutes. Cool. Drain garlic, reserving oil. Transfer to a food processor, add 1 tablespoon reserved oil and the mayonnaise, lemon juice, salt and pepper and purée. Transfer to a bowl and stir in chives. Use remaining oil for another purpose.

This Week's Box List

Basil
Garlic Chives
*Chard
*Potatoes
Leeks
*Onions
Gypsy peppers
*Padron or shishito peppers
*Nectarines or peaches
*Plums
*Zucchini
Cabbage

* = Items in Box for 2