



WEEK OF DECEMBER 7TH, 2020 #50/52

That Time of Year

The last several weeks Elise and I have been working on our crop plan for the coming year. Let me say, right here and now, I am forever grateful for all the work



Cameron put into creating our spreadsheets for the plantings by crop and by week. It has made the process so much easier. What was an overwhelmingly daunting task the first year after we lost Nigel, is now only a normal amount of stress, and

to be clear there is always stress working on crop plans, there is just so much uncertainty. Looking at today's forecast of 72 degrees and high winds, wondering will it ever rain? Will it be a miserably wet spring like a few years ago? Knowing how many plants we have scheduled to come in by mid February through April, wondering if we will be able to plant because the fields are too wet? Or maybe it will be a dry year even through spring? Or will it be really cold this spring with frost killing our little transplants? So much one can worry and stress over, but Nigel's voice



is always in my head, "Farming is a gamble, that's why I have no need to go to a casino". I smile to myself and respond, yes it is.

Last year we survived the nightmare when the start company lost all of our orders, except the first 3. Andrew did an incredible job piecing together plant orders from the limited availability that Headstart offered. That mistake meant we ended up with quite the hodgepodge of tomato, eggplant and pepper plants that came in very late. And if that wasn't enough to mess things up, there were the fires with all that smoke, which pretty much wiped out most of our tomatoes. All of our neighbor farmers had the same problems with their later planted tomatoes, nothing grew under those smokey skies. This year's big issue is Headstart will no longer accept tomato or pepper seeds that have not been tested for a specific virus, which of course most of the seed companies will not pay for. Back to the quandary of what to do about tomatoes and peppers. I do have a few plans in the works that I am very excited about and will share with you once

they are finalized. I am hoping we will have a few new varieties to offer you this coming year. Right now I am hoping to get some Kohlrabi seed sown to have in the early spring. I am tempted to give up growing fava beans because 3 years in a row we have completely lost them to aphids. But then I wonder if they are keeping the aphids off the peas? We literally plant beds with both and only the fava beans will have an issue with aphids. Plus it is such a great green fertilizer so there is no harm in planting them whether we get a crop or not. All in all, crop planning is pretty exciting when there is so much delicious food to look forward to!

You Never Cease To Amaze Me

Over the past few weeks I have had several members ask for a way to give to the crew besides the Burrito Fund. So last Friday morning we sent out a short email to let you know that we set up a Holiday Bonus Giving option in response to your requests, and to remind you of all the Eatwell products that are wonderful holiday gifts. In barely 40 minutes of sending that email, the first of you had donated close to \$900.00, and total orders from Friday morning to Saturday night was unprecedented! I literally cried when I saw the response. I cannot tell you how much you all have filled my heart. During what has been an unprecedented challenging year in our lives, the CSA has over and over renewed my faith in the goodness in people. And I have learned much from you, primarily how to ask for help. I know that might sound a bit trite, but we Americans are not necessarily so great at the asking thing. I have learned people really do want to help, and when we clearly communicate our needs, the response quite often is tremendous. On the opposite end of the giving spectrum, it is also important to learn how to *accept* a gift or the offering of a helping hand. Often that acceptance is a gift we give back to the giver. Think of the joy and excitement we feel when we find the perfect little something for someone in our life, no matter how simple or small, that excitement is the gift the giver receives. With all that is going on right now, I am hanging on to these small joys and make them the focal point. Thank you for all the orders, and for all the giving, you make this CSA a truly loving community.

Newsletters And Printers

Our printer went down two weeks ago. I looked for someone to repair it, but that's not so easy to find these days. And to be honest it wasn't a very high quality printer, so I decided to buy a new one, a better one. It arrived over the weekend, which was fantastic, because that meant I had a couple of undisturbed house to get it all set up on the wi-fi and the computers. Very exciting stuff for me! We will be able to print newsletters again, if you want a copy. However, the drivers have told us that a high percentage of the newsletters we leave on the clipboards are not taken. I hate to waste the paper, toner, and Elise's time. So we will discontinue printing/leaving paper copies, unless we hear from you. We are happy to print copies for you, but you will have to let us know that you want it. Email Elise at organic@eatwell.com if you want us to send you one.

RECIPES AND IDEAS FROM LORRAINE

Holiday Nut Roast

Recipe from Jamie Oliver's Christmas Cookbook by Jamie Oliver

This recipe originally calls for Butternut, but you can substitute whatever winter squash we have in the box this week. *The recipe also calls for Field Mushrooms, which are closely related to the Button Mushroom, unfortunately Jamie asks for 2 large so you are going to have to make a judgement call on the amount of mushroom you want/need.

Olive Oil
3 1/2 oz Quinoa
About 1 lb Winter Squash
2 Onions
2 sticks Celery
6 to 7 oz vac-packed Chestnuts
2 sprigs Rosemary
1 tsp Sweet Smoked Paprika
1 tsp dried Oregano
2 large *Field Mushrooms
1 Lemon
2 oz fresh Breadcrumbs
4 oz dried Apricots
5 oz mixed unsalted Nuts
4 large Eggs
1 1/2 oz aged Cheddar Cheese

Spiced Tomato Sauce:

3 fresh Red Chillies
1 stick Cinnamon
2 cloves Garlic
1/2 bunch fresh Thyme
2 large peeled roasted Red Peppers
2 x 400 g canned Plum Tomatoes
1 TB Balsamic Vinegar

Preheat the oven to 350. Scrunch up wet sheets of parchment paper, then line all sides of an oiled loaf tin, leaving a bit overhanging at the ends to help lift the nut roast out later. Cook quinoa according to the packet instructions, drain, tip into the mixing bowl and leave to cool. Meanwhile, wash and seed the squash, peel the onions, trim the celery and chop it all into 1" cubes. Place in a large roasting tray, crumble in the chestnuts, strip in the rosemary, add the paprika, oregano, a pinch of sea salt and black pepper, and 2 TB of oil, then toss well. Roast for 40 minutes. Roughly chop the mushrooms and add those the last 10 minutes of roasting time. Remove the tray from the oven and tip everything into the quinoa bowl. Finely grate in half the lemon zest, add the breadcrumbs, then chop and add the apricots and nuts. Crack in the eggs and mix well, then transfer to the lined loaf tin, piling it up high. Roast for 45 minutes, or until golden and gnarly. With 30 minutes to go, make the sauce. On the hob, heat 1 TB of oil in a roasting tray on medium heat. Leaving them joined at the stalk, halve the chillies lengthways, then add to the tray with the cinnamon for

5 minutes, stirring regularly. Meanwhile, peel and slice the garlic. Scoop the chillies and cinnamon out of the tray and put aside, then add the garlic, strip in most of thyme leaves and cook for 5 minutes. Drain, chop and add the peppers, pour in the tinned tomatoes and 1 tin's worth of water, breaking up the tomatoes with a wooden spoon, then add the balsamic and a

pinch of salt. Bring to the boil, then simmer for 20 minutes, or until thickened and reduced, stirring occasionally. Lift the nut roast out of the loaf pan and sit it in the sauce, discarding the paper. Grate over the cheese, pop a chili on top with the remaining the sprigs and drizzle with a little oil. Return the other chillies and cinnamon to the sauce. Roast for a final 15 minutes, then leave to sit for 5 minutes. Finely chop and stir as much of chili as you like into the sauce, slice up the nut roast and enjoy!

Radish, Arugula, and Red Onion Salad with Tangerines

Recipe by Tasha De Serio from Bon Appetit April 2011

2 Mandarins
2 TB finely chopped Radishes
plus 12 large Radishes,

trimmed, very thinly sliced
1 TB chopped Red Onion plus 1/2 cup thinly sliced
1 TB plus 2 tsp fresh Lemon juice
1/4 cup Extra-Virgin Olive Oil
Coarse kosher salt
1 medium Fennel bulb, quartered lengthwise with core intact, very thinly sliced lengthwise
3 cups (packed) Arugula
1/4 cup coarsely chopped fresh Mint

Finely grate enough peel from the mandarins to measure 1 teaspoon; place in small bowl and reserve for dressing. Peel the mandarins. Following the contours, break into segments, then cut vertically in half, then crosswise into 1/4-inch-thick slices; set aside. Combine 2 TB finely chopped radishes, 1 tablespoon chopped red onion, lemon juice, and grated tangerine peel in small bowl; let stand 5 minutes. Whisk in extra-virgin olive oil. Season salad dressing to taste with coarse kosher salt and freshly ground black pepper. Combine mandarin slices, radish slices, onion slices, fennel slices, arugula leaves, and chopped fresh mint in large bowl; sprinkle with coarse kosher salt. Drizzle dressing over salad and toss to coat thoroughly. Transfer salad to large shallow bowl and serve.

This Week's Box List

*Arugula
Broccoli
Celery
*Fennel
*Lettuce
Onions
*Radishes
Spinach
*Carnival Squash
*Sweet Potatoes
*Mandarins
Rosemary

*indicates Box for 2