



WEEK OF SEPTEMBER 19TH 2016 #38/52



Aatxe Comes To Visit

It isn't too often a chef takes us up on our offer to come up and play on the farm.

Shannon Waters is no ordinary chef and she jumped at the chance when I suggested she come up with her crew. We first met Shannon when she came up to guest chef for one of the Bay

Leaf Kitchen camp sessions. She is the chef who made the Stamp and Go's, which I included in the recipes several weeks back (Jamaican Summer Squash Fritters).



They arrived bright and early, had a nice chat with Nigel, then we walked the farm to harvest for their brunch. As always the strawberries were a big hit. It never gets old watching people in the strawberry field.



The Aatxe crew harvested some tomatoes, eggplants, chard, peppers, strawberries, summer squash and basil. They came back to the big kitchen and got right to it. The best part was Connie, Nigel and I got to enjoy the result of their labor and simply fantastic brunch. One of the things they made was "PCT" Pan Con Tomat. So simple! I am including it with this week's recipes.

Fruits and Vegetables Aren't The Only Things We Grow

Eric and Andrew, aka "The Boys" left for their respective colleges several weeks ago. This is their second year. Last

Friday, we got to see Josephine off to her first year at UC Santa Cruz. Josephine, like her older siblings Natasha and Havel, has helped us out at the market for the past several years. She has come up to the farm many times to help at various events and is one of the kids growing up around us. This soft spoken young woman always handled herself just fine at the very fast paced Ferry Plaza Farmers Market and has been such a joy to watch grow up. She is the last of this group to move on. Her brother Havel heads back to SLO for his final year there studying architecture. Natasha graduated a couple of years ago. Havel's girlfriend Joyce is in her last year at Berkeley. All of them have been very important parts of making the Eatwell Farm Stand a very special place to shop and to work. When the boys are home and Natasha is up from LA, they all converge at the farm. Usually, if it works, my son Cameron comes up and joins in the revelry. All of them know they have a farm they grew up with and it is a place for them to come, where they can be silly, eat a lot of good food and get out of the city. As we said our goodbyes to Josie, I couldn't help but think that the farm also helps grow kids, and she has grown into a very special young lady.



The Purple Tomato



You know those round cherry tomatoes that have the dark shoulders? Yeah, those! Well they are purple before they ripen to that lovely shade of red. This pigment comes from a chemical compound

known as Cyanidin. If you have played with color on your printer you will be familiar with the term Cyan, but more commonly known as the color blue. At a higher pH the cyanidin is more blue, the lower the pH the redder it becomes. It is the compound that gives the color to most berries and also red cabbage and red onions. In the health food stores, you can buy anti-oxidant supplements that contain anthocyanidins or you can just eat these gorgeous, delicious tomatoes.

This Week's
Total CSA
Boxes:
509



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Recipes and Menu Suggestions

Greens and Chayote Enchiladas with Salsa Verde

Uses: Chard, Tomatillos, Onion, Melon

Sweet Potato Gratin with Rosemary Pork Roast or Chops and a Lettuce Salad

Uses: Sweet Potatoes, Rosemary and Lettuce

Pasta Pesto with Cherry Tomatoes served with Pan Cot Tomat

Uses: Cherry Tomatoes, Basil

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

PCT or Pan Con Tomat

Recipe from Shannon Waters, chef at Aatxe

So this was the toast the crew made to go with their farm brunch on Monday. It was so easy and so yummy, I had to make it. I topped it with Avocado and Eatwell Smoked Chili Salt for our dinner that night. You do need some good crusty bread, but fortunately for all the folks living around the Bay Area that is pretty easy to come by. I know we don't have large tomatoes in the share this week, but I really wanted to include this recipe so I am doing it with the cherry tomatoes. Really, it is all about getting the tomato essence from the juice onto the toast

Good Olive Oil

1 or 2 cloves of Garlic, cut in half lengthwise

Cherry Tomatoes, cut in half

Slices of good crusty bread

Heat a heavy skillet, cast iron is perfect, to medium high. Liberally brush the slices of bread with tasty olive oil. When the pan is heated, toast the bread until it turns golden and the edges are nice and toasty. Flip to toast both sides. When done, take out of the pan and as soon as you can hold it in place rub with the garlic, then rub with a cherry tomato that has been cut in half. Depending on how big your slices are, you might need more than one per slice. The toast will get a nice red coloring to it. Eat right away! And you can toss the used garlic and tomato halves into the Pasta Pesto with Cherry Tomatoes.

Danielle's Sweet Potato Gratin

Recipe from Ottolenghi by Yotam Ottolenghi

Serves 4 to 6

I love dinners that I can cook most of the meal in the oven. Unlike stove top cooking, you don't have to hover over it as much. As long as you have the oven going, why not cook the gratin and a pork roast or roast chicken in there.

3 lbs Sweet Potatoes

2-3 TB Roughly chopped Sage - or try the fresh Rosemary from this week's share instead

6 Garlic cloves, crushed

2 tsp coarse Sea Salt

1/2 tsp freshly ground Black Pepper

1 cup Whipping Cream

Preheat oven to 400 F. Wash the sweet potatoes but do not peel them, and cut them into discs about 2" thick. In a bowl, mix together the sweet potatoes, sage or rosemary, garlic, salt and pepper. Arrange the slices of sweet potato in a deep, medium-sized ovenproof dish by taking tight packs of them and standing them up next to each other. They should fit together quite tightly, so you get parallel lines of sweet potato slices (skins showing) along the length or width of the dish. Throw any remaining bits of garlic or sage from the bowl over the potatoes. Cover the dish with foil, place in the oven and roast for 45 minutes. Remove the foil and pour the cream evenly over the potatoes. Roast, uncovered, for a further 25 minutes. The cream should have thickened by now. Stick a sharp knife in different places in the dish to make sure the potatoes are cooked. They should be totally soft. Serve immediately, garnished with more sage or rosemary, or leave to cool down.

Greens and Chayote Enchilada with Salsa Verde

Recipe by Martha Rose Schulman

6-8 Servings

Liz and I made Enchiladas with salsa verde a couple of weeks ago, but we used shredded leftover chicken. I also had some leftover pureed lunchbox peppers which we added to our sauce and that gave a real nice sweetness to the overall flavor. Enchiladas are a great way to use up some leftover bits and bobs, so play with it some!

1 lb Chard

2 medium-size Chayote Or you can use Summer Squash, about 4 cups

1 lb fresh Tomatillos, husked and rinsed

2 Jalapeño or 2 to 3 Serrano Chiles, stemmed

1/2 White Onion, coarsely chopped

Salt to taste

4 large peeled Garlic cloves; 2 whole, 2 minced

12 Cilantro sprigs, plus chopped cilantro for garnish

1 TB Oil, plus 1/3 cup for frying so use a good high temp oil

2 1/2 cups Chicken or Vegetable Stock

2 TB Extra-Virgin Olive Oil

1 tsp Mexican Oregano

Black Pepper

18 Corn Tortillas

Crumbled Queso Fresco or Feta, about 1/2 cup

This Week's Box List

Sweet Potatoes

Cherry Tomatoes

Tomatillos

Chard

Lettuce

Onions

Basil

Rosemary

Plums

Strawberries

Watermelon or other Melon

Strip chard leaves from stems and wash well. Rinse stems and cut small. Dice if wide, or, if thin, slice crosswise 1/4" thick. Set aside stems with chayote in one bowl and leaves in another.

Make the salsa verde: Combine tomatillos, jalapeños and onion in a medium saucepan; cover with water and bring to a boil. Reduce heat and simmer 10 minutes, until tomatillos have gone from pale green to olive and have softened. Using a slotted spoon, transfer tomatillos, onion and one of the jalapeños to a blender. Do not drain water from pot. Let vegetables cool in blender while you blanch greens and chayote. Add more water to the pot so it is about 2/3 full. Return to a boil, salt

generously and add leaves. Blanch until tender 1 to 2 minutes. Transfer leaves to a bowl of cold water to quickly shock, then drain and dry. Chop coarsely and set aside. Return water to a simmer and add chayote and chard stems. Simmer 5 minutes, or until just tender. Drain through a colander and again on paper towels. Add whole garlic cloves and cilantro sprigs to ingredients in blender and blend until smooth. Taste for heat and add remaining jalapeño if desired. Heat 1 TB oil in a large, heavy saucepan over medium-high heat. When hot, add tomatillo puree and partly cover to protect from splattering. Cook, stirring often, until it thickens and begins to stick to the pan, about 5 minutes. Stir in stock, add salt to taste and bring to a simmer. Cook uncovered for 20 minutes, stirring often, until sauce is thick and coats the front and back of a spoon. Taste and adjust seasoning. Heat olive oil in medium skillet over medium heat and add minced garlic. When fragrant, after about 30 seconds, stir in oregano, blanched leaves, stems and chayote. Cook stirring for about 3 minutes, until tender, fragrant and coated with oil. Season with salt and pepper. Stir in 1 cup salsa verde and set aside.

Prepare tortillas: Heat 1/3 cup oil in a medium skillet over medium heat, until oil bubbles around the edges of a tortilla when you dip it into the pan. Place a platter covered with paper towels next to pan. Using tongs, slide tortillas, one at a time, into hot oil. As soon as tortilla begins to puff, about 10 to 15 seconds, flip over and leave another 10 to 15 seconds. Immediately remove from pan and drain on paper towels. Cover with foil to keep warm. One by one, quickly dip tortilla into the remaining warm salsa verde, lay on serving platter, and top with about 1/4 cup filling. Roll up tortilla and place seam side down on platter. When all tortillas have been filled pour remaining salsa verde on top, sprinkle with cilantro and queso fresco and serve.

The Pesto Pasta with Cherry Tomatoes and Mozzarella recipe and all other recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

