



WEEK OF NOVEMBER 30TH, 2020 #49/52



### The Color Of Winter

I was in the pack house on Saturday when the guys drove in with a truckload of mandarins. Between the citrus and the persimmons, I would say the color of winter is definitely not gray or bland, it is bright vibrant orange. And if we ever get some rain we can add the gorgeous verdant greens on the California hills.



The mornings are now really crisp and quite invigorating. I spend a good chunk of my day in front of a computer, with short trips out to the pack house, so that briskness is actually enjoyable.

I spent a little time reading up on mandarins. You know me, I love reading the history of the fruits and vegetables we love. I found this great article on the history of Mandarins at [harvesttotable.com](http://harvesttotable.com). Here is a summarization of what I learned:

Mandarins probably descended from wild oranges growing in northeast India some 3,000 years ago. They eventually made it to China and from China to Europe, North Africa and Australia. They were first introduced to the US by the Italian consul in New Orleans.

The Mandarin got its name in England. Mandarin was the language spoken by the public officials in China and those officials wore deep orange robes. So to the English, Mandarin made sense. Interestingly, the tangerine, a type of Mandarin, was so named by the Portuguese. They were widely grown in Morocco and shipped from Tangiers to Portugal. The Port of Tangiers gave us the name tangerine.



### Eatwell Turkeys

This past summer a mamma turkey and her little chicks were spotted hanging out in Tam's flower garden. They have made this end of the farm their home. They have really grown and are quite large now. They love roaming around and on top of the house, which is where I spotted them over the weekend. I had to laugh thinking about the "pardoned turkeys of Eatwell".



### Eatwell Babies!

A couple of weeks back Ashlee and Jason, our former CSA manager and former driver/builder/cowboy (who met and fell in love on the farm!) had their first baby Francisco Rafael

Dominguez-Beachner. We are so happy for them and can't wait to meet little Frankie. Our family is growing even more, our sweet Elianna who ran Bay Leaf Kitchen, kids' cooking camp, and my savior chef at many Eatwell events, is also expecting a baby in the new year.

And I am so excited to share with you that our immediate family is growing in 2021 as well. Cameron and Lilly are expecting their first baby early March, my first grandchild! I am so excited for all of our young parents and cannot wait



to see loads of little ones playing in the garden and in the strawberry fields. I love the sight of little ones with bright red juicy strawberry faces!

# RECIPES AND IDEAS FROM LORRAINE

I just have to share our Thanksgiving Pie tasting. Ian baked up 3 nearly exact “pumpkin” pies for us this year. The only different ingredient was the type of squash, we did a Georgia Candy Roaster, Sugar Pie Pumpkin, and a Butternut. For our Thanksgiving dessert we did a blind tasting, we all guessed which pie had which squash and we picked our favorite. The Georgia Candy Roaster was by far the favored squash, followed by the Butternut. Ironically, no one picked the pumpkin! I am very thankful to have an actual professional pie maker in the house and very thankful that he was so excited to do this experiment with me so I could share the results with you all!

## Radishes a la Crème

*Recipe from One Good Dish by David Tanis*

This is a truly simple dish, only 4 ingredients!

1/2 lb Radishes  
Sea Salt  
1/4 cup Crème Fraîche, or a little more  
A few drops of Milk (optional)  
Pepper

With a mandolin or sharp knife, slice the radishes as thin as possible. Arrange the slices on a platter. Sprinkle lightly with salt. If the Crème Fraîche is quite thick, beat it with a spoon for a minute to lighten it up, or thin with a few drops of milk or water. Spoon it generously over the sliced radishes. Finish with as much freshly ground pepper as you like. You can also drizzle a bit of fruity olive oil, about 1 tablespoon, over the Crème Fraîche.

Served on thinly sliced rye bread, for a delightful open-faced sandwich.

## Sweet Potato Pancakes

*Recipe from The Moosewood Cookbook by Mollie Katzen*

For any one of a certain age, who shopped in health food stores, I am pretty sure you will have or at least had, a copy of this cookbook. I was perusing my cookbook shelves this morning and when my eyes spotted my tattered old copy I just had to grab it. This recipe takes about 30 minutes to prepare and makes 4 to 6 servings.

4 beaten Eggs  
1/3 cup Flour

1 tsp Salt  
Fresh Black Pepper  
Juice of 1/2 Lemon  
1 firmly packed cup grated Carrot  
1 firmly packed cup grated White Potato  
1 packed cup grated Sweet Potato  
2 TB grated Onion  
1/4 cup chopped Parsley  
Dash of Nutmeg  
Optional: 1 small clove Garlic, crushed

Place grated sweet and white potatoes in a colander over a bowl. Salt lightly and let stand 15 minutes. Rinse and squeeze out well to get rid of all the extra water. Combine all ingredients and mix well. Fry in butter in a heavy skillet until brown and crisp.

Serve immediately, topped with yogurt or sour cream and fresh chopped chives. Or skip the sour cream and serve with the Radishes a la Crème.

## Pasta With Broccoli, Garlic and Chile

*Recipe from River Cottage Veg by Hugh Fearnley-Whittingstall*

1 head of Broccoli, cut into small forest  
6 TB Olive Oil  
1/2 to 1 fresh Red Chile, seeded and finely chopped, or 2 good pinches of dried Chile Flakes  
2 Garlic cloves, finely slivered  
Sea Salt and freshly ground Black Pepper  
10 oz Pasta, Penne or Fusilli  
Extra Virgin Olive Oil  
Parmesan Cheese

Put a large pot of well-salted water on to boil. Heat the oil in a large frying pan over low heat. Add the Chile and garlic and some salt and pepper and cook for about 3 minutes until the garlic is no longer raw. Put the pasta and the broccoli into the pot of boiling water. This recipe cooks the broccoli well so that it is just about falling apart, about 8 minutes. If your pasta requires more time than that, put the pasta in first and cook the couple of minutes of difference, then add the broccoli. Drain the pasta and broccoli thoroughly then too with the garlic and Chile oil. Check the seasoning.

Serve with an extra trickling of live oil and loads of grated cheese.

## This Week's Box List

Arugula  
\*Broccoli  
\*Butternut Squash  
Celery  
\*Fennel  
\*Lettuce  
\*Radishes  
Spinach  
\*Sweet Potatoes  
Mandarins  
Parsley  
\*Fuyu Persimmons from  
Vacaville Persimmon

*\*indicates Box for 2*