



WEEK OF OCTOBER 27TH, 2021 #43/52

The Evolution Of A Farmer

Farming year round like we do, means boots on the ground, or butt in the chair 52 weeks of the year. For the farmers who raise animals it can be 24 hours a day. Many farmers I know do it because it is their calling. That is how it was for Nigel. Many of you joined our CSA sometime during the last 4 years so you never had the chance to get to know my late husband. To me, and I think for many who knew him, he was a kind of larger than life sort of man. He had a true passion for farming and for building community. Right from the beginning I saw how committed Nigel was to ensuring CSA members knew this farm was their's. I married into this farming life. I started out as a farmer's wife, coming to that relationship with an intense love for food and a passion for feeding people. In my former life I was the person who brought friends together around the dinner table, but Nigel literally brought hundreds of us together around this farm. Eatwell was always known for our many annual events. A lot of kids grew up visiting this farm and hanging out with Farmer Nigel at least once a year. Together we hosted thousands of people, served hundreds of gallons of coffee and cooked up unimaginable amounts of eggs. From U-Pick Strawberry Days, to Solstice/Garlic Braiding camp out, Tomato Tasting, which eventually became Tomato Saucing and we'd finish it off with a Pumpkin Party. We loved hosting. When Nigel and I first started dating we couldn't believe how perfectly suited we were, not just in our temperaments, but how our passions overlapped. I can still hear him laughing and saying, "Lorraine and I have this pact, I grow it, she cooks it." Together we worked our unique angles to help feed people. In the early days I knew nothing about farming, and like many Americans I had never given much thought to the amount of work that goes into feeding us and making sure food is on our table. Nigel had such tremendous love for farming, growing, trying new things, but most importantly, he really loved to share that knowledge with others. Because he was such a patient and enthusiastic teacher, it was easy to learn from him, and I did learn a lot just because I was at his side so very much. Years of watching and listening to him give farm tours for the CSA members who camped at events, or university groups who would come out to see our unique ways of doing things, or the many film crews who interviewed him, I was there, watching, listening and learning. This life he lived easily became my life, and those tours he gave, became the tours I now give. From him I learned it is just fine to say "I don't know" and also how to share what I do know. I learned to keep it all real, and to never stop trying. Living on the farm has changed me in so many ways. I grew up in San Francisco, and was always very much a 'city girl'. At 21 I would never have imagined not living in SF. Now I find my short day working the market at the Ferry Plaza is all the City I need. I have loads of fun talking to our regular shoppers and having the opportunity to meet new folks, sharing recipes and ideas about how to use various bits and bobs we sell at our stand. But by then end of that fast day, when the van is packed up, I am looking forward to getting back to my little piece of heaven on earth. To be honest, as time goes by, I find it harder to leave it and my desire to go

out has diminished to almost no desire at all. As I sit here, with my cup of tea and my laptop on my lap, I am not dreaming of places to go to, instead the vision that keeps playing in my mind is what I see when I look up into our trees, birds, loads and loads of birds flying and trees swaying in the wind. That girl who grew up in the City no longer looks forward to shopping, or going out to busy loud places, she just wants to enjoy and share the beauty of this farm. Nigel taught me many things, breaking rules was one of his favorite lessons. He didn't do things because that's the way it was done. That is quite obvious from miles away as you drive toward our farm. Our land is surrounded by orchards and large fields of mono-cropping, Eatwell stands out with rows of towering poplar trees every 7 acres. Those trees are the



first and most obvious sign that something different is happening on this land. Our big red chicken houses are probably the second sign, and if you drive past us, the earth covered house you see will definitely confirm your thoughts, there is something not normal happening here. Compared to all of our neighbors, Eatwell is quite the opposite of normal, and a big hallelujah to that! When I think about it, you all aren't quite normal either. Even if you haven't visited the farm, you still are touching, cooking and eating food that came directly out of the ground, into a box, then straight into your hands, that is pretty not normal, but it is just so fantastic. And if you are reading our newsletter each week you have a little insight into what is going on around the farm, that too is pretty unusual too. I hope you do make the trip to come for a visit. These days olives are waiting to be picked. You can come up any time you like to pick on your own, just bring a bucket or a bag. A little "tree therapy" is good for the soul. My thoughts and writing this week feel a bit scattered, perhaps my mind was blown by the wind. Maybe the storm has kept me from finding focus, but so it goes sometimes with writing. Before I finish this up though, I did want to mention this is Zack's first week as our new CSA manager. It is a really big job that requires juggling a lot of balls. Mistakes are bound to happen, but I am confident they will be few and we will do our very best to fix them. I look forward to getting to know him better and sharing what I learn with you all!



Thank you for the rain!

RECIPES AND IDEAS FROM LORRAINE

Thank You Elise...

It has been awesome having Elise's take on recipes for the box these past few months. Honestly, I have kind of hit a wall with my recipe creativity. So I need to get back in the game, but sadly today probably won't be that day.

Maple Roasted Butternut Squash & Apple Salad

Recipe by Maria Lichty found on *Two Peas & Their Pod*

I love this recipe because it uses several ingredients from this week's share, plus quite a few of the items we offer as extras, like Little Apple Treats Apple Cider Vinegar or Mead & Meads Maple Syrup. I would consider adding a bit of shaved fennel and thinly sliced radish to the mix as well.

1 small Butternut Squash, peel and cube

3 Apples, core and chop

1/2 TB Olive Oil

1 TB pure Maple Syrup

1 tsp Salt

1/4 tsp freshly ground Black Pepper

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About 10 cups mixed Salad Greens, use some of the lettuce from this week's share

1/4 cup dried Cranberries

1/2 cup Pepitas

3/4 cup Feta Cheese

For the Maple Mustard Dressing:

4 cloves Garlic

1 TB Dijon Mustard

1 TB Brown Grainy Mustard

2/3 cups pure apple Syrup

1/3 cup Apple Cider Vinegar

1 cup good Vegetable Oil

Salt and Pepper, to taste

Preheat the oven to 400 degrees

F. Place the butternut squash and

apple chunks on a large baking sheet. Add olive oil, maple syrup, salt and pepper and toss. Roast the squash and apples for 25-30 minutes, turning once, until

tender. Remove from the oven and cool to room temperature. While

the squash and apples are roasting, make the maple mustard dressing, if using. Combine garlic, mustards, syrup, vinegar, salt and pepper in a blender or food processor. Blend until smooth. With the machine running, pour in oil in a slow steady stream to emulsify. You should have about 2 cups of dressing. You will not need it all for the salad. You can store the leftover dressing in the refrigerator for about two weeks. Place the mixed greens in a large salad bowl and add the butternut squash, apples, dried cranberries, pepitas, and feta cheese. Drizzle dressing over the salad to moisten and toss well. Serve immediately. Note-you can also serve this salad with a store bought balsamic or cranberry dressing.

Swiss Chard Tart (Tourte de Blettes)

Recipe by David Lebovitz

The original post has a recipe for the dough, but I don't have space for it, so check the link if you want to make his version of tart dough.

For a 9" Tart Pan

One Tart Dough, divided into two portions one slightly larger than the other

1 1/2 pounds (.75kg) of Swiss chard leaves (depending on your chard you'll need to buy about 2-pounds, 1 kg)

Salt

1/3 cup (60g) Golden Raisins

Eau-de-vie or Brandy

1/4 cup (30g) Pine Nuts, toasted

1/2 teaspoon ground Cinnamon

1 ounce (30g) Parmesan cheese, freshly grated

1/2 cup (100g) natural Cane Sugar

2 large Eggs

2 medium Apples

Powdered sugar

Wash the chard leaves very well, in several changes of water, until the water is clear and there is no grit in the leaves. Put the chard leaves in a saucepan with a bit of water and a pinch of salt. Cover, and cook the leaves until they're completely wilted, about 15 minutes. Drain the leaves and run cold water over them, turning them as you rinse. (This 'shock' helps set the color.)

Once cool, squeeze the leaves very, very firmly to extract as much water from them as possible. Put the raisins in a small saucepan and pour just enough eau-de-vie or brandy over them to cover. Simmer for a

minute or two, until the liquor is absorbed. Let cool to room temperature. Chop the Swiss chard and put it into a medium bowl. Coarsely chop the raisins and the pine nuts, and add them to the chard. Stir in the cinnamon, Parmesan, and 1/2 cup (100 g) sugar, then mix in the eggs. To bake the tart, preheat the oven to 350°F. (180°C) Lightly butter a 9-inch (23 cm) tart pan with a removable bottom. (No need to butter if it's a non-stick pan.) Dust both sides of the larger pieces of dough and roll it between two large sheets of parchment paper. About halfway through rolling, peel away the parchment and re-dust both sides of the dough with flour, then continue to roll the dough until it's the size that will fit into the

bottom of the tart pan and go up the sides. Peel away the top piece of parchment and carefully overturn the dough on to the tart pan. Peel away the other piece of parchment and use your fingers and the heel of your hand to smooth the dough into place and even it out. (I use my thumbs and heel of my hand to make sure it goes up the sides as best as possible. Spread the filling into the tart pan over the dough, then peel and thinly slice the apples, and lay them in an even layer over the Swiss chard filling. Roll out the other disk of dough as you did the lower one, between two parchment paper sheets, and transfer it to the tart pan to cover the tart filling. Use your fingers to seal the dough at the edges to enclose the filling. A few gaps are normal. Bake for 30 to 40 minutes, until the dough is golden brown on top. Remove from the oven and dust the top with powdered sugar. Let cool before slicing.

This Week's Box List

*Sweet Potatoes

*Parsley

*Lettuce

*Butternut Squash

*Fennel

*Radishes

*Apples from Devoto

Garlic

Chard

Rosemary

Leeks

Peppers Jalapeño

* = Items in Box for 2