



WEEK OF NOVEMBER 15TH, 2022 WEEK

## THANKSGIVING SCHEDULE

**To adjust for the Thursday Thanksgiving holiday, we will move most of the Thursday deliveries to Tuesday EXCEPT 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](mailto:organic@eatwell.com). There is a lot to get done to get boxes and all the extras out each week, making deliveries on a Tuesday is quite the challenge. So if you are getting a box next week and there are things you want to order to come with your box please get your orders in as soon as possible. This will allow me to plan ahead of time which will help a little. And we will not have the ability to add any orders in post cutoff time of Midnight Sunday. 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!

Kendal, who has been giving me a hand in the office, went into labor early Monday morning, another person who helps pack extras called in sick. I was definitely caught off guard a bit and I made quite a few mistakes. So I apologize to any of you who didn't get some of your extras. One thing I learned, is it is much easier to get through all the administrative tasks without interruption. Unfortunately, I am interrupted constantly and those distractions make it really easy to lose track and make mistakes. As next week is pretty wonky, I will work on getting organized on Sunday and get started earlier Monday morning.

### Sweet Potatoes

It's Thursday, and this morning I got up to do the East Bay route with Mike. We finished loading the van at



about 4:15 and hit the road. It is always more fun to do the route with a second person, and for the past few months one of the crew has been going with Mike. But Jose was needing his extra set of hands here on the farm, so for the time being I will be going down with Mike. While we were out on the run, Jose sent me a photo of the "fruits" of their labors this morning, harvesting loads of sweet potatoes. They are finally sizing up to a good size and the crew really went for it.

### Spring Peas

Last week the guys set out to sow Sugar Snap Peas and Favas. We can't use our usual seeds because pea and fava seeds are too big and they take a little different planting style. So they pull out the old seeder and the guys put



the seeds into the tubes by hand.

Last week, after the rain that came earlier in on Monday and Tuesday, the conditions were really nice. It was a sunny day and there is a good amount of moisture in the soil.



Now we wait until the Spring. Of course there will be some tending to weeds in the meantime, because there are always weed needing to be tended to, but come the Spring we will all be so happy to have these special treats in our box. The sugar snap peas give us delicious shoots and tendrils before we get the even more delicious pods. And as long as the favas aren't devoured by aphids, well those are a truly special treat. A bit of work, but so worth it.

# RECIPES AND IDEAS FROM LORRAINE

## Butternut Squash Pie

Recipe by The New York Times

I love “pumpkin” pie made with our butternuts. I hope you will give this a try. You can make your pie this weekend and freeze it until Wednesday night, thaw overnight in the fridge. Make sure to wrap it really well. Use your favorite crust

For the Filling

2 large Eggs plus 2 Egg yolks

1½ tsp Vanilla Extract

½ cup/100 grams Dark Brown Sugar

¼ cup/50 grams Granulated Sugar

¼ tsp fine Sea Salt

1½ tsp ground Ginger

1½ tsp ground Cinnamon

½ tsp ground Nutmeg

Pinch Cayenne Pepper

1½ cups/355 grams roasted Squash purée (see note)

1¼ cups/295 milliliters Heavy Cream

Whipped cream, for garnish (optional)

Make the crust: Combine flour and salt in

food processor bowl, and pulse. Remove

lid, scatter vegetable shortening and

butter over surface, and pulse 5 or 6

times. Combine beaten egg and 3

tablespoons ice water. Pulse liquid into dry

ingredients, continuing until mixture is evenly moist

and dough looks curdy, about 10 seconds. Turn onto

work surface, and press firmly into disk, adding drops

of water if dough feels dry. Wrap in plastic wrap and

refrigerate at least 30 minutes or overnight. Roll

dough into 15-inch round on lightly floured surface,

about ⅛ inch thick, and fit into shallow 9-inch pie pan.

Trim and crimp edges, cover with plastic wrap and

refrigerate 1 hour. Meanwhile, place large pizza stone

on lowest rack in oven, and heat at 425 degrees for 1

hour. (If you don't have a pizza stone, you can go

without. It can help prevent a soggy bottom crust.).

Line chilled pie pan with aluminum foil and fill with

dried beans or pie weights. Bake on pizza stone for 25

minutes. Remove foil, and bake until crust dries out

and crimped edges begin to color, 3 to 5 minutes.

Lower oven heat to 300 degrees. While crust bakes,

prepare filling: Combine eggs, vanilla, sugars, salt and

spices in food processor, and process until smooth. Add

squash purée, and process until smooth. With machine

running, pour in heavy cream, and process to combine.

Scrape filling into hot prebaked shell, and bake on

pizza stone for 20 minutes. Turn the oven up to 325

degrees and continue baking for another 20 to 25

minutes until filling is set two-thirds of the way in

from the perimeter and the center still jiggles, about 40

to 45 minutes total (custard will continue to cook after

pie is removed from oven). Tent edges loosely with foil

if browning too quickly.

Remove pie from oven, and cool to room temperature

on rack. Garnish with whipped cream and the relish, if

desired.

Tip: To make roasted squash purée, heat oven to 400

degrees. Trim the stems from 2 butternut squashes (3½

to 4 pounds each), and then cut through them

horizontally, where bulb begins. (Reserve bulbs for

another use.) Cut squash necks in half lengthwise. Slice

into 1-inch sections, coat with 1 tablespoon grapeseed or

other neutral oil, and place in a single layer on a sheet

pan. Bake until tender and beginning to caramelize,

about 40 minutes. Cool slightly, remove skin with a

paring knife, and force flesh through a food mill. You

should have 2⅓ to 3 cups purée. (It will keep in the

refrigerator, covered, for up to 4 days, or in the freezer

up to 2 months. Bring to room temperature before

proceeding.)

## Mashed Turnips, Potatoes And Turnip Greens

Recipe NYT by Martha Rose Shulman

Serves 4 to 6 as a side dish

2 bunches Turnips with greens attached (1¾ to 2

pounds, including greens)

1 lb Russet or Yukon Gold Potatoes, peeled and quartered

Salt to taste

1 to 2 TB Extra Virgin Olive Oil

1 Leek, white and light green parts only, finely chopped

⅔ cup Milk, or as needed

Freshly ground pepper

Cut away the greens from the turnips. Peel the turnips and quarter if they're large; cut in half if they're small. Stem the greens and wash in 2 changes of water. Discard the stems. Combine the turnips and potatoes in a steamer set above 2 inches of boiling water. Steam until tender, 20 to 25 minutes. Remove from the steamer and transfer to a bowl. Cover the bowl tightly and leave for 5 to 10 minutes so that the vegetables continue to steam and dry out. Fill the bottom of the steamer with water and bring to a boil. Add salt to taste and add the greens. Blanch for 2 to 4 minutes, until tender. Transfer to a bowl of cold water using a slotted spoon or skimmer, then drain and squeeze out excess water.

Chop fine. Drain the water from the saucepan, rinse and dry. Heat 1 tablespoon of the olive oil over medium heat in the saucepan and add the leek and a pinch of salt. Cook, stirring, until leeks are tender and translucent but not colored. Add the milk to the saucepan, bring to a simmer and remove from the heat. Using a potato masher, a fork or a standing mixer fitted with the paddle, mash the potatoes and turnips while still hot. Add the turnip greens and combine well. Beat in the hot milk and the additional tablespoon of olive oil if desired, and season to taste with salt and pepper. Serve hot, right away, or transfer to a buttered or oiled baking dish and heat through in a low oven when ready to serve.

## Asian Greens Salad

Recipe found on [iheartumami.com](http://iheartumami.com)

Whole30 Ranch Yogurt Dressing:

3 TB Mayo

1 TB Dairy-free Milk unsweetened

3 TB Coconut Yogurt or dairy-free yogurt thick texture, unsweetened.

1 TB Coconut Aminos

Coarse Sea Salt and Black Pepper to taste

For the Tatsoi salad:

7 oz carrots about 2 large

7 oz English cucumber or mini cucumbers

2.5 oz Tatsoi or Spinach

2 oz Mizuna or Srugula

2 oz mixed Greens of choice

1 TB Olive Oil

Furikake or toasted sesame seeds, optional

Coarse sea salt to taste or Takii Umami mushroom powder to replace salt Mix well Whole30 ranch yogurt dressing. You can follow the instructions in this post for more details. Set it aside in the fridge until ready to use. Use a vegetable peeler. Shave the carrots and cucumber to ribbons. Add the carrot and cucumber ribbons to a large salad bowl with tatsoi, mizuna, and more mixed baby greens. Drizzle with olive oil and the salad dressing. Start with 3 tbsp dressing first and add more, if desired. Sprinkle with furikake, if using. Toss and season with salt to taste. Serve cold and enjoy it right away.

Notes This salad is very versatile. If you can't find tatsoi, use a combination of baby spinach and baby arugula.

### This Week's Box

\*TG Pomegranates

\*Butternut Squash

\*Arugula Or Frills

\* Turnips OR Radish

\*Tatsoi OR Komatsuna

\*Chives

\*Rosemary

Eggplant

Fennel Or Celery

Collards

Spinach

\* = Items in Box for 2