



WEEK OF NOVEMBER 7TH, 2022 WEEK 44/52

THANKSGIVING IS JUST AROUND THE CORNER

And that means schedule changes for that week ONLY. All 3 Davis sites will be delivered on Wednesday November 23rd. ALL OTHER THURSDAY DELIVERIES WILL COME ON TUESDAY NOVEMBER 22ND. If you have any questions about this, please email us at organic@eatwell.com. Hopefully we won't have any mishaps with vans and we will get your boxes out to you early. We do the best we can, but sometimes a route has time constraints with a couple of sites that throws a wrench into the mix. There is a lot to consider, like how fast we can get extras labels printed Monday morning, and sign in sheets and egg cooler sheets. If you are going to be out of town and need to put your box on hold, please consider donating it, we add that to the Care Shares and it helps the farm too!

For a while now, we have been fudging post-deadline orders, but that particular week, we will have to stick strictly to the order cutoff time of Midnight that Sunday. So if you are getting a box that week and there are things you want to order to come with your box start getting those orders in. We simply won't have the ability to add in post cutoff orders.

Some items you might want a little extra that you can order now, sweet potatoes, butternut squash (make your own pumpkin pie and use butternut!) sage, fresh or sage salt, apples, I know Stan will still have Fujis for us. Make your life a little simpler and order our Biscuit Mix. I am actually eating some biscuits right now because it is so easy and they are so delicious! Collards for Collard Green Gratin, I am including the recipe on the flip side today. If you haven't ever had this gratin, I highly recommend it, it is truly delicious! If you are planning a simpler Thanksgiving Dinner, maybe order an extra bunch of turnips and make Cream of Turnip Soup, it is really easy and one of the most delicious soups I have ever had. The original recipe comes from the Greens Cookbook. Not sure what fruit we will have that weekend, but I will try to get some persimmons because they are so delicious in a fall salad.

FRILLS

And the greens, and sometimes reds, just keep coming, I love this time of year! This week I wanted to share a little about Red and Gold Frills.

Mustard greens are native to the Himalayan region of India. It has been



cultivated and eaten there for over 5,000 years! However, the Red Frill is an heirloom variety from Japan. Mustards are in the Brassica, along with so many other delicious veg we all love to eat, like kale, cabbages, broccoli, cauliflower Brussel sprouts and the list goes on! Their leaves are deeply incised and the color of both is just gorgeous. Red and Gold Frills can be enjoyed raw in salads or gently cooked. FARM BABIES

My gentle giant pup Beau stole my heart the first day we met. He knew he would win me over and I would choose him. And I think deep down he knew he would never be a chicken dog. Nope, he is my best friend and companion. A lot of dog he is for sure, and a great lesson in keeping my projected energy down to



not bring him up. That boy can practically jump over my head, and at 100 lbs I really need to make sure I don't let him get crazy on me. He is still a bit of pup so he is easily excited. But if you have been up for any of the events at the farm house, chances are you fell in love with Beau too, especially the kids. Recently we discover two more kittens, and I was able to capture one while it was still really tiny. So "Squink" has been living in the office in the house. I have been bathing him daily to get rid of fleas. Farm cats are usually covered in fleas and he had one eye that was infected. But I have treated that as well and he is looking much better. That squinky eye is how he got his name. Beau loves babies and he was thrilled to just lay down in the office and let Squink climb all over him. Squink likes to spend much of his day sitting on my shoulder while I am at the computer. I think he will make a very lovely house kitty. It looks like someone dropped off a very sweet cat who comes right up to you and just loves to be loved. So if anyone is looking for a cat or a kitten, I have a few. If I don't find a home for Squink I will keep him, but if anyone is looking for a sweet kitten, he would be a great choice! LMK

RECIPES AND IDEAS FROM LORRAINE

Collard Green Gratin

Recipe by Joseph Lenn from Bon Appetit

I look forward to this dish each Thanksgiving. It is a bit time consuming but seriously delicious! And a

change from green bean casserole

4oz. very thinly sliced Country Ham or Prosciutto

1 cup coarse fresh Breadcrumbs

4 TB Olive Oil, divided

1 tsp chopped fresh Thyme

1 cup finely grated Parmesan, divided

Salt & freshly ground Black Pepper

2 bunches Collard greens (about 1 lb.), center ribs and stems removed

1 large Onion, thinly sliced

2 Garlic cloves, finely chopped

2 TB Unsalted Butter

2TB All-purpose Flour

2 cups Whole Milk

¼ tsp freshly Grated Nutmeg

Preheat oven to 325°. Place ham on a parchment-lined baking sheet and bake until crisp, 20–25 minutes; let cool and break into pieces. Combine breadcrumbs and 2 Tbsp. oil in a medium skillet; toast over medium heat, tossing occasionally, until golden brown and crisp, 10–15 minutes. Remove from heat and add thyme and ¼ cup Parmesan; season with salt and pepper. Mix in ham and set aside.

Cook collard greens in a large pot of boiling salted water until tender and bright green, about 4 minutes.

Drain, transfer to a bowl of ice water, and let cool.

Drain and squeeze dry with paper towels. Coarsely chop greens and place in a large bowl. Heat

remaining 2 Tbsp. oil in a medium saucepan over

medium heat. Add onion and garlic and cook, stirring often, until softened and golden, 15–20

minutes. Transfer to bowl with greens; set aside.

Reserve saucepan. Increase oven temperature to 400°. Melt butter in reserved saucepan over medium

heat. Add flour and cook, whisking constantly, until mixture is smooth and very pale brown, about 4

minutes. Gradually whisk in milk, ½-cupful at a

time; add nutmeg. Bring to a boil, reduce heat, and simmer, whisking often, until thickened, 5–8

minutes. Whisk in remaining ¾ cup Parmesan. Add béchamel to collard green mixture and mix to

combine; season with salt and pepper. Transfer collard green mixture to a 10" cast-iron skillet or 9"

pie dish and top with breadcrumb mixture; place pie dish on a rimmed baking sheet. Bake until gratin is

bubbling, 15–20 minutes. Let cool slightly before serving. Do Ahead: Ham and breadcrumb mixture

can be made 1 day ahead. Store airtight at room temperature.

Turnip Soup

The Greens Cookbook by Deborah Madison

1 1/2 lb Turnips

Plain Salt for Cooking Water

5 TB Butter

2 to 3 Leeks

1 1/4 tsp Eatwell Farm Thyme Salt

4 cups Milk

White or Black Pepper

2 to 3 cups Turnip Greens

Peel turnips, then slice into 1/4" thick rounds. Bring 3 quarts of water to a boil; then add 2 tsp salt and the turnips. Cover the pot and cook for 1 minute; then drain. Melt 3 TB of the butter in a soup pot

with 1/2 cup water. Add the leeks, the blanched turnips, the thyme and 1 tsp salt. Stew them, covered, over medium-low heat for 5 minutes, and then add the milk. Slowly heat it without bringing it to a boil, and cook, stirring occasionally, until the turnips are completely tender. Cool the soup briefly; the puree it in a blender. If necessary thin it with additional milk or water. Season to taste with salt, if needed and freshly ground pepper. Sort through the turnip greens and remove any that are bruised or especially tough

looking, and wash them. Melt the remaining 2 TB of butter in a pan add the turnip greens and cook them over medium heat until they are tender, about 5 to 10 minutes. Season with salt and pepper. Remove the cooked greens to a cutting board and chop them, roughly or fine, as you prefer; then add them to soup and serve.

Sweet Potato Biscuits

Recipe sent to me by member Heather H. This is her friend Steve's recipe, which she just sent me as I was working on recipes. Perfect timing!

About 1 lb cooked Sweet Potatoes

1/2 cup (1 stick) Unsalted Butter, softened

1/4 cup Brown Sugar

2- 1/4 cups All Purpose Flour

1 TB Baking Powder

3/4 tsp Salt +

1/2 tsp Baking Soda

Scant 1/4 tsp ground Cinnamon

1 cup Buttermilk

Place 1 cup sweet potato into large bowl (save any remaining for another use or batch.) Add butter and brown sugar and beat until smooth. Sift flour, baking powder, salt baking soda and cinnamon into medium bowl. Mix dry ingredients into sweet potato mixture alternately with buttermilk in 3 additions, beginning and ending with dry ingredients. Transfer dough to generously floured surface, roll to 3/4" inch thickness and using a 2-1/4" inch round cookie cutter, cut out biscuits. (Careful not to twist cutter as you press out biscuits) Arrange on an ungreased baking sheet. Gather scraps into ball. Re-roll to 3/4" inch thickness. Cut out additional biscuits. Arrange on ungreased baking sheet. Bake biscuits until golden and puffed, about 25 minutes. Transfer baking sheet to rack and cool slightly. Serve biscuits warm or at room temperature. Steve's notes: When there's leftover sweet potatoes, I mash 'em and freeze 'em in 1 cup batches and use for Sweet Potato Biscuits. While they're a Thanksgiving staple as well, try 'em with barbecue some time!

This Week's Box

*TF Persimmons

*Winter Squash

*Sweet Potatoes

* Turnips OR Radish

*Komatsuna

*Chives

*Mustard Frills

Zucchini OR Eggplant

Fennel Or Broccoli

Collards

Rose Geranium

* = Items in Box for 2