



WEEK OF NOVEMBER 28TH, 2022 48TH

Visiting The Farm

This past Sunday about 35 members made it up to the farm for brunch and olive picking. The weather was really perfect, the sun was out, there was no wind, and the morning wasn't freezing cold. Everyone could comfortably eat outside. That was so different from the summer months, when the temperature on the farm can get really hot. This September we actually hit 117! As much as I love hosting events on the farm, the summer months with the potential for intense heat, has made it really challenging. It is hard to plan events last minute, especially weekends like tomato saucing, but the weather can change so quickly here and a weekend that had had a forecast of reasonable temps can turn blistering hot in a day. So, having y'all come up this time of year and taking advantage of the olives on our trees is such a lovely new option.

Standing at my stove, watching members young and old, coming in and out of the house, I felt so appreciative of this space Nigel and I created. When we built our home, it was with the vision of bringing members together for breakfasts, dinners, classes and gatherings. I have cooked and hosted parties for members celebrating birthdays, or just wanting a fun night and farm dinner with friends, a Rotary Social, even two marriage proposals. We have hosted a few classes in the farmhouse, probably the most memorable was a bacon class with CSA member Stephen, who makes the most delicious bacon. Several years ago I had a group of young girls come in for a dumpling class and lunch. Sharing my cooking skills and kitchen with our younger members is certainly a highlight in my life. This coming Sunday I will host another group of CSA members for a private brunch and olive picking. Private gatherings on the farm is something I love doing, if you are looking for a venue to host a party/gathering, please keep us in mind.

Looking back on the day, I realize that one of the biggest highlights is a snuggle with Beau. My pup has grown up to be a big fluffer of love and especially loves to snuggle with the kids. Sometimes, though, Beau forgets how big he is, and putting his giant face right up to the face of a 2 year old can be a little scary. But even the littlest of members always warm up to my gentle giant and want to love him back!



Gigantic Red Turnips!

This week you will find huge red turnips in your box. These are Scarlet Queen Turnips, with a beautiful red skin and crisp white inner flesh, streaked with a bit of pink. Last year I experimented with the Hirosaki Turnips, which is also red/pink. The Scarlet Queen seeds were not available at that time, but they were this year. So this year we have grown both, the red Hirosaki and the Scarlet Queen. I believe these giant beauties grew faster than Jose had expected because they are enormous. Visually you see the difference between the two varieties because Scarlet Queen has flattened tops. From the website sciencedirect.com I found this historical information on turnips:

Turnips are very similar vegetables to swedes and the two crops are often confused. Roots are either globe-shaped or have a more flattened shape, with white or yellow flesh, and have a high water content. The turnip is believed to have originated from a wild form of Eurasian origin and has been known for about 4000 years. The same species is believed to have been responsible for Chinese cabbage and other similar oriental vegetable crops.

Holiday Gifts

One of our members Dr. Katie Joyce has been ordering CSA gift certificates to give as a gift and for a raffle she is having at her dentist practice. CSA membership is a great gift for the holidays because so many people look to eat a bit more health consciously in the New Year. A subscription is a great way to help them get started. And if you are looking for a dentist please consider Sansome Dental, it is always great to support fellow CSA members!

I have created a new gift set, "Restful Sleep", it contains 1 Lavender Bath, 1 Pillow Spray and 1 Lavender Sachet. We pack it up in a box set for you, so all you have to do is wrap it up and give it to someone special. I will be in the warehouse quite a bit this week making salts and other products, so get your orders in. Remember, when you order gift items from the farm they come with your CSA share so you don't have to pay for shipping! Of course, if you would like to order some items you would like us to ship for you, just shoot me an email.



RECIPES AND IDEAS FROM LORRAINE

Moravian Sugar Cake

Yields: 1 (13×9-Inch) Cake

One of the chefs I know from the Market made this cake a couple of weeks ago. I have been wanting to make one ever since. Of course, he used our fresh Sweet Potatoes rather than canned.

½ cup warm milk (105° to 110°)
½ cup plus 1 teaspoon granulated sugar, divided

1 (0.25-ounce) package active dry yeast
¾ cup canned puréed sweet potato
6 tablespoons unsalted butter, melted and cooled
1 large egg
1 teaspoon kosher salt
4 cups all-purpose flour, divided
¾ cup firmly packed light brown sugar
2 teaspoons ground cinnamon
¼ teaspoon grated fresh nutmeg
¼ cup cold unsalted butter, cubed

In a large bowl, stir together warm milk and 1 teaspoon granulated sugar. Sprinkle yeast over milk mixture. Let stand until mixture is foamy, about 5 minutes. Add sweet potato, melted butter, egg, salt, and remaining ½ cup granulated sugar, whisking until smooth. Add 3½ cups flour, beating with a wooden spoon until a loose dough forms. Turn out dough onto a heavily floured surface, and knead until smooth and elastic, about 5 minutes, adding remaining ½ cup flour, if needed. (Dough should be slightly tacky but not sticky.) Spray a large bowl with cooking spray. Place dough in bowl, turning to grease top. Cover with plastic wrap, and let rise in a warm, draft-free place (75°) until doubled in size, 1½ to 2 hours. Spray a 13×9-inch metal cake pan with cooking spray. Transfer dough to prepared pan, pressing evenly into pan. Cover and let rise in a warm, draft-free place (75°) until puffed, 30 to 45 minutes. Preheat oven to 400°. In a small bowl, whisk together brown sugar, cinnamon, and nutmeg. Using your knuckles, make indentations all over top of dough. Dot with cold butter, and sprinkle with brown sugar mixture. Bake until top is dark brown and center is firm, about 20 minutes. Let cool on a wire rack for 10 minutes. Serve warm.

Scarlet Queen Turnip Salad

Recipe found on the site for:

[Emerald Coast Organic Food Coop](#)

This salad yields about 4 cups

1 small bunch Scarlet Queen Red turnips, washed and sliced into 1/4-inch thick rounds
½ medium Cucumber, largely diced (1/2-inch cubes)
3 Scallions, light green and white parts only, sliced thinly into rounds
¼ cup shelled Pistachios
¼ cup crumbled Feta Cheese
Salt and Pepper to taste
juice of 1 Lemon

3 tbsp Extra Virgin Olive Oil

In a medium salad bowl, combine the turnips, cucumber, scallion, and pistachios. Drizzle lemon juice and olive oil over salad, and toss gently to combine. Serve immediately (if you need to make the salad ahead of time, combine everything but the feta, salt, pepper, lemon juice and olive oil — add these ingredients just before serving).

Butternut Squash

One of my favorite chef's Lawrence from Nopa, uses our butternuts in their house made Pappardelle with 9-hour Bolognese. He cubes and roasts the butternut and boy that sounds so delicious. I have had their pappardelle with Bolognese and wow is it delicious. Do you have tomato sauce left from last summer? Perhaps this is a dish you might try at home, perfect for these cold nights. They also offer an orange glazed sweet potato dish that uses our sweet potatoes. Whenever I see butternut squash and or sweet potatoes, I almost instantly crave one of our slightly bitter

greens. It is a flavor combination I love. The brunch I made this past Sunday included a big batch of cooked greens, everything I had in my cooler, first blanched, chopped then sautéed with loads of fresh ginger. We served it with grits, and our eggs and biscuits, of course!

Green Tea Miso Soup with Mustard Greens

Recipe found on BrainHealthKitchen.com

1 1/2 cups Water
2 Green Tea Bags
1 tsp Sesame Oil
1 tsp minced Ginger
1 1/2 cups Vegetable OR Chicken Broth
1/2 cup firm Tofu cut into 1/2" cubes
1/3 cup Miso Paste
1/3 cup chopped Scallions
1 tsp Soy Sauce
2 cups Mustard Greens

Boil the water in a medium saucepan. Remove from the heat and add the green tea bags. Steep for 3 – 4 minutes. Remove the tea bags, pour the tea into a measuring cup, and set aside. Using the same saucepan over medium heat, add the sesame oil and ginger. Sauté for 30 seconds, then add the broth, tofu, and green tea. Bring to just below a boil, then reduce the heat to a gentle simmer. The green tea contains polyphenols which may be inactivated at high heat.

Place the miso paste in a small bowl and add a few ladlefuls of the hot broth. Whisk with a fork until smooth and add back into the soup. Add the greens, soy sauce, and scallions. Simmer until the greens are crisp/tender, about 3-4 minutes. Ladle soup into bowls and top with Portabello Bacon, if using.

Do you have any favorite recipes you love? Send them to us, we love to include the tried and tested favorites from our members. Send any recipe successes to organic@eatwell.

This Week's Box

*Mandarins Terra Firma

*Butternut Squash

*Tatsoi

*Arugula

*Mustard

*Sweet Potatoes

*Turnips

Dino Kale Or Collards

Mizuna

Chives

Spinach

* = Items in Box for 2