



WEEK OF SEPTEMBER 20TH, 2021 #39/52

**A Note from CSA member Lindsey Hickman**

Lindsey is my dear friend who opened the Barn and Pantry here in Dixon. She and I have schemed, collaborated, taught classes, and cooked up a lot of tomato sauce together. We met after Nigel and I gave away our remaining cows, and I signed up for her raw milk herd share. I was thrilled to find I had a sister who is as crazy as me, just on the other side of town! She wrote this beautiful piece about tomato season, saucing, and eating seasonally/locally, and I wanted to share it with you:

As a CSA member you understand the value of seasonal eating and what a unique choice for your family's kitchen that can be. Whether you have joined to diversify your eating habits, increase your nutrient consumption, or just to support the "feed your community" movement, each box comes with a bit of excitement for the week to come. For me, eating seasonally became a way for me to teach my children the importance of appreciating what our region has to offer. It started as a way to stop grabbing those ten common fruits and vegetables from the produce section, arguably lacking much nutritional value other than sugar and maybe a bit of fiber. It was a way of expanding our desire to be as holistic as possible, avoid additives, and really understand what real food looks like. I like to explain to people I feel like I am eating exactly what my body needs when it needs it: high vitamin C produce comes in the fall and winter to build our immune system, lots of dark leafy greens loaded with iron, vitamin A and K during the cold winter months, melons and stone fruit with water, sugar and fiber to support what we sweat out and burn during the more active time of summer. I try to eat as much of what's in season, each season, until I don't want to look at it again until the next year. I get my fill of spring asparagus in every meal, knowing that at the end of it's growing period I've supplied my body with so much folic acid, potassium, fiber, and thiamin that I'm not worried about a multivitamin. I'm also not tempted to buy it in the off season because it doesn't even sound good and wouldn't have the flavor I expect. But one of my favorite benefits of a CSA is the ability to buy when things are in abundance, with tomato season, by far, being the top of the list. Sure, I can ferment all the sauerkraut I could dream of in November when the cabbage is flowing, pickle all the cucumbers and make jam throughout the summer, but San Marzano tomato sauce all year long, come on! Just because I eat seasonally does not mean I don't crave tomatoes in January, it just means there is no way I am buying a sad pink hot-house grown one that rode 1,000 miles to get here. I'm going to open up a jar I processed when these beauties were kissed perfectly by the sun and soil in August. Some years I roast a bunch in my kitchen



alone, some years I gather some friends and family and set up the camp stoves in the yard, and some years we are able to gather in community at the farm to share the experience. As the owner of The Barn and Pantry in Dixon, this has been something we are passionate about since the conception of the shop. The relationship we have with our food should be nourishing and fulfilling. That's what Eatwell Farm provides for us. Food and community. We haven't been able to host any canning classes yet this season, as we get our footing back following 2020-21, but we encourage you to gather your family or friends and store away some tomato sauce like we did this past week. For reference, 90 pounds of tomatoes makes about 24 quarts of plain, thick, tomato sauce and takes about four hours with four people cutting, blanching, skinning, saucing, then canning. And that is a lot of sauce to share, perfect for salsas, pastas, and soups to enjoy for up to two years when you use the water bath method.

*What's Happening in the Hood*

Here, in my neighborhood, they are wrapping up the tomato harvest, and are in full swing on Almond and the start of Walnut harvest. The walnut orchard across the street from us was mowing their rows, preparing for their harvest. I am so grateful they are an organic orchard and let the beautiful grass grow between their trees, and the only thing they "spray" on their trees is the clay to protect it from the unrelenting sun of the Sacramento Valley. That mowing, though, is really dusty business, and so it is the start of the real dust season. First it is the mowing, then it is the shaking of the trees, and then the machines that look a little like a Zamboni sucking up the walnuts off the ground, all of them produce incredible amounts of dust. By the time we hit November my lungs feel like they need a good rinsing out with a hose. On my walk the other day I had to stop to snap a few photos of the walnuts, their husks are still green and the trees are so beautiful. As I rounded the corner to head back to the farmhouse, I had to pause for a moment of gratitude for the water we get from Lake Berryessa. Hearing stories from other farmers who are finding their wells are drying up or approaching that stage, or farmers who didn't get any water from their irrigation districts, we are so blessed to be farming right here. Who knows what our situation will be next year, but for now, the power of that water is pretty amazing.



# RECIPES AND IDEAS FROM ELISE

## Slow-Cooked Cherry Tomatoes with Coriander and Rosemary

Recipe adapted from *Epicurious*

*I really love coriander. It's the kind of spice that's best not overused, and doesn't go with absolutely everything, but when it's right it's right. This recipe, I feel, would've been way too sweet when we had our little supersweet 100 cherry tomatoes in the box, but now that we have a mix of some of our heirloom varieties, I think it'll be great. As the web page suggests, you can use this as a pasta sauce, a bruschetta topping, add it to scrambled eggs, and who knows what else!*

1 1/2 lb **cherry tomatoes**  
1/2 head garlic (not chopped)  
2 sprigs rosemary  
1/2 cup olive oil  
3/4 tsp coriander seeds  
3/4 tsp salt  
1 tbsp red wine vinegar

Place a rack in the middle of the oven and preheat to 350F. Toss tomatoes, garlic, rosemary, oil, coriander seeds, and salt in a shallow 2qt baking dish to combine. Turn garlic cut side down, roast tomatoes, tossing 2 or 3 times, until golden brown and very tender, 40-50 mins. Let cool slightly, then add vinegar and toss to coat.

## White Beans with Sage, Garlic, and Fennel

Recipe adapted from *Epicurious*

6 tbsp olive oil  
1 large or 2 small **fennel** bulbs, finely chopped  
1 medium yellow **onion**, finely chopped  
4 cloves **garlic**, finely chopped  
3 tbsp fresh **sage**, finely chopped  
20 whole sage leaves  
1/4 tsp red pepper flakes  
2 cans white beans or 2 heaping 1/2 cups of dried beans, already cooked (*try some beans from Rancho Gordo if you haven't yet*)  
4 oz parmesan cheese, grated

In a large dutch oven over medium, heat 3 tbsp of oil until shimmering. Add the fennel, onion, garlic, sage, and red pepper flakes, and 1 tsp salt. Cover and cook, stirring occasionally, until veggies have softened, about 15 min. Stir in the tomatoes and the beans. Cook, uncovered, stirring occasionally and adjusting the heat as needed to maintain a gentle simmer, for 10 min. Taste and season w S&P.

Meanwhile, line a plate with paper towels. In a 12" skillet over med-high, heat the remains 3 tbsp oil until shimmering. Add sage leaves and cook, flipping leaves once, until edges begin to curl, about 1 min. Transfer to the prepared plate, reserve the oil. Transfer beans to a serving bowl, then drizzle with sage oil. Coarsely crumble the sage leaves over the beans and top with parmesan.

## Turkish Dumplings (Manti) with Tomato Butter and Yogurt Sauce

Recipe adapted from *Food and Wine*

For the Dough:  
1 c + 2 tbsp all-purpose flour, + more for dusting  
1 large egg  
1/8 tsp kosher salt

For the Meat Filling:  
1/2 lb ground beef  
1 small **onion**, grated (*the TF onions this week are a great size*)  
3 tbsp minced parsley

1 tsp kosher salt  
1/4 tsp pepper

For the Yogurt Sauce:  
1 cup greek yogurt  
1/2 tsp finely grated **garlic**  
Kosher salt

For the Tomato-Butter Sauce:  
4 tbsp unsalted butter  
2 tbsp **tomato** sauce (I know many of you have done a lot of saucing this season!)  
1 tsp paprika  
Optional: dried mint + additional pepper for garnish

Make the dough: In a medium bowl, combine all of the ingredients with 5 tablespoons of water and mix with a wooden spoon until a dough forms. On a lightly floured work surface, knead the dough until smooth, about 5 minutes. Clean the bowl and return the dough to it. Cover with plastic wrap and let rest for 1 1/2 hours. Make the meat filling: In a medium bowl, combine all of the ingredients and mix well. Make the yogurt sauce: In a small bowl, combine the yogurt and garlic and season with salt. Mix well and refrigerate. Make the tomato-butter: In a small saucepan, melt the butter over low heat. Stir in the tomato sauce and paprika and keep warm. Lightly dust a baking sheet with flour. Bring a large pot of salted water to a boil. On a lightly floured work surface, using a lightly floured rolling pin, roll out the dough 1/16 inch thick. Cut the dough into 2-inch squares. Spoon 1/2 teaspoon

of the filling in the center of each square. To form the manti, fold the dough over the filling to form a triangle; press the edges together to seal. Transfer the manti to the prepared baking sheet. In a large pot of boiling water, boil the manti until tender and cooked through, about 5 minutes. Using a slotted spoon, transfer to bowls. Top with the yogurt sauce and warm butter sauce, sprinkle with mint and pepper to serve.

## Cucumber-Basil Agua Fresca

Recipe adapted from *Epicurious*

*We're almost all done with summer! The autumn equinox is in fact this Wednesday, so savor the remains of summer veggies while they're still here!*

2 large cucumbers  
1/2 c fresh lime juice  
1/4 c packed basil leaves  
1/4 c sugar or agave syrup (maybe more to taste)  
2 c water

Slice a few thin slices of cucumber and reserve for garnish in individual glasses. Peel and coarsely chop remaining cucumber. Puree chopped cucumber, lime juice, basil, sugar, and water, adding more sugar or water if needed. Then chill until ready to serve. Add reserved cucumber slices to glasses when serving, makes about 7 cups.

### This Week's Box List

Basil  
Sage  
\*Potatoes  
\*Chard  
\*Garlic  
\*Sweet Potatoes  
\*Cherry tomatoes or Tomatoes  
Eggplant  
Cucumbers or Zucchini  
Fennel  
\*Onions from Terra Firma  
\*Raisins from Capay Canyon Ranch

\* = Items in Box for 2

*A few other ideas...*

Braised Fennel with Raisins & Pine Nuts  
Swiss Chard and Squash Saute  
Eggplant with Garlic Sauce