



WEEK OF SEPTEMBER 13TH, 2021 #37/52

### News From The Farm

Last Friday I took a quick run up to Woodland to Irrigation Supply, to pick up 40 sprinkler heads Jose had asked for. At barely 4" tall, these plastic heads cost over \$8.00 each, so that box was close to \$350.00. Sometimes I am astounded by prices, high and low, why are some things so expensive and others seem so cheap? To be fair, I know nothing about what goes into making sprinkler heads, but somehow it just doesn't feel right. And believe me they are but one



small example of skyrocketing prices. Funny thing is, it doesn't appear that the price of fruits and vegetables are going up much. There seems to be a limit to what we will pay for them, and prices have been stuck for a while now. When you get into the commodity side of food it is even crazier. Walnuts are a great example. My friends Annie and George have a walnut orchard. Last year they were paid \$1 and change per lb, in the shell, which was less money than it cost them to hire the crew to harvest. The processor turns around and sells them with everyone else's walnuts, and in the store we are paying \$15 to \$20 lb. I don't understand how this makes any sense? How did we go from \$1.00 lb in the shell to \$15 to \$20 shelled, in the store???? Someone is getting rich off of walnuts and generally it is not the grower. As long as I am talking about the prices of things, I wanted to say that I really appreciate everyone's support and feedback when I floated the idea of raising the price of the box because of the increase in gas prices. For several weeks now we have seen the number of on-hold boxes drop significantly, and the amount of extras y'all are ordering has gone up significantly and that really helps. With our trucks fuller, and therefore more valuable per trip, I don't feel that I should raise the price of the box at this time.

### Squirrels & Seasons

Walking the farm I see plenty of evidence of the damage the squirrels have done this year. The simple



fact that we had not one single melon, or stalk of corn says enough. Clearly, they love the Round of Hungary Peppers I tried to grow this year! Every time I mention squirrels to other farmers around here, they all roll their eyes, exclaiming this has got to be the worst year. This morning on my walk I snapped this photo of a "pre-nibbled" winter squash. That looked pretty sad, but right next to it was a squash blossom with lots of bees buzzing around. I was able to get a quick snap of a couple of them. Seeing the bees, the birds, and butterflies is always very affirming, I know we are doing some good. Diversity on a farm is just so important.

By this time of year, most of us are pretty sick of summer. As I walked past our grape vines, I couldn't help but laugh, because they looked to me like the



perfect representation of how we are feeling, hot, wilted, tired of heat, and dusty. I never thought I would ever get sick of summer, growing up in foggy SF, but here I am. But you know what? That isn't a bad thing or being negative, it is simply an awareness of the nearing end of this season. It is our preparation for winter, and I do hope we have a good winter, Lord knows we need it!

# RECIPES AND IDEAS FROM ELISE

## Ginger Roasted Sweet Potatoes and Coconut Chard

*Recipe adapted from Olive Jude*

Sweet Potatoes:

2lbs **sweet potatoes**, peeled and cut into 1" pieces  
4 green onions or spring onion tops, cut into 1" pieces  
2 cloves of **garlic** grated or minced  
2 tsp ginger grated  
1/8 tsp cayenne pepper  
1/4 cup olive oil  
Salt & Pepper to taste

Swiss Chard:

1lb Swiss **chard** torn into pieces and stalks cut into pieces (optional)  
1 clove of **garlic** grated or minced  
1 tsp ginger grated  
2 tbsp olive oil for sautéing  
1/2 cup unsweetened coconut milk  
whole milk Greek Yogurt for serving, optional

Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Add all the ingredients to a bowl and toss until well coated. Transfer to the baking sheet and spread the potatoes out, making sure to scrape the bowl of all the ginger and garlic. Roast for 35-45 minutes or until the potatoes are beginning to brown on the edges and the green onions are charred. Just before the potatoes are done, heat the olive oil in a skillet over medium-high heat. If using, add the Swiss chard stalks and cook for about 3-4 minutes. Add the garlic and ginger and cook until fragrant, about 1-2 minutes. Add the torn Swiss chard leaves and sauté, tossing frequently until the leaves are tender and wilted but still green, about 5-7 minutes. Pour in the coconut milk, tossing the Swiss chard so it is evenly coated. Remove from the heat. Pour the Swiss chard and all its juices in a serving dish. Top with the roasted sweet potatoes, charred onions, and additional thin slices of green onion. To serve, add a dollop of Greek yogurt and cayenne pepper, optional. Salt and pepper to taste.

## Greek-Style Eggplant and Potatoes

*Recipe adapted from Heather Cristo*

1c olive oil  
1 onion, chopped  
5 cloves **garlic**, finely chopped or minced  
5-6 chopped & crushed **tomatoes**  
1/2bu fresh **parsley**, chopped  
Salt & pepper to taste  
2-3 **eggplants**, sliced into 1/2" rounds  
6 **potatoes**, peeled and sliced into 1/4" rounds  
2 tsp dried oregano

Preheat oven to 400 degrees. In medium saucepan, add 1/2c olive oil over medium heat. Add onions and garlic and stir often, cooking until translucent (approx 5 min). Add crushed tomatoes and parsley and stir in. Add a lid, turn heat to low and simmer. On a bare sheet pan, lay eggplant slices evenly over pan and drizzle 1/4c olive oil, brushing them all evenly. Sprinkle with salt and bake at 400 degrees for 20min until golden. Pull eggplant off the sheet pan and evenly spread potato rounds over the sheet pan and

then layer eggplant on top of potatoes. Drizzle with remaining 1/4c olive oil and sprinkle potatoes with dried oregano, salt and pepper. Now generously spoon sauce over eggplant rounds. Bake everything for another 15-20 minutes until potatoes are tender. Serve hot or at room temp.

## Chicken Legs with Sweet Tomatoes

*Recipe adapted from Jamie Oliver*

4 chicken legs, jointed  
Salt & Pepper to taste  
1 bunch **basil**, leaves picked, stalks finely chopped  
2 handfuls **cherry tomatoes**, halved  
1 whole bulb **garlic**, broken into cloves  
1 fresh hot chili (Serrano would work great!), finely chopped  
Olive oil  
15oz canned cannellini beans, drained, optional  
3-4 **potatoes**, peeled, optional

Preheat your oven 350 degrees. Season your chicken pieces all over and put them into a snug-fitting pan in one layer. Throw in all the basil leaves and stalks, then chuck in your tomatoes. Scatter the garlic cloves into the pan with the chopped chili and drizzle over some olive oil. Mix around a bit, pushing the tomatoes underneath. Place in the oven for 1 1/2 hours, turning the tomatoes halfway through, until the chicken skin is crisp and the meat falls off the bone. You can add drained cannellini beans or potatoes to the pan and cook them with the chicken. Or you can serve the chicken with mashed potatoes. Squeeze the garlic out of the skins before serving. You could even

make it a part of a pasta dish if you removed the chicken from the bone and shredded it, tossing it into cooked linguini or spaghetti.

## Cumin Lime Roasted Sweet Potatoes

*Recipe from Budget Bytes*

1.5 lbs **sweet potatoes**  
2 tbsp olive oil  
1 tsp cumin  
1/4 tsp salt  
1/4bu fresh cilantro (or **parsley**)  
1 fresh lime

Preheat oven to 425 degrees. Peel and slice the sweet potatoes into 1/2" wide sticks. Place the sweet potatoes on a large baking sheet and drizzle with olive oil. Sprinkle the cumin and salt over top. Pull cilantro leaves from stems and roughly chop. Add about 3/4 of the cilantro to the baking sheet with the sweet potatoes, reserving some to

add fresh after baking. Toss the sweet potatoes until they are evenly coated in oil, cumin, salt, and cilantro. Roast the sweet potatoes in the oven for 20 minutes, stir, and return to the oven. Toast about 15 minutes more, or until the sweet potatoes are blistered and browned on the edges. After roasting, add the remaining cilantro and squeeze fresh lime juice over the top. Serve warm.

### This Week's Box List

\*Plums  
\*Grapes  
\*Tomatoes  
\*Cherry Tomatoes  
Basil  
Garlic  
Parsley  
Cucumbers or Zucchini  
\*Potatoes  
\*Sweet Potatoes  
\*Chard  
Peppers or Eggplant

\* = Items in Box for 2

### *A Note On Grapes...*

Have you ever tried roasting them? I love snacking on fresh grapes so they don't usually last long in my house, but when they do, they can be roasted and added to a variety of dishes for a little extra pizzazz. Here's a webpage that lists just a few ideas. Go Wild!

[Brit + Co's Unconventional Grape Recipes](#)