



WEEK OF OCTOBER 24TH 2016 #43/52



Garlic Planting

It was just four months ago when we were harvesting garlic from the fields and making garlic braids. In Mid-June we hold our Summer Solstice Sleepover and Garlic Braiding Party. This last week, the crew was out planting garlic for next year's crop. Three of the crew members were lying on the sled behind the tractor planting, with Jose, our foreman, following behind checking on the work. It won't be long before the green garlic is ready.



Sukkot on the Farm

Wilderness Torah's 10th Annual Sukkot on the Farm took place here at Eatwell Farm this last weekend. The very first Sukkot on the Farm was held here and the group returned 10 years later, to rejoice with us again. Numerous guests told stories and recalled their initial visit to Eatwell at this first gathering. We had a group of 200 plus people celebrating the harvest and giving thanks to the land. Sukkot is the third in the Jewish cycle of pilgrimage festivals, honoring the end of the annual agricultural cycles. They started arriving on Tuesday to begin the building of their village. Beautifully designed structures were erected in various areas of the farm, decorated with tapestries, lights, and



foliage. Over the course of the week, the community arrived. Tents were scattered within the orchard and on the edges of the fields. A dedicated and hardworking kitchen staff prepared incredible meals, beverages, and snacks for all those gathering including some farm staff. The Eatwell Strawberries were a part of several dishes as well as a highlight on some tours, walks and activities. Services, Workshops,



ceremonies, and more were carried out throughout the weekend. Music, song, and dance were a constant in their festivities. It was a joyous time seeing this multigenerational, cultural community caring for and sharing the land and produce. After a long summer of producing so much for so many people, Eatwell Farm was given thanks. The gratitude and respect they showed during their visit was very uplifting. They ended their celebration with a water ritual asking for the return of the rains. As I am writing this, just a few hours after the last of their crews finished packing trucks and left, it is starting to sprinkle outside.

Cultivating the Classroom

We have several pick-up sites for the CSA Program at schools and one at a library. With these institutions, we've offered an incentive to encourage the parents, staff, and local community to get more involved in



providing education on eating healthy, local food. We are giving back to the schools and library based on the number of deliveries they are receiving. This last week Clarendon Elementary took us up on the offer and used their acquired funds to order a box of Lunch Box Peppers and Cherry Tomatoes for a classroom activity. The kindergarten class had a workshop and learned about the produce and about Eatwell Farm. They were also able to take home a basket of produce as well as information on the farm and extra newsletters.

This Week's
Total CSA
Boxes:
531



A Note From Paige

You may notice a shift in the voice of the recipes in the coming weeks and months. As Nigel & Lorraine focus more time on learning to live gently, they have asked me to assist with contributions to the recipes and ideas for the Newsletter each week. I've met many of our wonderful CSA family over the years and look forward to meeting new and old members again! Some of you will remember coming to my house in San Francisco - Bayview District for the Tomato Canning Parties or perhaps you've participated in one of my impromptu cooking with your CSA box classes in the years past (stay tuned for these to return this winter!), others will remember way back when I used to work the Ferry Plaza Farmer's Market stand (luckily I still get to work from time to time as a Staff Member Emeritus!) As we focus on trying to grow our CSA membership - I would love to encourage our members to post to our Facebook or Instagram, their kitchen success stories. I know I draw so much motivation and encouragement from seeing, smelling & tasting what is cookin' in my friends kitchens! Likewise if you run across something that sounds tasty & delicious - but not everything in the recipe is in the box this week, remember that many items can be substituted and replaced easily. If you have questions about a recipe - go ahead and ask! I'd love to try to answer a kitchen question from time to time in this Newsletter.

This week I've chosen to focus on one of my favorite Cookbook Authors and a NYT Food Columnist, Melissa Clark, I appreciate her style and flavor profiles and also how she is committed to supporting CSA's and Farmers! I ❤️ farmers!

Menu Suggestions

This week cook up a big pot of sturdy White Beans (cannellini beans or Rancho Gordo Alubia Blanca). What doesn't get used in the 3 ways I've suggested this week - you can easily freeze cooked beans for up to several months. I usually find myself cooking up an extra large batch so that I have a couple of pint jars of frozen beans any time I need them. This was a great idea that I got from my neighbor and fellow CSA member - Jen Lake.

Roasted Chicken Thighs with Green Tomatoes, Basil, and Ginger

by Melissa Clark; serves 2-3
Time: 30 minutes

This one uses an underripe fruit available at the farmers' market: green tomatoes. When roasted, they get juicy and sweet, and exude a fragrant, herby liquid that is a little sweet, earthy and robust. I am suggesting that you serve this meal this week over reheated white beans from earlier in the week. I would suggest warming up the beans in a pan with a little extra ginger, garlic and oil.

2 large green tomatoes (about ¾ pound)
1 pound boneless, skinless chicken thighs, cut into 1-inch strips
2 tablespoons extra-virgin olive oil
2 tablespoons dry (fino) sherry
2 tablespoons chopped fresh basil
2 garlic cloves, minced
1-inch-long piece fresh gingerroot, grated
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
Crusty bread or white beans, for serving

Preheat the oven to 400°F. Core the tomato and halve it lengthwise; slice 1/2 inch thick.

In a 9x13-inch pan, toss all the ingredients except 1 tablespoon basil. Roast until the chicken is cooked through and the tomato is softened, about 20 minutes. Garnish with the remaining tablespoon basil. The sauce will be thin, so serve with crusty bread for sopping or over rice.

*Note: if you don't have sherry in the house don't fret. An easy replacement is a little bit of the glass of white wine, that should be near the stove while your cooking, or even some apple cider vinegar.

White Bean and Roasted Sweet Potato Salad With Rosemary

by Melissa Clark
*adapted by Paige Boger

FOR THE SALAD:

1 ½ cups dried cannellini or Great Northern beans
1 ½ tablespoons plus 1 teaspoon coarse kosher salt, more to taste
2 bay leaves, torn
1 garlic clove, smashed
6 tablespoons extra-virgin olive oil
1 ¾ pounds Sweet Potatoes, scrubbed and cut into ¾ inch chunks
¼ teaspoon black pepper
8 cups hearty winter greens, kale, collard greens, cabbage or mustard greens
2 teaspoons lemon juice, more to taste

FOR THE DRESSING:

4 anchovy fillets (see note)
2 garlic cloves
2 tablespoons red wine vinegar, more to taste
Large pinch kosher salt, more to taste
½ cup extra-virgin olive oil
Finely grated zest of 1 lemon
1 tablespoon chopped rosemary (see note)
Large pinch red chile flakes

PREPARATION

Put the beans in a bowl or pot, cover with water by 2 inches and add 1 1/2 tablespoons salt. Let soak 4 to 12 hours. Drain before using.

Put the soaked beans in a pot, cover with water by 2 inches and add 1/2 teaspoon salt, 1 bay leaf, the smashed garlic clove and 2 tablespoons oil. (If you were also influenced by Lorraine's love of her Instant Pot you can prep these beans in your Instant on the regular bean setting) Bring to a boil, then simmer until tender, about 40 to 75 minutes, stirring occasionally. Season with more salt if needed.

Heat oven to 425 degrees. On a rimmed baking sheet, toss potatoes with 2 tablespoons oil, salt and pepper and arrange in a single layer. Top with remaining bay leaf. Roast for 15 minutes, flip potatoes, then roast until tender but still with bite, another 10 to 15 minutes.

While potatoes roast, make the dressing: In a blender, combine anchovies (or capers), garlic, vinegar and a large pinch of salt; blend until smooth, then blend in oil. Taste and add more salt or vinegar, or both, if needed. Transfer to a large bowl, stir in lemon zest, rosemary and chile flakes.

In a separate large bowl, toss greens with remaining 2 tablespoons oil, the lemon juice and a large pinch of salt. Arrange on a large serving platter.

Toss the warm potatoes and beans into the bowl with the dressing and mix well. Taste and add more salt if necessary, and vinegar. Arrange on top of greens and serve.

*Note: To make this recipe vegan, use minced capers instead of anchovies. Add them with the lemon zest in Step 4. If rosemary isn't easily available - you can fry some of your sage leaves and crumble these into the dressing.

Paige's Sweet and Spicy Roasted Tofu and Squash

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

The Sweet and Spicy Roasted Tofu and Squash Recipe is so delicious and something I'll do with either the Sweet Potatoes or ANY of the squashes that will be coming in the box in the coming months. This week I would suggest using the Butternut Squash. Perhaps cooking some brown rice or a big pile of Red Kale or maybe some Baby Spinach to serve with this dish.

This Week's Box List

Green Tomatoes
Eggplant
Jalapeños
Butternut Squash
Radishes
Onions
Sweet Potatoes
Red Kale
Chard or Collards
Stir Fry Mix
Strawberries
Fuji Apples (Hidden Star Orchards)

