



WEEK OF SEPTEMBER 14, 2020 #38/52

Tradition

According to Miriam Webster, one definition of tradition is *a long-established custom or belief that has been passed on from one generation to another*. I have been thinking a lot about traditions lately. On the positive side, I am already making plans for Thanksgiving. On the sadder side, I think about the Eatwell traditions we have not been able to follow this year either because of COVID or now the fires and smokey skies. Once the warmer months approach, many of you make your pilgrimage to the farm, babies, toddlers, tweens and teens in tow. Even though I haven't been a part of Eatwell since the beginning, I have known many of you since your kids were really little and some of you, before they were born. The farm has hosted at least 3 marriage proposals and has been a place to celebrate birthdays. Strawberry Days kick off our season and we typically wrap it up in the fall with some kind of event, last year it was olive picking and pizza lunch. Today, looking out my window at the smoke filled sky, I feel so sad missing the chance to visit with you this year. When you come to the farm I get to see how much your kids have grown, and I get to hang out with you. You share stories about how much the box means to you and some of your favorite items and meals. I am grateful for those visits I did get with those of you who made it to the farm for a few hours of strawberry picking, and for our oddball Lavender Harvest. When I think of all the new members, I know it would have made my heart soar to share this land with you. It was very important to Nigel to build a farm where the members could come often throughout the warmer months. Our first year together was the year of Med Fly and the start of Tomato Sauce Parties. Since that first year, we have not missed a year of Saucing, but as hard as I have tried to make it happen this year, I just can't. And so I am missing my annual Manhattans made by Ted, and baking biscuits with a host of our younger members who love to get up early to help me in the kitchen preparing breakfast for the members who spent the night. Spare the Air days mean we shouldn't fire up the pizza oven and no sitting around the camp fire, listening to our younger members discuss the art of the perfect roasted marshmallow. There are loads of kids I won't get to see at all this year, will they forget their farm and me? I hope not. It is sad to think they missed a year of eating fresh strawberries in the field that they picked with their dirty little red stained hands. These traditions are important, and like many they help ground us, reconnecting us to people, places and times. It is comforting having certain things to look forward to each year. But this year feels like all of that was thrown out the window and that just adds to the frustration, sadness and discomfort 2020 has brought us. As much as I love my traditions, I have never been one to force them into an exact duplication of previous years, but this year is certainly testing my ability at creativity and finding alternatives. Deep inside, my real fear is this is what late summers will



continue to look like, fires and smoke filled skies. I always thought one of the most important jobs I have on the farm is finding a variety of ways to get you here. Is it time for me to re-think that view of my role on the farm? Don't worry, I am not giving up on events, I think we are just going to have to figure out some different options. In the meantime, I am sure I am not alone in navigating through these times knowing that duplicating our beloved traditions is not an option. To share with you my final perspective on this topic, I don't think that, this is necessarily a bad thing. Sometimes it is good to shake things up a bit, and perhaps this is Mother Nature's way of telling us we need to slow our lives down, hunker in with those who really matter, and enjoy our celebrations with them in a much quieter way. And for those Thanksgiving plans? Well, this year will be small, but I know the meal will be amazing regardless.

Summer Squash

This year we grew zucchini, zephyr, crooknecks and patty pans. I have been thinking a lot about our summer squash selection. Mostly I am thinking about what to grow next year. Last year I really loved the zephyr, but I haven't been too happy with them this year. And I really haven't been impressed with the crooknecks. My personal preference always leans in the direction of the traditional dark green zucchini. It helps us in the long run if we grow fewer varieties, but we have always loved having the ability to offer you variety. A lot of our plantings were messed up because of the mix up with our transplant company, but that aside, fewer varieties means we can grow a couple of options in larger quantity. I am wondering what your thoughts are on the summer squash? Do you have a preference? If you do, would you share your thoughts with me with a short email drinkwellsofters@gmail.com?

Tomato Update

The tomatoes this year are just not happening the way we are used to, we don't have near the yield of previous years. Part of this is because of our late planting, and part of what we are experiencing right now is because of the extreme temps we had a few weeks back, and now we have very little sun because the smoke is blocking it. I know many of you rely on Eatwell for tomatoes for your year's worth of tomato sauce. Please know we are doing the best we can to get you what you need. We are not sending saucing tomatoes to the market, or selling any to non-CSA members. I ask for your patience when you are talking with Elise about tomato orders, she is really doing a fantastic job of organizing this all.



RECIPES AND IDEAS FROM LORRAINE

Orange Soufflé

Every year, when we have oranges in the box, I have to include this recipe. Since we have those delicious Valencia oranges from Guru Ram Das, I realized it was time to bring this one back around again. I have made this recipe using vegetarian alternative to gelatin and it worked fine. Wasn't quite as stiff as when made with regular gelatin but it was worth the tradeoff. This is a delicious dessert, everyone always loves it and it feels really special. You can easily search for this recipe, but if you would like me to send it to you, shoot me an email at drinkwellsofters@gmail.com or text me 530-554-3971

Minestrone

Recipe from the Farm House Kitchen

I am sure most of you have a bunch of peppers leftover from previous boxes. This is a good time to use a bunch of them up. This week I cleared out 3 CSA boxes, the extras leftover after the deliveries, and made the best minestrone I have ever had.

1 Onion, chopped

4 cloves Garlic, or more, rough chopped

1 bunch Chard, washed well and chopped. (I removed the bottom stems but you could certainly chop them small and add them in)

2 Sprigs Rosemary, little leaves removed from stem, and finely chopped, I think I could have used more. As many seeded, chopped Peppers you want to get rid of

2-4 Tomatoes, chopped

Old Summer Squash hanging out in the fridge, quartered and chopped

Some diced Potato or Sweet Potato if you like, I didn't add potato, I didn't want any more starch than just a bit of pasta

Beans, Garbanzo, Black or Kidney if you like, again, I didn't add those because I didn't want extra carb

2 Bay Leaves

Olive Oil

Salt and Pepper

1 Qt Chicken Stock OR Vegetable Stock

Water

Basil, finely chopped to garnish bowl

Parmesan, grated for serving

In a heavy bottom pot, heat the oil over medium to medium high heat, then add the onions. Cook until they turn glassy, add garlic and rosemary. Stir, cooking until aromatic, then add the peppers, and summer squash. Cook until they all soften a bit, then add the tomatoes. Cook until the tomatoes turn a bit pasty then add the chard. Stir well cook until chard is well wilted. Add the stock, bay leaves and potatoes if you are using them. Add 2 to 3 cups of water, salt and pepper to taste. Simmer for about an hour. As I mentioned, I like a little pasta in my soup, but I cook it and keep it separate from the soup, adding it directly to my bowl. I store them separately too. Serve garnished

with a little chopped basil and a good shaving of Parmesan.

Chicken, Sweet Potato and Quinoa Bowls with Tomatillo Drizzle

Recipe by Cathy Pollak from NoblePig.com

Serves 4

Since some of you have Chard in your box, you could probably blanch the chard and use that in place of the spinach. I would be inclined to skip that all together, and just go with straight tomatillos

This Week's Box List

*Basil

Chard

Eggplant or Zucchini

Garlic

*Onions

*Potatoes

Rosemary

Strawberries or Melon

*Sweet Potatoes

*Tomatillos

*Tomatoes, mix

*Valencia Oranges

* = *Items in Box for 2*

Tomatillo Sauce:

1 lb Tomatillos, husks removed

6 cloves of Garlic

1 TB Olive Oil

4 cups (3 oz) loosely packed Spinach

1 TB Sugar

1 tsp Salt

1 tsp Red Pepper Flakes

Chicken:

1 lb skinless, boneless Chicken

Breast

Salt and Pepper

Smoked Paprika

Olive Oil

Sweet Potatoes:

1 large Sweet potato, peeled and cut into 1-1/2" cubes

1 tsp Olive Oil

Salt and Pepper

Quinoa:

1 cup dry Quinoa, rinsed

1 tsp Chile Powder

1/2 tsp Salt

1/4 tsp Smoked Paprika

1/4 tsp Garlic powder

1/4 tsp ground Cumin

1 (14 oz) can Black Beans, rinsed

Juice of one Lime

Preheat oven to 400 degrees F. Quarter tomatillos. Place tomatillos and garlic in a bowl; add oil and toss to coat. Spread tomatillos and garlic cloves in a baking dish; roast for 35 minutes. When finished, place roasted tomatillo mixture in a food processor; add spinach, sugar, salt and red pepper flakes. Process until smooth. Set aside or cover and refrigerate is using later. Season chicken with salt, pepper and smoked paprika and drizzle with oil. Grill chicken over med-high heat juices run clear. Set aside. Toss cubed sweet potatoes with oil salt and pepper and spread out evenly on a baking tray. Bake in a 400 degree F oven for 15 minutes or until they are easily pierced with a fork. Prepare 1 cup of dry quinoa according to package directions. In a small bowl combine chile powder, kosher salt, smoked paprika, garlic powder and ground cumin. Stir spice mixture into prepared quinoa along with black beans and lime juice. Divide quinoa, chicken and sweet potatoes evenly among four bowls. Drizzle with tomatillo sauce. Optional extras: Lime wedges, avocado and Sriracha mayo.