



WEEK OF OCTOBER 17, 2022 WEEK 41/52

### Eating From The Box

Sometimes, all I need is just a little inspiration to get me to drop what I am doing and make myself some food. I have always been one of those people who finds it hard to eat anything but what I am craving at the moment. Consequently, there are many busy days when I don't have the time to make whatever crazy thing I am craving and so I end up eating very little or having a smoothie. Today I got an email from one of our members who sent me a picture of a Korean Cold Noodle Salad she had made with her homemade kimchi, and some of our cucumbers and eggs. I read that email just before lunch and I couldn't stop thinking about it. So I googled how to make Bibim Guksu (here is a [link](#) if you would like to make it yourself) and of course I didn't have the right noodles. But I did have Ramen noodles and a giant pot of chicken broth I had just finished making this morning. Straight to the kitchen I went. Brought a pot of water to boil and pre-cooked some chard, and threw in some chopped carrots to cook with the noodles. While the Ramen was cooking, I sautéed some mushrooms and added a clove of garlic (chopped) and the chopped pre-cooked chard. I used a combo of olive and toasted sesame oil. When everything was mostly done, I added a splash of soy sauce and roughly 2 TB of chopped Kimchi. All went into the pot with the chicken broth and cooked noodles and carrots. It was so fast, I had lunch ready in less than 10 minutes and it was a great way to use several items from the box. I also topped the ramen with some thinly sliced radish from the box. The kimchi and soy sauce gave it great flavor, and the Root Down chicken broth made it really rich. A little bit of cooked Sweet Potato or Winter Squash would have added a delicious sweetness to the soup and would be a great way to use up any you might have leftover from another meal. Leeks or onion would also make a great addition, but they weren't needed to make it flavorful.



This lunch was a great example of flowing with what I had in the box. In today's world we consider it perfectly normal to find every fruit and vegetable all year round. We have no sense of seasons anymore, nor do most people know what good fruits and vegetables are supposed to taste like. Apples are a great example, they can be held in cold

storage for basically a year! How much flavor do you think they will have after all that time? Or for that matter, how much nutrition is left? Eating out of a CSA box is not easy, I know that. And I so appreciate all of you who have committed to this style of eating, when everywhere around you are endless options that might seem so much simpler. Certainly the spinach you buy in the store won't be nearly as dirty as ours! But it also won't taste anywhere close as good as ours. How many of you would ever buy Dandelion Greens if you were just shopping at the market? Let alone Sweet Potato greens! I have heard from so many of you that you absolutely love dandelion greens now, and I have also had many members thank me for introducing them to something new in the Sweet Potato greens. We pick, wash and pack within a couple of days of you getting your boxes.

Some things that hold well, are harvested on Mondays and prepped and held in the cooler for both delivery days, but many other items will be harvested and prepped just the day before you get your box. We spend hours washing, weighing and bagging and that all happens after the crew has gone out to the field to harvest early in the morning. I realize it doesn't necessarily look like it, but there is a lot that goes into each and every box.



### Planting Napa Cabbage

A couple of weeks back Jose sent me this photo of the guys planting Napa Cabbage. It will be months before they are ready to harvest. And I am keeping my fingers crossed that we will get to harvest them. The past several years we have lost more Napa Cabbage plantings than we have harvested, and that is mostly due to the weather. Our long Indian Summers do not make the cabbage plants very happy. The cauliflower and broccolis don't like the hot sun either. Recent years it has been heartbreaking looking out at the field and seeing row after row of flowering plants that never

gave us a harvestable crop. But if these beauties do make it through, they will be delicious and then you can all make your own kimchi!

# RECIPES AND IDEAS FROM KENDAL

## Leek, Asparagus and Sweet Potato Frittata

Recipe found on, "Minimalist Baker." You can switch the vegetables out for anything you have on hand or do any combination you desire! This recipe yields "six slices in a 12' skillet. The recipe calls for

macadamia nut cheese but you could use any kind of soft cheese, such as cream cheese or feta. Make sure to use a cast iron skillet or nonstick over stainless steel.

10 eggs  
1/3 c milk, if using dairy-free make sure it is unsweetened.

1/2 tsp sea salt

1/2 tsp black pepper

2 Tbsp avocado oil, or other neutral oil with high smoke point (refined coconut)

1 small sweet potato or shallot

1 c trimmed and chopped asparagus

1/4 c chopped dill

1/4 c macadamia nut cheese

Preheat the oven to 375F.

Heat a large skillet (12 inch) over medium heat.

Once hot, add the oil and swirl to coat. Make sure the sides of the pan are coated as well so the eggs don't stick when added later on.

Add the sweet potato and leek and season with a bit of salt and pepper. Stir to coat. Sauté for 2-3 minutes, stirring occasionally. Then shake into an even layer.

Bake in the preheated oven for 10 minutes. The sweet potatoes should be just fork tender and the leeks will be slightly crispy. Carefully remove from the oven (using oven mitt.)

In the meantime, crack eggs and add to a mixing bowl. Whisk to combine and season with milk option, salt and pepper. Add chopped asparagus and dill and stir to combine.

Add the egg mixture over top of the sweet potatoes and spread to ensure vegetables are evenly dispersed. Then top with 2 tsp amounts of cheese option.

Return to the oven and bake until eggs are cooked through and fluffy, golden brown, about 10 to 12 minutes. Be careful not to overtake or the frittata can get tough.

Enjoy fresh. Store cooled leftovers covered in the refrigerator for up to 2 to 3 days. Reheat in the microwave or oven, or on the stovetop until hot.

## Pomegranate Molasses

Recipe found on, "Healthy Nibbles and Bits," by Lisa Lin. I have a recipe to follow that uses pomegranate molasses if you want to make your own!

4 c pomegranate juice

1/2 c + 2 Tbsp sugar

1/4 c lemon juice, about one large lemon

Boil the pomegranate juice, sugar and lemon in a saucepan over medium-high heat. When the juice boils, reduce the heat to a medium-low. You should see the liquid boiling very gently.

Let the mixture simmer for about an hour, uncovered. Stir occasionally to make sure that the sugars don't stick to the bottom of the saucepan.

After 45 minutes of simmering, you'll notice that a lot of liquid has burned off. Reduce the heat very

slightly and let it simmer for another 15 minutes or so. Take a spoon and dip it into the molasses. If it coats the spoon, the molasses is done.

Turn off the heat and let it cool for 30 minutes before pouring it into a jar. The mixture will still be

runny, but don't worry. The molasses thickens as it cools. This recipe should yield about 1 cup and a tablespoon of pomegranate molasses. Store the molasses in the refrigerator for up to 6 months.

## Roasted Brussels sprouts with Pomegranates and Vanilla-Pecan Butter

Recipe found on, "Cooking Channel TV," by Bobby Flay.

6 Tbsp unsalted butter, slightly softened

1 vanilla bean, seeds scraped

1/4 c toasted pecans, chopped

1lb Brussels sprouts, trimmed

3 Tbsp canola oil, or other neutral oil

3 Tbsp pomegranate molasses

Seeds from 1 pomegranate

1 lime, finely zested

1 Tbsp finely grated orange zest

Combine the butter and vanilla bean seeds in a small bowl. Fold in the pecans and season with salt and pepper. Cover and refrigerate for at least 30 minutes before serving.

Preheat the oven to 375 F.

Place Brussels sprouts in a medium roasting pan with salt and pepper. Roast in the oven until lightly golden brown, about 20 minutes. Remove the pan from the oven, add the pomegranate molasses and stir to combine. Return to the oven and cook until just tender, about 10 minutes longer.

Transfer the sprouts to a large bowl, add the pomegranate seeds and lime and orange zests. Transfer to a platter and top with some of the vanilla-pecan butter.

## Apple Radish Slaw

Recipe found on, "The Lemon Bowl," by Liz DellaCroce.

1 granny smith apple, sliced matchsticks

1 c carrots, sliced matchsticks

1/2 c dandy radish, mini sticks

1/2 c scallions, diced

3 Tbsp honey

3 Tbsp extra virgin olive oil

1 juice of lime

2 Tbsp

jalapeño, minced

1 clove garlic, grated

1/2 tsp salt

2 Tbsp fresh mint, minced

In a large bowl, whisk together honey, olive oil, lime, jalapeño, garlic, salt, and mint.

Add apples, carrots, radish and scallions. Toss well and check seasoning before serving. Adjust accordingly and serve.

### This Week's Box

\*Basil OR Arugula

\*Winter Squash

\*Pomegranates from Twin Girls

\*Fennel

\*Sweet Potatoes

\*Leeks OR Onions

\*Radishes

Cucumber OR Zucchini

Mizuna

Rosemary

\* = Items in Box for 2