



WEEK OF JULY 26TH, 2021 #30/52

### Saucing & Thoughts

This weekend we had the first Saucey of 2021. It was the first in 2 years. How I have missed having people come to the farm to turn our delicious tomatoes into truly delicious tomato sauce. For those of us who have been saucing for years now, we all know, there is no going back to store bought, homemade sauce is the only way to go. Is it a lot of work? Sure, but when you come with a group of friends (this weekend that was a group of 10), the work fun and you can plough through it much faster. Having the Britt & Brian crew here was a real treat, because they are one of the “tomato teams” who have been saucing on the farm for several years now. To my other veteran hard core saucers, I am so looking forward to seeing you all over the next few weeks!

So what is this thing I keep writing about, fun times saucing tomatoes? Yeah, it is, on many levels. It’s not often we have the chance to cook communally and with saucing you definitely do. Back in the day, we would have 100+ people come to the farm and literally cook over a ton of tomatoes. It was pretty incredible. Over the years, many of our members dialed in their sauce day strategy, and the overall number of folks saucing on a particular day dropped, but the amount of tomatoes sauced stayed the same. Because folks figured out how to sauce in quantity, their setups



THE VIEW AT RUHSTALLER



This weekend I set up everything in front of the house, which worked out perfectly. Olivia and Jackson, the 4 year olds had a big tub of water to chill and we created a play area under our banana trees, in the shade. When the saucing was finished (is it ever really finished?), we cleaned up and headed down the road to Ruhstaller for cold beer,

live music and tacos. The big treat to cap off a perfect day, we were invited to enjoy the deck at the top of the hop kiln to watch the sunset, with a view of our farm in the distance. It was stunning and wow what a wonderful way to end a day of fun work, beer, friends, music and views.

The next morning I got up early to bake fresh biscuits, make coffee and eggs for everyone. I enjoyed a few moments by myself, but then really enjoyed some “one on one time” with Dina, one of our saucing members, who came in early to lend a helping hand. There were great discussions around the breakfast table, talking about life, soil, food and farming, some of my favorite topics. By the time everyone was packed up and heading on their way to find some cold water to play in, my heart was filled and restored. I have missed having members here and spending time with you.

This was one of those weekends when you realize perfection is close to home. We live in such a beautiful place, and the bounty of the farm just gives so generously. I hope you will consider coming up to sauce and can or just come up to camp. And if that doesn’t work with your schedule we do have our 10lb cases available and you can sauce at home.



required more space so we had to reduce the number of people per event, but we increased the number of events to make up for that. It has been such a joy watching our veterans show the newbies how to can, people sharing supplies when something was forgotten, and new friends being made. A community growing around very hot pots of bubbling tomato sauce. And the bonus for us, it was always a great way to get through a lot of tomatoes when the plants kick it into high gear.

### Quick Note About the Market

We are still looking for a few new folks to work our stand. Anyone interested? Many of our best market staff started when they were in high school, so maybe you have a son or daughter who loves the farm and would like a little Saturday gig. Let me know! 530-554-3971 or email us at [organic@eatwell.com](mailto:organic@eatwell.com)



# RECIPES AND IDEAS FROM ELISE

## Contributions from Afar...

Some of you may know that we offer our CSA boxes for sale through Good Eggs, who supplies produce to a further-reaching area than we can. Jean, a woman in Redwood City who gets our box through them, wrote in to us to share a recipe for a veggie brunch pie that she made when having friends over for the first time since COVID started. It was really inspiring to read her words and the pie looks *delicious* so I'm including the recipe below for everyone to enjoy!

### Italian-Style Vegetable Pie

Recipe adapted from *An Italian In My Kitchen*

1-2 medium **eggplants** (you can use a variety of veggies from the box—the **squash** would be great too)  
Salt & Pepper to taste  
1 savory pie dough (Jean provided this vegan pie crust recipe as well!)  
1/2 tsp dried oregano  
A few leaves of fresh **basil**, **chopped**  
1/3 cup chopped **tomatoes**  
1 1/2 cups shredded fontal or gruyere cheese  
1/2 cup + 2 tbsp freshly grated parmesan cheese  
2 tsp olive oil

Pre-heat the oven to 350F (180C). Lightly grease and flour an 8 or 9 inch round pie plate. If desired peel the eggplant, then thinly slice (see photo), place the slices in a bowl and toss with one teaspoon of salt. Let sit for 20 minutes then drain, but do not rinse. Lightly grill on either a pan grill or bbq. Fit the savory dough either homemade or store bought, into the prepared pie plate. Prick the bottom of the crust well. Make two layers, starting with a layer of grilled eggplant, a sprinkle of oregano and basil (a little pepper of desired), one third of the parmesan cheese, half the chopped tomatoes, half the fontal or gruyere cheese, on the last layer top with the remaining third of parmesan cheese and drizzle of olive oil. Bake for approximately 35-40 minutes. Let sit 10 minutes then slice and serve. Enjoy!

### Mediterranean-Style Chickpea Salad

Recipe adapted from *Dinner at the Zoo*

*I used to make something similar to this as a dinner side at a previous job where I was a caretaker for teens, and whenever the kids saw all the ingredients there was much protesting, but once they tasted it, I got a lot of "whoa, this is actually really good"s. The trick is to roast the chickpeas in the oven first in a bit of olive oil, s&p, and garlic, and then add them to the salad. This recipe doesn't mention that, but I'm telling you it makes all the difference in flavor.*

Salad:

2 c cooked chickpeas (canned will work if you don't have any Rancho Gordos ready to go)  
1 avocado  
1 c **cherry tomatoes**, halved  
1 c **cucumbers**, quartered and sliced  
1/4 c **spring onion** whites, finely diced

1/2 c crumbled feta cheese

1/4 c chives, thinly sliced (could use the tops of the spring onions if you haven't ordered any chives)  
Additional chives + feta for garnish

Dressing:

1/4 c olive oil  
1 tsp dijon mustard  
2 tbsp red wine vinegar  
1 tbsp lemon juice  
1 clove **garlic**, finely minced  
A few **parsley** leaves, finely chopped  
1/2 tsp dried oregano  
S & P to taste

## This Week's Box List

\*Cucumbers  
\*Basil  
\*Parsley  
\*Potatoes  
\*Tomatoes  
Spring Onions  
Collards  
Eggplant  
\*Nectarines or Peaches  
\*Zucchini/Squash  
Tomatillos  
Cherry Tomatoes

\* = Items in Box for 2

Place chickpeas (*roasted!*), avocado, tomatoes, cucumbers, onion, feta, and chives in a large bowl. For the dressing, combine all ingredients in a jar and shake vigorously to combine, can be stored in the refrigerator for up to a week. Pour the dressing over the veggies and toss gently to coat, garnish with additional feta and chives.

### Korean-Style Zucchini Stir-Fry Side Dish

Recipe from Seonk Young Longest

4 medium size **zucchini**s  
1 **spring onion** white, thinly sliced  
5 cloves **garlic**, chopped  
2 **spring onion** tops, sliced  
2 heaping tbsp Saewoojeot, fish sauce, or soy sauce

1 tbsp maple syrup  
1/2 tbsp gochugaru, optional  
2 tsp cooking oil  
sesame seeds for garnish  
sesame oil for garnish

Cut zucchini in half lengthwise & slice into half-moon shape. Place all ingredients in a wok or large skillet except sesame seeds and sesame oil. Turn the heat to high heat and stir fry every ingredients for 5 minutes, or until zucchini is cooked but still have bite. It will have some liquid on the bottom, that's totally fine but don't over cook them, it will be too mushy. Place on a serving plate, garnish with sesame seeds and sesame oil. Enjoy with warm cooked rice with other side dishes or make bibimbap by just simply put the zucchini on top of the rice and add fried egg! Enjoy!

## Additional Ideas:

Sesame Stir-Fry with Collard Greens  
Tomatillo Bloody Mary  
Stone Fruit Caprese Grilled Chicken Salad  
Classic French Tomatoes Provencal  
Potatoes en Salsa Verde  
Slow-Cooked Cherry Tomatoes with Coriander