



WEEK OF OCTOBER 17TH 2016 #42/52



Learning to Live Gently

To say our life - our old life I mean - has been put on hold, is a gross understatement. In the past Nigel's treatments had been hard, but only took him down for short periods of time. Within a couple of weeks, he was up and back at it. He always wrote his portion of the newsletter, was able to at least drive around the farm, and work from home. The treatments this time around have been harsh and made that kind of work impossible. Every week, we think if he gets a few more days of rest then he will be strong enough to go for a drive around the farm, see what's going on out there, maybe meet with the crew. As he begins to feel better he does get more active and he does do more. One of the sweetest things was the very simple act of getting up and making me tea. I married an English man so tea in bed is one of the perks - it had been a very long time. He has come out to spend the better part of a day visiting with friends, he sat at the kitchen table to speak with the students from the Farm Academy, and a couple of times he has gone for that drive around the farm. Last week when Jan and Liz were here, they got him a comfortable seat in the front of our house, so he could direct the pruning of our large banana trees and get the new ones out of their pots and into the ground. It all looks amazing, but the best part was seeing how happy he was sitting outside in his newly planted mini banana grove. But there is always a price to pay. The days that follow he suffers from complete and total exhaustion, the vomiting can start up again too. How do you get better if you don't push yourself? Isn't that what we always tell ourselves? And so we push, just a little. What I have come to realize is when you live with cancer you have to recalibrate your life's intensity control switch down to the micro level. Any bit of effort we would take for granted, not even realize we were making, in a healthy state is suddenly blown up a hundred times. You're thinking this little something is a level 1 but really it is 1 x 100. That has impact. We have all read and heard news stories telling us that stress causes the most damage. Headlines love to be sensational, but it has got me thinking. What if living in this extremely fragile state of health, reacting so intensely to any effort exerted, is simply a tangible amplification of stress? That control that no longer moves by the ones, has now jumped to 100's, reacting to all of life's little stresses and pushes you over the edge. Today I realize that my lesson is to learn how to live life gently.



Farm Intern

Understanding that we have to change the way we work and live, to live more gently, I realize there are thousands of little things Nigel would do in a day without any thought. Driving around the farm, he could see ten different things that need addressing, stuff that needs ordering, fixing or replacing. By the time he drove back up to the house he could have made 5 phone calls taking care of most of it. A highly efficient man, is my husband. BUT most importantly he is filled with an incredible amount of knowledge and he has always loved sharing that knowledge. We have come to realize that we need an intern. We need someone who speaks Spanish - to be a go between the crew and the office, someone who isn't afraid of farm work - to give the crew an extra hand, to drive the truck, and help at the market, but most importantly someone to learn from Nigel. Part of relieving stress is making sure your work brings your soul great joy, teaching brings Nigel that kind of joy. Having someone he can train to be his eyes, would help reduce stress. Having someone working with Jose will help relieve Jose's stress. Hopefully this will help us live a more gentle life.



Cory and Sheep

Cory was our driver years ago. He came back a few months ago covering one of the driving positions, but his real goal here at the farm is to run a herd of sheep. He is also a fantastic go to project person. Right now, he is filling in for the driving position, but has been invaluable to me, working on some projects that really need to get done. In the meantime, he is working on his plans for his herd. He recently attended a meeting with the USDA for starting farmers and ranchers. There he learned about grant money the government offers to help get you started and they offer assistance with the paperwork. I think the most important lesson he learned was the value of showing up and meeting people in person, and building relationships. For our part, we are working on getting the appropriate pasture mix growing. Nigel and I hope to take a short drive around the farm to see how it is all looking. The beauty of having sheep is they offer a different source of fertility to the soil. They also make fantastic little mowers before we run chickens. Typically what we do for the chicken pasture is we grow it, we mow it to the right height for the birds, and then we move them on. Using sheep for the mowing means we save on diesel for the tractor, we save hours running the tractor (very important because a tractor's life is not measured in miles, but rather in hours) and we save time someone has to drive the tractor mowing. With the crew as tight as it is, we are always looking for ways to save them time. Overall, having sheep is such a positive addition to the farm and, if all goes well, we will have lamb available.



This Week's
Total CSA
Boxes:
525



Recipes and Menu Suggestions

- Soup for A Cold; can be turned into several different things
 Uses: Onion, Celery, Stir Fry Mix, potentially Fennel, Sweet Potatoes, Radishes
- Arugula, Apple, Pomegranate Salad; serve as side salad to Chicken or Grilled Tofu or with Sweet Potato Fries and call it a night!
 Uses: Arugula, Apple and Pomegranate
- Roasted Butternut Squash and Red Pepper Soup; served with crusty bread
 Uses: Butternut, Lunch Box Pepper and Onion
- For Dessert Try some Green Tomato Pie!
 Uses: Green Tomatoes
- All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."**

Soup for A Cold

I got it, the yucky, dreaded cold. Doubly worse, because I have to be so careful around Nigel, so he doesn't get sick from me. Yesterday, I had a strong craving for chicken soup, but it seemed kind of crazy to make my usual whole chicken in a pot with garlic, carrots plus vegetables, if I am the only one eating it. Thank goodness for our chicken stock, which is very concentrated, delicious and ready to use. There is one bird's worth of goodness in two of the quart containers. Since I used two quarts of stock, I ended up with my one bird pot of soup. Last night, I ate the basic soup plain. Today, because my chest hurts, I wanted a little more oomph, so I added some ginger, which really kicks up the heat, immediately makes you sweat and warms the chest. I often don't salt my basic soup, so I have the choice to use it as a ramen broth salted with soy sauce, or maybe in a Tom Kha Gai, in which case much of the salt will come from fish sauce. Today, I salted it with soy sauce. To make the soup more hearty, add some thinly sliced sweet potatoes and diced fennel. Cook the soup until the heartier vegetables are tender. One last idea for the basic soup, I often turn my leftover soup into a risotto. Heat it and use in place of the plain stock, if that isn't enough liquid, use more stock to top it off.

Arugula, Apple & Pomegranate Salad

Recipe found on seriouseats.com by Jennifer Senegal

- 1 Apple
 - 1 Lemon
 - 2 1/2 TB Apple Cider Vinegar
 - 1 TB Honey
 - 6 TB Extra Virgin Olive Oil
 - Kosher Salt and freshly ground Black Pepper
 - 6 to 7 cups Arugula
 - 1/4 cup Pomegranate Seeds
 - Goat Cheese, crumbled
- Cut the apple into quarters, leaving the peel intact. With a paring knife, remove the core from two of the quarters and slice them as thinly as possible. Place the slices in a bowl, squeeze lemon juice over them and toss to coat to prevent discoloration. In a small bowl, combine the vinegar and honey. Whisking constantly, slowly drizzle in the olive oil. Season dressing to taste with salt and pepper.

Butternut Squash & Red Pepper Soup

Recipe found on Crepes of Wrath by Sydney
 Serves 8

- This recipe calls for 3 Red Bell Peppers, but we are switching it to Lunch Box Peppers. Tricky to convert the proportions, but I would guess it will be close to all the peppers in your share. Lunch Box Peppers, tops cut off, cut in half or quarter, same size as the butternut cubes
- 1 butternut squash, peeled and cubed
 - 1 Onion, chopped
 - 4 cloves of Garlic, still in their peels
 - 1/4 cup Olive Oil
 - 1 tsp Kosher Salt
 - 1 tsp Smoked Paprika
 - 1/4 tsp Red Pepper Flakes
 - 1/4 tsp Black Pepper
 - 8 cups of Vegetable Stock or Water
 - 1/2 cup Pecans, roughly chopped and toasted
 - Chives, for garnish
- Preheat your oven to 400 F and line a baking sheet with parchment or foil. Peel and cube your butternut squash, then roughly chop peppers and onion. Add the whole cloves of unpeeled garlic. Drizzle everything 1/4 cup of olive oil, then sprinkle with your salt, paprika, red pepper flakes and ground black pepper. Use your hands to toss it all. Place in the oven and bake for 30 to 40 minutes, until the squash is tender. Remove your vegetables from the oven and pick out the garlic cloves. Squeeze the garlic out of its peels and add it to the vegetable mix. Puree the vegetables in batches until smooth, then add to a large stock pot OR add everything to the stock pot and use an immersion blender to puree. Add in a cup of water at a time, stirring after each addition until the soup is the consistency that you prefer. Heat the soup over medium until warmed through. Taste and adjust seasonings as needed. If you want to toast your pecans, place them in a dry skillet and cook over medium heat, tossing occasionally, until lightly golden and aromatic. Divide your soup among your bowls and sprinkle with a bit of the toasted pecans and some chives, if your like. This soup will keep well for up to 5 days and freezes well, too.

Basic Soup

- 2 Qts Eatwell Chicken Stock
 - Oil for sautéing
 - 1 Onion, finely minced
 - 2-4 cloves of Garlic, finely minced
 - 2 stalks Celery, diced small
 - 1 large or a couple medium/small Carrots, diced small
 - 1 Bay Leaf
 - Stir Fry Mix, chopped small
 - 1/2 tsp Turmeric
 - Salt and Pepper, to taste
- In a heavy saucepan, heat the oil over medium low, add the onions. Cook the onions until they soften, then add the garlic. Cook another couple of minutes, you don't want the onion or garlic to brown at all. Add the turmeric, carrots and celery, cook another few minutes to soften. It should have a really yummy, basic comfort food aroma, the kind of smell that makes you hungry! Add the bay leaf and the chopped greens. Stir to coat the greens and cook just long enough to wilt the greens, then add the chicken stock. Simmer for at least 10 minutes on a low simmer. Season with salt and pepper, taste, cook on low longer if you like. Just before serving, taste for seasoning and adjust if necessary.

This Week's Box List

- Celery
- Green Tomatoes
- Lunch Box Peppers or Eggplant
- Fennel
- Butternut Squash
- Radishes
- Onions
- Sweet Potatoes
- Arugula
- Stir Fry Mix
- Fuji Apples (Hidden Star Orchards)
- Pomegranate (Twin Girls)

For my Gingered Chest Cold Soup

Simply grate a good amount of ginger right into the soup pot. I was making just enough for myself. To give you a sense of portion, I was heating about 1 1/2 cups of soup and grated about 1 1/2" piece of ginger. In my soup bowl, I put in 2 soup spoons of soft cooked rice, pour the hot soup over it, season with soy sauce or tamari to taste. If you want to add texture and variety, you could thinly slice some radish and add that to the bowl right on top of the soup.

Green Tomato Pie

Recipe found on A Taste of Home

- OK, I've never heard of this before, but it sounds really interesting. I think I will have to give it a try.
- 1 1/2 cups Sugar
 - 5 TB All-Purpose Flour
 - 1 tsp ground Cinnamon
 - Pinch of Salt
 - 3 cups thinly sliced Green Tomatoes
 - 1 TB Cider Vinegar
 - Pastry for a Double Crust 9" Pie (The Eatwell Heirloom Pastry Dough would be perfect!)
 - 1 TB Butter
- In a bowl, combine the sugar, flour, cinnamon and salt. Add tomatoes and vinegar; toss to coat. Line a pie plate with bottom crust. Add filling; dot with butter. Roll out remaining pastry; make a lattice crust. Trim, seal and flute edges. Bake at 350 for 1 hour or until tomatoes are tender. Cool on a wire rack to room temperature. Store in the refrigerator.

