



WEEK OF NOVEMBER 23RD, 2020 #48/52

### Here We Are

It's the week of Thanksgiving, the week almost everyone in the food business looks forward to with excitement and trepidation. It will certainly be a crazy week for us. It's been years since we did more than 400 boxes the week of Thanksgiving, so many of you normally travel this week, it is typically a extremely high "on hold" week for us. This year we will deliver over 600 boxes. That is a positive and something I am very grateful for. But... I think many of us will struggle some knowing that this holiday, usually a time of large gatherings of family around the table, might look very different. For those of us who thoroughly enjoy bringing the masses together for a feast it is hard to give up our traditions, but this has been a year of letting go and finding new ways. We all hoped to be in a better situation by this time, even though in the back of our heads we knew it would



probably be the opposite. And so it is, new restrictions, new limitations and a reality that we are just not seeing the end of life with COVID, at least not yet. If you are reading this, chances are you will have some pretty great food this week, and that alone is something to be grateful for, even if you can't share it with your extended family.

The truth is life is all about change, sometimes change comes from great loss and sometimes from great gains, but nothing stays the same forever, and somehow we all adapt. We are blessed to have good food, and shelter, and friends and family. We live in a very beautiful part of the world. For all its hardships, Northern California is still a place of wonder. Yesterday when I drove off the farm to run some errands I could see the snow up on the mountains, it was a glorious sight. When I looked back in the opposite direction I saw the burned hills between us and Lake Berryessa. I guess you could call it the yin



and yang of life from my driveway. It is a reminder that life is fragile and what we hold dear could disappear overnight, but as we make the journey that is our life we should never forget to look for the gifts and the beauty all around us.

So I find myself at that place, like I do each year, looking at all that I am grateful for. I am thankful we have been busy, and productive. The boxes we pack up and send out have been a life line to something other than your life in a city. And even though you couldn't come here this year, the farm still comes to you each week. I am thankful that Eatwell has a place at your dinner table each week. You may not realize how important that is, but think about it the next time you are at the grocery store buying something that comes from some unknown place. I guarantee it will make you feel pretty good about your link to the farm. I am thankful that life brought me here and that so many of you have become a part of my life. I am blessed to work with some truly amazing people who get the work done every week. I am thankful for all of them, because without them we wouldn't be here. And this week we will all give thanks for the bounty this land brings us, especially at that amazing meal. Happy Thanksgiving everyone!



# RECIPES AND IDEAS FROM LORRAINE

## Arugula, Fennel And Green Lentil Salad

*Recipe From River Cottage Veg, by Hugh Fearnley Whittingstall*

2/3 cup French Lentils - hope you have some  
Rancho Gordo's  
1 Bay Leaf  
1/2 small Onion  
A few Parsley stems - optional, a great way to use discarded stems  
1 large or 2 small Fennel Bulbs  
2 to 3 oz Arugula  
1/2 cup Olive Oil  
2 TB Lemon Juice  
2 tsp Dijon Mustard  
Finely grated zest of 1 Lemon  
A pinch of Sugar  
Sea Salt and freshly ground Black Pepper

Put the lentils in a saucepan and add plenty of water. Bring to a boil and simmer for a minute only, then drain. Return the lentils to the pan and pour in just enough water to cover them. Add the bay leaf, onion and parsley stems, if using. Bring back to a very gentle simmer and cook, slowly for about half an hour, until tender but not mushy. Meanwhile, to make the dressing, put the oil, lemon juice, mustard, lemon zest, and sugar in a screw-topped jar, season with salt and pepper and shake until emulsified. When the lentils are done, drain them well and discard the herbs and onion. While still warm, combine with a good half of the dressing. Leave until cool, then taste and adjust the seasoning; you could add a little more salt, sugar, pepper, or lemon juice if needed. Trim the fennel, removing the tough outer layer. Halve the bulb vertically, then slice as thinly as you can, tip to base. Divide about two-thirds of the lentils among wide serving bowls. Scatter over the arugula and fennel and trickle over the rest of the dressing. Scatter the remaining lentils over the top and serve.

## Stuffed Winter Squash

*Recipe from River Cottage Every Day by Hugh Fearnley Whittingstall*

1 Winter Squash, close to 3 lbs  
1 Garlic clove, finely chopped  
3 TB unsalted Butter  
A little Olive Oil  
Sea Salt and freshly ground Black Pepper  
1/2 cup Walnuts, lightly toasted and very coarsely chopped  
6 oz blue Cheese, crumbled into small lumps

2 tsp chopped fresh Thyme, Or ditch the fresh Thyme and plain salt, use Eatwell's Thyme Salt  
1 scant TB Honey

Scrub the butternut well, then pre-bake at 375 for 10 to 15 minutes. Remove from the oven and cool enough to handle. Cut in half lengthwise and scoop out the seeds and soft fibers. Put in a baking dish, add the chopped garlic and butter to each cavity, then brush with a little oil and season well. Place in the oven and bake for about 30 minutes, until the flesh feels very tender when pierced with the tip of a knife. Scoop the soft flesh and all the buttery, garlicky juices out into a bowl, leaving a 1/2" thick layer of flesh still attached to the skin, so the squash holds its shape. Coarsely mash the flesh. Keep back a few pieces of walnut and a little of the cheese, then fold the remaining walnuts and cheese into the soft squash, along with the thyme and some more salt and pepper. Spoon the filling back into the squash halves and scatter on the reserved cheese and walnuts. Finish with the merest drizzle of honey, then return the squash to the oven and bake for 15 minutes, or until the cheese is bubbling. Serve with a crisp green salad.

### This Week's Box List

\*Winter Squash  
Turnips or Radishes  
Arugula  
\*Fennel  
Parsley  
\*Sweet Potatoes  
\*Celery  
\*Rosemary  
Lettuce  
\*Bok Choy  
Mustard, Gold Frills or Mizuna  
\*Fuyu Persimmons from  
Vacaville Persimmon

*\*indicates Box for 2*

## Candied Yams

*Recipe from [deilsh.com](http://deilsh.com) by Lena Abraham*

1/2 c. dark Brown Sugar  
1/2 cup Orange Juice  
3 TB Butter, plus more for pan  
1 Cinnamon stick  
2 TB Bourbon (optional)  
Pinch Nutmeg  
Pinch Salt  
5 medium Sweet potatoes (about 3 lb.)

Preheat oven to 400°. Butter a medium baking dish. In a medium sauce pan over medium heat, combine sugar, orange juice, butter, cinnamon stick, bourbon if using, nutmeg, and salt. Stir to combine and bring to a boil, then reduce to a simmer and cook until it has thickened slightly, about 10 minutes. When reduced, remove and discard cinnamon stick. Meanwhile, prep potatoes: Peel potatoes and slice into 1/2" rounds, then layer in prepared baking dish. Pour thickened syrup over potatoes and cover dish with aluminum foil. Bake 30 minutes, then remove foil and bake about 50 minutes to 1 hour more, basting with sauce every 15 minutes. Let cool slightly before serving.