



WEEK OF OCTOBER 3RD 2016 #40/52



Another Tuesday Morning

Another Tuesday morning watching the day begin. I have set up a table for my work station that faces our front door, so I can enjoy the night becoming the day. Yesterday we had our first truly cloudy day and even a bit of rain. Amazing how different the air smells with even just a few drops of rain! This morning there is a mix of clouds painting the sky, although, I doubt we will get any more rain. It is a delightful change to the hot sunny days we have had for months. Around us, just about every tomato field has been harvested and disked in. Every day when I drive down our road, I see tractors disking away, kicking up an unbelievable amount of dust - well actually it is top soil. It makes me so sad to watch that precious life provider blow away in the wind. Many of those fields will remain bare until they plant again next season. With every storm and windy day, we will lose more, but at least the bit of rain we had yesterday helped to clear the air. The sky is much brighter this morning.



With greens in the share and our first rainy day I have Nigel's voice in my head telling me how the plants love the rain; "they jump out of the ground!", he would say. The first time he told me that, I thought it was pretty crazy, but every year I would see that it was true. Thinking about this I decided to google it. No big answers popped out at me, a few sites mention the fact that rain water does not contain the minerals that tap or well water would. Some sites talk about coverage and replenishing ground water levels. I suppose both of those answers could play a part, but I suspect there is something more. Maybe one of you knows. If you do please share the answer!

Sukkot On The Farm: October 20-23

It was a big disappointment to cancel this year's Pumpkin Day, particularly as it was our final event of the season. If you want one last chance to come up and celebrate on the farm, the folks at Wilderness Torah are holding their annual Sukkot on the Farm at Eatwell this year. If you are not familiar with Sukkot, it is the ancient Jewish celebration of the harvest, honoring the earth and all it provides us. This four-day gathering includes, camping, eating, learning and praying next to the fields to immerse ourselves in the essence of this harvest holiday. In our community built sukkah, we observe Shabbat and Sukkot ritual, eat gourmet food freshly harvested from the fields, explore the connections between Jewish spirituality, nature awareness and the rains, and gather around the campfire for song and celebration. If you are interested, please visit their website www.wildernesstorah.org for tickets and more information.



This Week's
Total CSA
Boxes:
516



Bay Leaf Kitchen's Fall Gala & Fundraiser

This Sunday is Bay Leaf Kitchen's big event. As you all know, because I write about this kids' program all the time, I am a big supporter of Bay Leaf. We host the kids during their summer camp sessions and those few days are always some of my absolute favorites! I am hoping that both Connie and I will make it down to this year's event. It promises to be a really fun time and is being held at the Clift Hotel in the famous Redwood Room with so many of SF's favorite chefs and great drinks. Please consider joining us for an afternoon of good food, drinks and fun, plus awesome auction items! You can find tickets and more information here: www.bayleafkitchen.org/fundraiser16/



Changing Seasons and New Crops

As we move on out of the summer bounty and straight into Fall and Winter, I wonder what are some things we might add to our crop rotation? I included a recipe a few weeks back for Enchiladas Verde with Chayote and thought that

would be a nice addition to a summer box. So I spoke with Nigel about it and he informed me that he has tried it but it didn't grow/yield well for us. But maybe it might be worth another try next year? So that brought me to the question - what would our members like to see in the box? I would really like to know, because diversity for the share is a wonderful thing and we would like the shares to be as awesome as possible. It is also a great opportunity for us all to find out what grows well in our climate and on our land. If you have suggestions, please text me 530-554-3971, include your name so I know who you are! I will look into the possibilities and report back to you all. With that said, apples and hopefully pomegranates will be heading your way next week.

Eatwell Featured At Homage This Month

Homage in San Francisco contacted Connie a couple of weeks ago with an interest in featuring our farm in the restaurant, and October is our month! Homage works directly with a farm each month, creating a menu based on what the farm has to offer. Many talk the "farm to table" concept but this is



the first restaurant we have worked with to take it to this level. Connie asked me if it would be hard for a restaurant to create a menu this way? My response was, in many ways it is easier. When you limit your choices and you really embrace the idea of season, it all kind of unfolds for you. In today's world we have far too many choices, peaches, plums and nectarines in December, kale every day, all day (thinking of you Izzy!) and we are overwhelmed by choice. No wonder people don't want to cook. But I digress, the point is, you have an opportunity this month to go out for a fantastic meal, using ingredients from your farm and you won't have to do any work! So please, support Homage, treat yourself and enjoy a wonderful dinner.

Recipes and Menu Suggestions

Fennel, Cherry Tomato and Crumble Gratin; serve with a Poached White Fish

Uses: Fennel and Cherry Tomatoes

Couscous with Chard and Tomatoes; serve with your choice of protein

Uses: Chard, Basil, Red Tomatoes

Sweet Potatoes, Apples and Greens; serve with a Pork Roast or Chops with Caramelized Onions

Uses: Sweet Potatoes, Stir Fry Mix and Onions

Salad with what's left from the share or leftovers and a salad.

Uses: Lettuce, Raisins and what's left from this week's share

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

Fennel, Cherry Tomato and Crumble Gratin

Recipe from Ottolenghi by Yotam Ottolenghi

I have looked at this picture in this cookbook for years now and finally, I have the right ingredients in this week's share to use it! Seems a little odd to top fennel and cherry tomatoes with a sweet crumble, but I think if you made a really basic soft white fish to go with it, the sweetness from the fish and this dish would complement quite well.

2 lb Fennel Bulbs

3 TB Olive Oil

1 TB Thyme Leaves, plus a few whole sprigs

3 Garlic cloves, crushed

1 TB coarse Sea Salt

1 tsp Black Pepper

1 cup Whipping Cream

1/2 recipe of Crumble (recipe below)

3 to 4 oz Parmesan Cheese, freshly grated

10 oz Cherry Tomatoes,

1 tsp chopped Flat-leaf Parsley

Crumble:

10 oz All-purpose Flour

3 oz Sugar

7 oz cold Unsalted Butter, cut into small cubes

Mix all the ingredients with your hands, working it to a uniform breadcrumb size. You can store the unused crumble in a container for up to 5 days or for ages in the freezer.

Preheat oven to 375. Trim off the fennel stalks and cut each bulb lengthways in half. Cut each half into slices 1/2" thick. Place in a large bowl with the olive oil, thyme leaves, garlic, salt and pepper and toss together. Transfer to an ovenproof dish and pour the cream over the fennel. Mix the crumble (1/2 of the recipe only) with the Parmesan and scatter evenly on top. Cover the dish with foil and bake for 45 minutes. Remove the foil and arrange the tomatoes on top. Scatter a few thyme sprigs on top. Return to the oven and bake for another 15 minutes. By now the fennel should feel soft when poked with a knife and the gratin should have a nice golden color. Remove from the oven and allow to rest for a few minutes. Sprinkle chopped parsley over and serve hot or warm.

Caramelized Onions

Surprisingly, none of the recipes this week use onions. That's ok because caramelized onions are wonderful. To make them properly, takes time and some patience. It isn't anything you can rush. I don't have a recipe here for you, but you can go online to find really detailed instructions on just how to do this. A couple of tips that stuck out after looking at a few sites - don't slice the onions too thin, they burn quickly; use a combination of butter and oil, butter burns too quickly; don't crank up the heat, it will burn - definitely a theme here. Low and slow is the way to go. Another important tip is to not over crowd the pan. The kitchen.com had really thorough step by step instructions, with ingredient quantities and Bon Appetit had an excellent explanation of why you do what you do when caramelizing onions. In any case, you can make a batch and keep them in the fridge to add to a salad or top the pork, or a burger.

Couscous with Swiss Chard and Tomatoes

Recipe by Dayna Smith found in the Washington Post
I have to admit, I am not a packaged food kind of girl, but there are a few things I keep in the house, mostly for a really quick snack (because I am also not much of a snack food person either). The other day, I bought a package mix of couscous with toasted pine nuts. For a quick lunch, I cooked it up using our chicken stock, some sautéed chard and added some of the tomato sauce that was cooking on the stove. It was really delicious and I ate almost the entire pan. The great thing is, couscous takes no time to cook.

1 cup dried Whole-wheat Pearl Couscous

1 TB mild Olive Oil

3 medium cloves Garlic, finely chopped

**1 LB Tomatoes, peeled, seeded and cut into 1" long strips - works out to about 1 1/2 cups

Salt

Freshly ground Black Pepper

3/4 lb Swiss Chard, tough part of stems removed, rinsed well and cut into 2" strips - about 4 cups

1/3 cup White Wine

2 TB Basil leaves, stacked, rolled tightly, then cut crosswise into very thin strips

*When I cooked the couscous I used our Chicken Stock to add some protein and flavor, because I wasn't adding any meat.

Cook the couscous according to the package directions. When the couscous is tender, use a fork to fluff and separate. Meanwhile, heat the oil in a large (10 to 12") skillet or sauté pan over medium heat. Add the garlic; cook for 1 minute, stirring, until just softened but not browned. Add the tomatoes, then season with salt and pepper to taste; cook for 3 minutes, stirring occasionally. Add the chard and white wine; cover and cook for 3 to 4 minutes, until the chard starts to wilt.

Uncover, stir and cook for about 3 minutes, until the chard has completely wilted.

Reduce the heat to low, cover and cook for 5 minutes, then add the cooked couscous and toss to incorporate. Remove from the heat.

Gently stir in the basil, then taste; adjust the seasoning as needed. Transfer to a serving bowl. Serve warm or at room temp.

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**I don't typically deal with peeling tomatoes, but if you want to do that, slice an x in the top of the tomato, boil a pot of water then turn the heat off. Put them all in and in a couple of minutes you will see the peel start to fold back at the x. Remove from the hot water, cool in chilled water, then core and peel from the x.

Sweet Potatoes, Apples and Greens

Recipe by Traci Des Jardins

2 medium Sweet Potatoes, peeled and cut lengthwise into quarters, then cut crosswise into 1/8" slices

3 TB unsalted Butter, plus 2 TB melted

1 1/2 fine Sea Salt

1 tsp freshly ground Black Pepper

2 medium baking Apples, such as Sierra Beauty or Granny Smith, peeled, cored, and cut into quarters

3 cups loosely packed Stir Fry Mix, torn into 2" strips

1/4 cup loosely packed fresh Parsley leaves, coarsely chopped

2 TB loosely packed fresh parsley leaves, coarsely chopped

Preheat oven to 400 F. On foil-lined baking sheet, toss potato slices with 2 TB melted butter, 1/2 tsp salt and 1/4 tsp pepper.

Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm. In heavy medium skillet over moderate heat, melt 2 TB butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm. In heavy large pot over moderate heat, combine remaining TB of butter with 2 TB water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining, salt and pepper. Serve hot.

This Week's Box List

Sweet Potatoes

Cherry Tomatoes

Red Tomatoes

Fennel

Onions

Chard

Stir Fry Mix

Lettuce

Basil

Raisins (Capay Canyon Ranch)

