



WEEK OF SEPTEMBER 12TH 2016 #37/52



## A Morning At Eatwell

It's 6:30 Tuesday morning and I have the entire newsletter to write before 11:00. Our dear Lizzie (former CSA manager and sweet friend) just left with Nigel for UCSF for today's appointment. After getting them all packed



up and Nigel into the car, I came back in to sit in front of my iPad to start writing. Collin Hay is singing Waiting for My Real Life To Begin, seems kind of appropriate in a sad way. Nigel gets cold really easily and I am always hot, so now that he is gone I have both of the front sliders open wide. The sun is just starting to come up and the chickens that live around the house are crowing away. The light outside is so beautiful I had to turn off all of the big lights in the house so that I can enjoy this transition time. I just ran outside to get a picture of the sunrise but there is such a thick cloud of dust haze the sun is well hidden.

Watching the night turn into day I am reminded that this is not the only transition we are in right now. As you will notice from this week's share the seasons are sliding from Summer to Autumn; the first Sweet Potatoes and Chard are nestled in the box next to tomatoes, basil, tomatillos and melon. How lucky we are to live in Northern California where we can grow and enjoy some of the most amazing food you could find anywhere. When we stop to take notice of the season changing because of what is in our CSA Share we are indeed lucky, because we are experiencing an age old tradition that almost everyone has no idea ever existed. We all know the end of tomatoes and strawberries will be here soon. It makes each meal a little more precious, but at the same time don't we all start to crave the foods of Thanksgiving? We are in tune with nature and the seasons simply because we eat seasonally through our CSA shares. How amazing is that?

## Next Year's Strawberries



Next year's strawberry plants are all ready in the ground and flowering! We typically remove the flowers, so all of the plant's energy is focused on root growth and plant establishment. This will allow for better production of fruit in the springtime.

## Coming Up on the Last Events

The busy time of summer is almost at its end. Everything that happens on the farm requires more work during the hot months,



tomatoes, potato digging, lavender harvesting and of course the big event season. Connie has done an amazing job stepping into Emily's shoes running the events this year. Reflecting back on this year's Strawberry Days, Solstice Party and the 3 Tomato Sauce Parties, I have to send out a big thank you to Emily and Christopher for all the extra work they did last year painting signs and setting the entire event system up in such a way that Connie could step into those shoes. There is a lot of work that goes into each one and a fair amount of stress hoping you haven't forgotten anything important. Praying the weather cooperates, there will be enough strawberries or tomatoes, and all the helpers show up to work the day. Once the event is in full swing, it always (mostly always) seems to work out just fine. We get to visit with all of you wonderful members, who make the trek through the traffic to visit the farm. You quickly realize what a special time it all is and what an amazing group of people we all are!



Our Annual Pumpkin Party is Sunday October 9th from 11am - 4pm. It is a special time for all the kids, young and old, to come and play out in the fields. It always cracks me up when I see a group of adults having as much fun, if not more, than the little kids. Everyone

running around the pumpkin patch looking for the best ugly pumpkin. You can find more information on the event and purchase tickets through the website, [www.eatwell.com/events](http://www.eatwell.com/events). Each ticket includes a pumpkin and we are offering tickets that include lunches.

Also this year, the folks from Wilderness Torah are planning Sukkot On The Farm here at Eatwell. This is one of the ancient Judaic Holidays celebrating the end of the harvest season. It is 3 days of camping and traditional celebration. This will be my first time experiencing this ancient tradition and I am excited to learn and share in the celebration of our land. I can't think of a better way to end the event season here. Sukkot On The Farm is not an Eatwell event, but if you are interested in coming you can find out more and purchase tickets at their website: [www.wildernesstorah.org](http://www.wildernesstorah.org)

This Week's Total CSA Boxes: 546



## Recipes and Menu Suggestions

- Sweet Potato Tomatillo Bisque; serve with a side salad  
Uses: Sweet Potatoes, Tomatillos and Red Tomatoes
- Swiss Chard with Tahini, Yogurt and Buttered Pine Nuts; serve alongside Mejadra  
Uses: Swiss Chard, Onions
- Pickled Cherry Tomatoes to use in your favorite cocktail!  
Uses: Cherry Tomatoes and Sage or Basil
- Pasta with fresh Pesto; serve with some fresh fruit on the side, before or after  
Uses: Basil, Melons, Plums and/or Strawberries

All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

## Sweet Potato Tomatillo Bisque

Recipe from [simplyscratch.com](http://simplyscratch.com) Laurie McNamara

Sometimes when the seasons overlap I get to take advantage of odd combinations like sweet potatoes and tomatillos. Finding recipes that stick to ingredients that are in season at the same time is not an easy task, but this is one of those times it works. I have not tried this yet, but hope to make it later this week.

- 1 1/2 lbs Sweet Potatoes
- 8 to 10 small to medium Tomatillos, cut in half (outside papery skin removed first)
- 1 small Jalapeno, cut in half
- Olive Oil
- 1/3 cup diced Shallots
- 5 small cloves fresh Garlic
- 1/4 cup Dry Sherry Wine
- 2 cup Eatwell Farm Chicken Broth - or use as much as you need to reach desired consistency
- Salt
- Toasted Whole Grain Bread Crouton, for garnish
- Lightly Salted Pepitas, for garnish
- Snipped Fresh Chives, for garnish
- Aleppo Pepper, for garnish

Preheat oven to 450 F. Place sweet potatoes on a metal sheet pan. On a separate sheet pan, place the tomatillos, tomato and jalapeno. Drizzle with 2 TB of olive oil and season with 1/2 tsp kosher salt. Slide both pans into your preheated oven. Roast the tomatillo, tomato, jalapeno pan for 25 to 30 minutes and remove. Continue roasting the sweet potatoes until a knife glides through effortlessly, about 30 more minutes (40-60 minutes total, depending on size).

Meanwhile in a small skillet, heat olive oil over medium heat. Add in shallots plus 1 tsp kosher salt and saute until soft, 5 minutes. Add in garlic and cook 1 to 2 minutes. Pour in sherry and simmer until reduced by 90%, about 8 to 10 minutes. Allow the potatoes to cool until safe to handle, peel back the skins and use a spoon to scoop the flesh out adding into into a blender or food processor. Place the roasted vegetables (removing the stems from the jalapeno and tomato), all of their juices and the sherried shallots and garlic into the blender as well. Add in a cup of broth, secure the lid and puree until smooth. Pour the puree into a 4 quart Dutch Oven and heat over medium-low, add in more broth until reach desired consistency (about 1 more cup). Taste and season with salt, for me it was an additional 1 1/4 tsp. Once soup is hot, ladle into bowls and top with crouton, pepitas and a sprinkle of Aleppo pepper and snipped fresh chives.

Pour the puree into a 4 quart Dutch oven and heat over medium-low, add in more broth until reached desired consistency (about 1 more cup). Taste and season with salt, for me it was an additional 1-1/4 teaspoon.

The Mejadra recipe and all other recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

## Pickled Cherry Tomatoes

Someone left a copy of this recipe at the market and I have no idea where it came from, so no credit unfortunately. I thought it looked like a fun way to use up some Cherry Tomatoes. This one is for you Manhattan Ted!

- 1 tsp Mustard Seeds
- 1 tsp whole Pepper Corns
- 1/2 tsp Fennel Seeds
- 3 whole Star Anise
- 8 whole Cloves
- 4 cloves Garlic, smashed
- 1 1/2 cups White Vinegar
- 3 TB Sugar
- 12 oz Cherry Tomatoes
- 4 large sprigs Oregano, or try using some Basil or Sage instead of Oregano

Put mustard seeds, pepper corn, fennel seeds and star anise in a saucepan over medium-high heat. Toast spices, stirring occasionally, until fragrant, 1 to 2 minutes. Add garlic, vinegar, sugar and 3/4 cup water and 1/4 tsp kosher salt. Bring to a boil, reduce to a simmer and cook until sugar is dissolved, about 2 minutes. Remove from heat to cool. Using a skewer, poke a hole through each tomato. Place tomatoes in medium bowl with oregano. Pour pickling mixture over tomatoes, covering them completely. Refrigerate in an airtight container for 24 hours before using.

### This Week's Box List

Sweet Potatoes  
Cherry Tomatoes  
Red Tomatoes  
Tomatillos  
Chard  
Onions  
Basil  
Sage  
Plums  
Strawberries  
Melon

## Swiss Chard with Tahini, Yogurt & Buttered Pine Nuts

Recipe from Jerusalem by Yottam Ottolenghi

A pretty basic recipe for Chard, but with bit of a twist adding the yogurt and buttered pine nuts. In the book Yottam recommends pairing this with Mejadra, a rice and lentil recipe also in the book. I will include that recipe.

- 2 3/4 lb Swiss Chard
- 2 1/2 TB Unsalted Butter
- 2 TB Olive Oil, plus extra to finish
- Scant 5 TB Pine Nuts
- 2 small cloves Garlic, sliced very thinly
- 1/4 cup dry White Wine
- Sweet Paprika, to garnish (optional)
- Salt and freshly Ground Pepper

- For Tahini & Yogurt Sauce
- 3 1/2 TB Tahini Paste
  - 4 1/2 TB Greek Yogurt
  - 2 TB freshly squeezed Lemon Juice
  - 1 clove Garlic, crushed
  - 2 TB Water

Start with the sauce. Place all the ingredients in a medium bowl, add a pinch of salt and stir well with a small whisk until you get a smooth, semi-stiff paste. Set aside. Use a sharp knife to separate the white chard stalks from the green leaves and cut both into slices 3/4" wide, keeping them separate. Bring a large pan of salted water to a boil and add the chard stalks. Simmer for 2 minutes, add the leaves and cook for a minute further. Drain and rinse well under cold water. Allow the water to drain and then use your hands to squeeze the chard until it is completely dry. Put half the butter and the 2 TB olive Oil in a large frying pan and place over medium heat. Once hot, add the pine nuts and toss them in the pan until golden, about 2 minutes. Use a slotted spoon to remove them from the pan, then throw in the garlic. Cook for about a minute, until it starts to become golden. Carefully (it will spit) pour in the wine. Leave for a minute or less, until it reduces to about 1/3. Add the chard and the rest of the butter and cook for 2 to 3 minutes, stirring occasionally, until the chard is completely warm. Season with 1/2 tsp salt and some black pepper. Divide the chard among individual serving bowls, spoon some tahini sauce on top, and scatter with the pine nuts. Finally, drizzle with olive oil and sprinkle with some paprika, if you like.