



WEEK OF DECEMBER 28TH, 2020 #52/52

### The End of A Year To Remember

I just quickly read what I wrote for last year's final newsletter. Honestly, everything I wrote still holds true, but one sentiment really struck a chord even in this challenging year:

*...you know this farm is about much more than the food coming out of our fields. The true spirit of Eatwell is the community and how this land has become a part of all our lives. When I think of Eatwell I think of love.*

Obviously, love plays an enormous role in my Eatwell life; it was after all my love for Nigel that brought me here. It is my love for the life we shared that keeps me going, sometimes with tears, but most often with a big smile on my face. I am proud of the work we do, not just the boxes that go out every week, but the connections we make with you and you with the farm. I am proud that we had already taken the steps to add the extras that clearly became so important to many of you when you were looking for any avenue to avoid trips to the store. I am proud we were able to grow and expand in many ways, delivering close to 50% more boxes each week, plus countless extras. Somehow we managed to do it all even with smoke filled skies and a small crew. It was hard to lose Ramon, who is still waiting for a kidney transplant. I always could rely on his sense of



### Lesson Learned

Communication is really so important, not just the act of communicating, but *how* we communicate is equally critical. And so I must apologize for the confusion regarding deliveries last week. In my mind I had written several times about the fact that we take the week of Christmas off and how much the crew and I were looking to our week off. But important messages can get lost in a story. What I learned is with important issues like changing box schedules, or our annual vacation week, it really necessitates an email with that single message. I am very sorry that several members missed that message and went looking for a box only to find none. And to clarify, if you are on an every other week, your next box will come next week January 6th, 7th or 9th. Our system does not alter your schedule, it simply skips the week we are closed but does not affect your credits on which week you normally get your box.

And a second topic that caused a bit of confusion, boxes, plastic bags versus paper liners. I think sometimes we talk about things so much around the office that we forget that you don't have all the information floating around your brain the way we do. So just to clarify what I was attempting to say, looking at the number of boxes that are returned since we stopped using the plastic bag liners, it appears that fewer boxes are coming back. I don't want to go back to using the plastic bag liners, I hate them as much as you do, but we do need the boxes to come back to the farm. So here is a friendly reminder/suggestion to bring a bag with you to your pickup location, empty your veggies and goodies into your bag, gently flatten your box and leave it at your pick up location.

### The Days Will Grow Longer

The 21st was the Winter Solstice, and that means the days will slowly grow longer. In the plant world that means many of the foods we love will start to grow faster. A plant's response to the length of the day is referred to as photoperiodism. With certain plants a long day will cause it to flower. That is a good thing when you are talking tomatoes and squash because to get those delicious fruits we need the plant to flower. On the other hand, crops like turnips will go into flowering mode which can make the root bulb, the turnip, very woody and not so nice to eat. From about November 20th until January 20th we are at a day length of 10 hours. With these short days not much will grow. So you can understand why it is critical to get loads of plants in the ground late September/October to get enough growth to have crops for the winter months. Now that California has such horrible fires later in the season that makes things tricky. It is hard for the guys to push and work extra hard when the sky is filled with smoke. We may experiment with direct seeding a few more crops, but then we have to deal with more weeds, also not ideal. So much to learn!



humor and his communication skills. He is doing well, but in dialysis 3 times a week which is pretty hard. Everyone here really pulled together and got the work done. Now that 2020 is nearly behind us I can honestly say I am happy to see it come to an end. I am not expecting miracles from 2021, I know it too will be filled with many challenges. I am looking forward to a lot though, like learning even more and of course (hopefully) seeing many of you here on the farm in the spring and summer. Let's all hunker down in our little pods, enjoy some good bubbly, if that is your thing, and give boot out the door to 2020!

# RECIPES AND IDEAS FROM LORRAINE

## Pickled Beets

Recipe found on [bellyfull.net](http://bellyfull.net)

I made this recipe several months ago when we had beets come back from the market. They are delicious and it is wonderful to have beets in the fridge when I make a fast meal that needs a little extra veg on the side. I did drop the sugar to 1/4 cup and probably could use even a little less. I have included the link to the roasted beets, although if I remember correctly I made mine with beets I cooked in the InstaPot. You might consider adding turnips to the pickle mix. You can either add them to this recipe, perhaps quartered or you could use this [recipe](#), which includes a beet in the mix. The turnips are pickled raw. 4 medium [roasted beets](#), cooled, peeled, and sliced (<< click that link for how to make roasted beets)

1 cup Cider Vinegar  
1 cup Water  
1/3 cup granulated Sugar  
1 tsp Salt  
1/4 tsp (dry) ground Mustard  
5 whole Black Peppercorns

Bring the vinegar, water, sugar, salt, and mustard to a boil in a medium saucepan, stirring until sugar is dissolved. Simmer for a few minutes; take off the heat and allow to cool a bit. Add peppercorns and beets to a clean glass jar with a tight fitting lid. (This particular recipe fits nicely into a 1 liter sized jar.) Pour the brine in, covering all the beets. Cover and set aside for several hours (or up to 24), then transfer to the refrigerator.

## Stuffed Acorn Squash With Roasted Veggies

Recipe found on [Free Your Fork](#) by Lauren Kenson

This makes 2 servings takes about 1 hour 15 minutes. If you are like me, and you like to find things that you already have to save yourself a trip to the store, I would switch out Shitake mushrooms with small diced fennel from this weeks box. I would even garnish with a bit of rough chopped fennel fronds.

1 Acorn Squash  
4 cups Broccoli florets  
2 Cups Shiitake mushrooms, chopped into S" pieces  
4 TB Avocado Oil  
1/2 TB dried Thyme OR use Eatwell Thyme Salt Salt  
1/2 cup Tomato Sauce\*  
Shredded Cheese\*  
Red Pepper Fakes

Preheat oven to 375 F and prepare a baking sheet with foil (can also use bare sheet tray if preferred).

Cut the acorn squash down the middle (from the top stem to the pointy end). Use a spoon to scrape out the seeds and set these aside (either discard them or roast them another time as a snack). Rub 5 tbs avocado oil onto just the cut-side of each half (don't rub it onto the green skin) and place them cut side up on the sheet tray. Sprinkle with salt and the dried thyme and roast for 35 min. Take out

the sheet tray with the acorn squash. Then add the broccoli and mushrooms to it. Toss them in avocado oil and salt them before returning entire sheet tray to oven and roast for another 40 min (taking the tray out once halfway through to flip the veggies around). You want to roast the vegetables until browned on the ends and roast the squash until it has softened. To stuff the squash, remove the tray from the oven and set your temperature to broil on high. Using a fork, lightly smash the squash flesh (leaving the skin intact) so it resembles mashed potato texture. Press the mixture to the sides to make room for the roasted veggies and sauce.

Spoon half the tomato sauce into each squash half. Then add half the roasted veggies to each half. Top with a sprinkle of cheese (if using) and return to the oven to broil for 2-3 minutes, or until cheese has just melted on top. Remove and enjoy immediately. The skin is edible if you wish to eat it, but it also comes off quite easily if you don't. \*I used arrabiatta sauce but you could use regular tomato basil if you don't like things spicy. I also used Italian shredded cheese but a sprinkling of just Parmesan would also be great.

## Broiled Grapefruit

Recipe found on [allrecipes.com](http://allrecipes.com) by Laura\_G123

2 Grapefruit  
1 1/2 tsp ground Cinnamon  
1 TB White Sugar  
2 tsp Butter

Preheat your oven's broiler. Cut the grapefruits in half, and use a small serrated knife to cut out the sections in the halves. Spoon the sections and juice into a bowl, then scrape out all of the remaining thick skins and pulp. Spoon the sections from the bowl back into the halves. This is best done one half at a time. Sprinkle sugar and cinnamon over the top of each grapefruit half, adjusting as you see fit. Dot with butter. Place the halves on a cookie sheet. Broil for 3 to 5 minutes, until the butter is melted and sugar is starting to turn brown.

### This Week's Box List

\*Broccoli  
Arugula  
\*Acorn Squash  
Chard  
\*Fennel  
\*Turnips  
\*Grapefruit  
Lettuce  
Spinach  
Parsley  
\*Beets from Terra Firma

*\*indicates Box for 2*