



FOOD FOR THE BODY & SOUL

WEEK OF OCTOBER 26, 2020 #44/52



Future Fruit

I was pleased to see a lot of fruit on our citrus trees and I am hoping we will have a good season this year. We grow quite the variety from little lemons and satsumas to the giant pomelos. In the weeks before our fruit is ready we still need a fruit for the boxes so buy some from Twin Girls. They do the Ferry Plaza Farmers Market so it is an easy pick up for us.

Citrus is an interesting crop because it takes a long time to mature. Lemons can take up to 9 months to mature and ripen. Here's a little information about



oranges from SF Gate:

For the first two to three years of production, called the juvenile phase, orange trees may produce a smaller number of large, thick-skinned fruit. Most orange flowers do not turn into fruit and drop from the tree

at the end of the bloom. Of the flowers that do turn into fruit, many will also drop from the tree long before they mature. This natural process prevents the tree from bearing more mature fruit than it can handle. After the flowers bloom, navel oranges take seven to 12 months and 'Valencia' oranges take 12 to 15 months to ripen. Due to the length of the maturing process, 'Valencia' trees can carry both mature and developing oranges at the same time.

Partner Features

Bayview Pasta SF

Over the past few years I have expanded the list of items you can order as extras to come with your CSA box. We now include a lot of delicious foods from friends of ours who are amazing food producers. I thought it would be nice to share a little information about some of these amazing people and their products. Today I wanted to start with Joshua Felciano. I met Joshua two years ago when we were doing the Bayview Farmers Market at All Good Pizza. He was also vending there and I fell in love with his olives, pastas and of course his flours. I served his polenta at some of our Sauce Parties that year too. We currently have his Gremolata Olives in stock as well as the polenta. Joshua grinds his polenta fresh, and we keep it stored in our cooler. It is an excellent base for those heartier meals we are starting to crave as the season changes. And those Gremolata Olives? They are so

delicious; Castelvetro olives, packed with garlic, olive oil, cumin, oregano, orange and lemon zest. Once you start eating you won't be able to stop!

Volcano Kimchi

It is hard not to fall in love with Aruna Lee, the founder and magic maker behind all things fermented. Her enthusiasm for her kimchi, mushrooms and sauce will turn anyone into a fan. I met Aruna at the Ferry Plaza Market and at that time I wasn't such a big lover of kimchi, she changed my mind pretty quickly! Aruna was a speaker at the Real Food Real Stories Story Slam in 2019. Her story brought us all to tears, and it made me feel so good about playing a part in supporting her business. Born in South Korea, Aruna grew up in a buddhist monastery "where every meal included a variety of home-grown and locally harvested vegetables, served in an array of vibrant and nutritious ways." It was there that she learned the craft of fermentation. Volcano Kimchi recently signed a lease on a new location in the Dogpatch, a space of their very own! That is such a big step, particularly during these very challenging times. She has a [Gofundme](#) set up to help cover the expense it takes to start a new operation. We currently have in stock her Napa Cabbage Kimchi. Every jar we sell helps her with her achieve her goals.



RECIPES AND IDEAS FROM LORRAINE

Thomas Keller's Butternut Squash Soup With Brown Butter

Recipe found in NYT Cooking by Amanda Hesser

I made a giant pot of Cheddar Broccoli Soup yesterday, otherwise I would make this one today. It is definitely soup season.

1 3-to-3 1/2 lb Butternut Squash
2 TB Canola oil
Salt and freshly ground Black Pepper
2 sprigs Sage
1 cup thinly sliced Leeks
1/2 cup thinly sliced Carrots
1/2 cup thinly sliced Shallots
1/2 cup thinly sliced Onions
6 Garlic cloves, smashed
2 TB Honey
6 cups Vegetable Stock, more if needed
Bouquet Garni made of 8 sprigs Thyme, 2 sprigs Italian Parsley, 2 Bay Leaves and 1/2 teaspoon Black Peppercorns, all wrapped in a packet made of 2 Green Leek Leaves
1/4 cup Crème Fraîche
Freshly grated Nutmeg
4 TB unsalted Butter
1 TB minced Garlic Chives
Extra-virgin Olive Oil

Preheat oven to 350 degrees. Line a small baking sheet with aluminum foil. Cut the neck off the squash and set it aside. Cut the bulb in half and scoop out and discard seeds. Brush each half inside and out with about 1 1/2 teaspoons of canola oil. Sprinkle the cavities with salt and pepper and tuck a sprig of sage into each. Place cut-side-down on the baking sheet and roast until completely tender, about 1 hour. Remove the squash from the oven and let cool, then scoop out and reserve the flesh (discard sage). Using a paring knife, peel away the skin from the neck of the squash until you reach the bright orange flesh. Cut the flesh into 1/2-inch pieces (you should have about 4 cups). Put the remaining canola oil in a stockpot over medium-high heat, add the leeks, carrots, shallots and onions and cook, stirring often, for about 6 minutes. Add the diced squash, garlic, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper and cook gently for 3 minutes, reducing the heat as necessary to keep garlic and squash from coloring. Stir in the honey and cook, stirring, for 2 to 3 minutes. Add the stock and bouquet garni, bring to a simmer and cook for 10 to 15 minutes or until the squash is tender. Add the roasted squash and simmer gently for about 30 minutes for the flavors to blend. Remove from the heat and discard the bouquet garni. Transfer the soup to a blender, in batches, and purée. Strain the soup through a fine sieve into a bowl. Taste the soup and adjust the seasoning. Let the soup cool, then refrigerate until ready to serve. Place the crème fraîche in a small chilled bowl and stir in nutmeg to taste. Whisk until the crème fraîche holds a shape. Cover and refrigerate. Gently reheat the soup until just hot. If it is too thick, add a little more vegetable stock. Heat a medium skillet over high heat. When it is very hot, add the butter and rotate the skillet over the heat as necessary to brown the butter evenly, scraping up any bits that settle in the

bottom. As soon as the butter is a hazelnut brown, pour it into the pot of soup -- keep a safe distance, it may sputter -- then stir. Ladle the soup into six serving bowls. Top each with a dollop of crème fraîche. Grind some black pepper over the top and sprinkle on the chives. Drizzle a little olive oil over the top.

Napa Cabbage "Steak"

Recipe from NYT Cooking by Nobu Matsuhisa

I was searching for Napa Cabbage recipes and stumbled across this one. It was so interesting I had to share it with y'all this week. Not really vegetarian because of the Bonito flakes. I did a quick search and read that you can use Kombu or dried Shitakes as a substitute for bonito in Dashi.

1 large head Napa cabbage
Sea Salt
3 TB Extra Virgin Olive Oil
1 TB Yuzu or Lemon juice
1 1/2 tsp Soy Sauce
2 TB Grape Seed Oil
6 ounces Shiitake Mushrooms, stems removed, or thick slices of portobello mushrooms
1 TB Bonito Flakes

Slice off bottom inch of cabbage at stem end. Remove one layer of leaves and discard. Carefully remove remaining leaves until you get to smaller central ones. Reserve smaller leaves for another use. You should have about 12 large leaves. Place one leaf on work surface. Top with another leaf facing the opposite

direction, that is, with cut end at leafy end. Dust with pinch of sea salt. Continue stacking leaves, alternating their direction, and dusting every second leaf with salt. Place stack four inches from end of a 16-inch sheet of foil. Lift end of foil over stack of leaves and tightly roll, wrapping the foil as you go. Be careful that foil is wrapped around only the outside of cabbage roll. Tightly tie roll with butcher's cord at 1 1/2- to 2-inch intervals. You should be able to make 6 ties. Use large knife to slice about 1/2 inch from ends of roll, so cut sides are smooth. Then slice roll in sections between cord. You should have 6 thick rounds of cabbage, each wrapped in foil and tied. Preheat oven to 250 degrees. Heat 1 tablespoon olive oil in skillet large enough to hold rolls, a cut side down, in single layer. Cook rolls over medium-low heat until lightly browned on bottom and steam rises from center, 5 to 8 minutes. Turn rolls and cook on other side until lightly browned. Remove rolls to baking dish and place in oven. While cabbage is cooking, mix yuzu juice, soy sauce and grape seed oil together and set aside. Place remaining olive oil in skillet. Add mushrooms and sauté over medium-high heat until softened and lightly browned. Remove from heat. If not serving dish immediately, place mushrooms in small baking dish in oven to keep warm. To serve, remove cabbage from oven and, keeping rolls standing on a cut side, transfer to serving dish or put each on a salad plate. Snip cords and carefully remove foil. Cabbage rolls should hold together neatly. Sprinkle cabbage rolls with bonito flakes. Toss mushrooms with yuzu mixture, place a few mushroom pieces on top of each cabbage roll and serve.

This Week's Box List

*Persimmons from Guru Ram Dass
Leeks
*Onions
*Broccoli
Radishes
*Lettuce
*Cabbage
*Butternut Squash
Parsley or Basil
Eggplant
Arugula or Chard
*Garlic Chives

**indicates Box for 2*