



WEEK OF NOVEMBER 16TH, 2020 #47/52

### Holiday Gift Ideas

Hard to believe Thanksgiving is next week! (Thursday folks, don't forget your boxes will be delivered on Tuesday!). As we are approaching the gift giving season I wanted to reach out to you and ask if any of you own businesses that offer products or services that would make great holiday gifts? Supporting our community is any way we can is so important, and I know our members would be really happy to support each other. So as a couple of examples of great businesses to support when searching for special gifts please consider Bernal Cutlery or Gravel and Gold. Bernal Cutlery offers knife sharpening in addition to an amazing selection of superior quality knives. One of my Christmas presents each year is getting my knives sharpened and it thrills me! Cameron picks up my knives, takes them in and delivers them back to me. It is a simple gift but is now something I look forward to each year. The owners have been members for years! And then there is Gravel and Gold, who was, until SIP hit, one of our biggest pick up sites and had been for many, many years. The store offers very unique and beautiful clothing, shoes, jewelry, accessories and more. You can also schedule appointments to go in for private consults, and they offer gift certificates. As I said, if you have a service or sell products that we can let members know about please shoot me an email [lorraine.ottens@gmail.com](mailto:lorraine.ottens@gmail.com). One last mention regarding gifts, don't forget Eatwell. We are putting together the 2oz Salt 6 pack, that is a set of 1 of each flavor. Our lavender products can be combined to make some nice gift packs too, for instance, a sugar scrub, plus lavender steam, plus massage balm is just one idea for a nice little combo pack.

### Gathering At The Farm

This weekend the Lamberti Family met here for an afternoon gathering, some from Chico, some from Castro Valley and the grandparents came up from San Jose. The adults put together a pizza feast, and of course there was plenty of home made tomato sauce! The young cousins had a great time playing in the

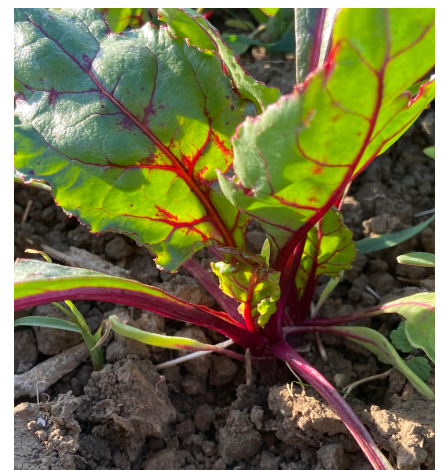


garden and visiting with Stella. Earlier in the day CSA members Lisa, Calvin and Kelly came up to pick olives and enjoy their own pizza lunch. Sunday we had a few more folks come for olives and pizza. During COVID it is hard for folks to get together so it is pretty wonderful that the farm can be that place for you. It has been challenging this year between figuring out how to make that happen in a safe way, and then having such a long smokey fire season. We were lucky this weekend, the weather was perfect. Olives stay on the trees for a good long while. Weather permitting you can come up well into January/early February and pick.



### Farm Wanderings

Went for a lovely walk this morning. It was gorgeous out there today. The sky was so blue and the air is really fresh. The canal is off and drained which always brings many egrets and grey herons flying around the farm. They are pretty impressive when flying over your head. Our earthbound chickens are getting moved into their new space. The fencing we recently purchased has gone up. Looking at how straight and tall it is, I realize just how sad our old fencing was. This should really help us keep the girls contained better. I know Agustin is very happy. Out in our last field I came across a bed of radishes that were popping out of the ground. I asked Roberto to sow a lot more beets this year and I am really hoping we will have a lot more. Like turnips, you can enjoy the root and the tops. This year the beet we planted is "Zeppo". It is a deep dark red beet with compact tops. The plants are still quite small, so beets are something we will have to be a little patient and look forward to!





# RECIPES AND IDEAS FROM LORRAINE

## Spiced Winter Squash With Fennel

Recipe by Kristine Kidd from Bon Appetit

1 1/2 lb Butternut Squash, peeled, halved lengthwise, seeded, halved crosswise, then cut lengthwise into 3/4-inch-wide wedges  
1 Fennel Bulb, trimmed, cut lengthwise into 1-inch-wide wedges  
1 large Onion, root end left intact, then cut lengthwise into 1/2-inch-wide wedges  
3 TB Olive Oil  
1 tsp ground Cumin  
1 tsp ground Cinnamon  
1 tsp Chili Powder  
1/2 tsp Turmeric

Position rack in bottom third of oven and preheat to 450°F. Combine squash, fennel, and onion on heavy large rimmed baking sheet. Add oil and toss to coat. Mix all spices in small bowl to blend. Sprinkle spice mixture over vegetables and toss to coat. Sprinkle with salt and generous amount of pepper. Roast until vegetables are tender and browned, turning once, about 45 minutes. Transfer to shallow dish and serve.

## Lentil Soup With Sweet Potatoes

Recipe by Bryant Terry from Vegetable Kingdom

The original recipe uses parsnips, but I am switching those out for turnips.

3 TB Olive Oil  
1 cup diced Yellow Onion  
3/4 cup peeled and finely diced Turnips  
3/4 cup peeled and finely diced Sweet Potatoes  
3/4 cup peeled and finely diced Carrots  
2 tsp Salt, plus more to taste  
2 cups dried Lentils  
2 cups canned diced Tomatoes  
8 cups rich Vegetable Stock  
3 TB fresh Lemon Juice, plus more to taste  
1/4 cup Coconut Oil  
6 Garlic cloves, minced  
1 to 2 dried Red Chiles  
1 TB Cumin Seeds  
1 tsp Sweet Paprika  
Freshly ground Black Pepper

In a large pot over medium-low heat, warm the olive oil until shimmering. Add the onion, parsnips, sweet potatoes, carrots, and salt and cook, stirring often, until the vegetables are soft, 8 to 10 minutes. Stir in the lentils, tomatoes, and stock. Bring to a boil, reduce the heat, then simmer over low heat until the lentils are tender, about 45 minutes. Stir in the lemon juice. When the lentils are almost finished, melt the coconut oil in a small skillet over medium heat. Add the garlic and chiles and cook, stirring frequently, until aromatic, 1 to 2 minutes. Add the cumin seeds and cook for 30

seconds. Stir in the paprika, let it sizzle, then immediately scrape the mixture into the hot lentil soup. Stir well, then season to taste with salt, pepper, and additional lemon juice.

## Wheat Berry Salad With Creamy Ginger Dressing

Recipe by Bryant Terry from Vegetable Kingdom

A couple of notes about this recipe, first of all you have to soak the wheat berries over night, so plan accordingly. Second, many of us do not have coconut palm sugar, personally I would substitute that with maple syrup or maybe a bit of brown sugar. I know they aren't the same, but I am pretty sure it will taste delicious.

### *Dressing*

1/3 cup Silken Tofu  
1 tsp finely treated Lemon Zest  
2 TB fresh Lemon Juice

2 TB unseasoned Rice Vinegar  
1 tsp Dijon Mustard  
1 TB Coconut Palm Sugar  
2 TB minced fresh Ginger  
1/2 tsp minced Garlic  
1/4 tsp Salt  
2 TB Extra-Virgin Olive Oil  
Freshly ground White Pepper

### *Wheat Berry Salad*

1 cup Whole Wheat Berries, soaked in water plus 1 TB vinegar and refrigerated overnight  
1/4 tsp Salt  
2 large Fuyu Persimmons  
1 large Celery stalk, you will have to use a couple of stalks since our celery is skinny, cut into 1/4" slices on the angle  
1/2 cup coarsely chopped toasted Pecans  
1/4 cup unsweetened dried Cherries  
1/2 cup chopped fresh Parsley

### **This Week's Box List**

\*Butternut Squash  
\*Turnips  
Onions  
\*Fennel  
Parsley  
\*Sweet Potatoes  
\*Lettuce  
Arugula  
Napa cabbage or Spinach  
\*Celery  
Rosemary  
\*Fuyu Persimmons from  
Vacaville Persimmon

*\*indicates Box for 2*

In a blender, combine the tofu, lemon zest and juice, vinegar, mustard, sugar, ginger, garlic and salt. With the blender running slowly pour in the oil through the hole in the lid and blend until emulsified. Season with white pepper and set aside. For the salad, drain the wheat berries, transfer them to a medium saucepan, and add 3 cups water. Bring the water to a boil over high heat. Add the salt and decrease the heat to low. Cover and simmer until the wheat berries are tender but chewy, about 1 hour. Remove from the heat and let steam, covered, for 15 minutes. Drain the wheat berries in a colander, then rinse under cold water for 2 minutes. In a large bowl, combine the persimmons, celery, pecans, and cherries. Dump the wheat berries into the bowl, add the dressing and combine everything with clean hands or a mixing spoon. Garnish with the parsley and serve.