



WEEK OF OCTOBER 31ST 2017 #44/52

Boxes, Boxes, Boxes

Are not making their way back to the farm. We are coming close to needing a pallet of boxes every 2 1/2 weeks. At a cost of \$2.15 for each box it is getting pretty expensive. So please, if you have a pile of boxes cluttering up your space, free yourself and bring them back to your local pickup site! We will be happy, you will be happy, the planet will be happy!



Flowers From Nigel

Last year Nigel and Lizzie were going through the seed catalog. Mostly the two of them were looking at flowers. Nigel thought it would be really nice to grow some Statice to include in the CSA shares as a little gift from him. Walking around the farm Friday evening, Cameron and I came upon his statice plants. They are beginning to flower. Statice, also known as Sea Lavender (rather fitting for Nigel I thought) is a perennial, so if we don't get enough flowers to share with you all this year, I certainly hope we will by next year!

Get Our Favorite Kimchi, Granola, and More With Your Box

We just launched Lorraine's Market Finds, featuring some of my favorite goodies from the Ferry Plaza Farmers Market. We are starting out with just a few items, but my hope is to expand this section of "extras" so we can cover more of your basic needs. For now we are starting out with some of my favorite treats from Little Apple Treats, Nana Joe's Granola, and Volcano Kimchi.

Little Apple Treats owners' Dan and Joanne are old friends. They began playing with the apples out of their orchard and discovered they could make truly delicious products and the creativity began to flow. I absolutely love their Apple Cider Vinegar and use it quite often in my salad dressings, sprinkle a bit over sautéed greens, or mixed with a bit of bubbly water as a very healthy, refreshing drink. Their ACV is stronger than most of what you buy in the store so I typically use it sparingly. When they came out with the caramels I found my new addiction. The funny thing is I am not a fan of caramels, but these are just so delicious, they are literally one of my favorite treats. They are quite rich and typically one leaves me pretty satisfied.

Nana Joe's Granola, is just amazing. I actually became a fan of Nana Joe's before I started eating the granola, and that is because Michelle Pusateri, the owner and founder, is just an amazing woman. She is such an enterprising and supportive business woman, reaching out to the community, working with different chefs for seasonal specialty blends. I know you will love her granolas as much as we do! I chose three of the flavors, one is grain free, one is sweetener free, and the other is very much a standard granola. All three are delicious!

Volcano Kimchi is not just another kimchi company. I haven't yet had the chance to meet Aruna Lee, but she has been shopping our stand at the market for quite a while now. The Jicama is my absolute favorite, I just love the crunch. The Napa Cabbage is more traditional, and just perfectly balanced. Kimchi is a great way to add another fermented food to your weekly diet. I firmly believe eating a broad variety of fermented foods is one of the healthiest things we can do to improve our diet. The Napa Cabbage will be made with Eatwell Cabbage when it is back in season for us.

I hope you give one of our new items a try. I love supporting my friends, and sharing some of my favorite treats from the market with all of you! And if this goes well, we can add more.



Tomatillo Fail

This year we never got to harvest the tomatillos. I am not sure exactly what the problem was, but I think it was the long wet rainy winter we had. Getting plants into the ground so late in the season just seemed to slow everything down. The paper husks looked beautiful, but the fruit inside stayed small. Needing such a long time to grow the weeds really took over. Hoping for better luck next year!

Join the conversation and share your favorite recipes on Eatwellers' Slack!
[Bit.ly/EatwellSlack](https://bit.ly/EatwellSlack)



RECIPES AND IDEAS FROM LORRAINE

Stir Fried Chicken with Greens

Recipe from NYT Cooking Martha Rose Schulman

8 oz boneless, skinless Chicken Breast, cut across the grain into 1/4" by 1/2" pieces
1 TB Egg White, lightly beaten
2 tsp Cornstarch
1 1/2 tsp plus 1 TB Rice Wine or Dry Sherry
Salt to taste
1/4 cup Chicken Stock or Vegetable Stock
1 T. Low-sodium Soy Sauce
1 bag Stir Fry Mix
2 TB Peanut Oil, Rice Bran Oil or Canola Oil
1 TB minced Ginger
2 fat Garlic cloves, minced
1/2 tsp Red Pepper Flakes
4 to 6 Scallions, cut on the diagonal 1/2" lengths, dark green part separated
6 to 8 Brussel Sprouts, quartered OR use Turnips instead
1 small or 1/2 large Red Bell Pepper, cut in thin 2" strips
1 bunch Bok Choy, cut in 1" slices
Freshly ground Pepper
Rice, whole grains or noodles for serving

In a large bowl, stir together the egg white, cornstarch, 1 1/2 tsp of the rice wine or sherry, salt to taste and 1 1/2 tsp of water. When you can no longer see any cornstarch, add the chicken and stir together until coated. Cover the bowl and place in the refrigerator for 30 minutes. Bring 2 to 3 quarts of water to a rolling boil in a large saucepan and add the stir fry mix. Boil just until tender, and transfer to a bowl of cold water. Do not drain the water from the pot. Drain the stir fry mix, squeeze out excess water and chop coarsely. Combine the remaining rice wine, the stock and the soy sauce in a small bowl and set near your wok. Bring the water in the pot back to a boil, add 1 TB of the oil and turn the heat down so that the water is at a bare simmer. Carefully add the chicken to the water, stirring so that the pieces don't clump. Cook until the chicken turns opaque on the surface but is not cooked through, about 1 minutes. Drain well in a colander. Heat a 14" flat bottomed wok or 12" steel skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the remaining oil by adding it to the sides of the pan and swirling the pan, then add the garlic, ginger, red pepper flakes and stir-fry for no more than 10 seconds. Add the white and light green pieces of scallions, the Brussel sprouts (or tulips) and the red pepper and stir fry for 2 minutes. Add the bok choy and stir-fry for another minute. Add the chicken, the stir fry mix and the broth mixture. Sprinkle with salt and pepper to taste and stir-fry until the chicken is cooked through, 1 to 2 minutes. Sprinkle on the green scallion ends. Remove from the heat and serve with grains or noodles.

Cooking Classes With Lorraine

Looking for more food inspiration or ideas? Join our luncheon with Lorraine and learn to cook from the box. You'll engage yourself in the farm, connect to the food you eat, and celebrate the land it comes from.

Tickets must be purchased in advance.

Go to eatwellluncheon17.bpt.me and use discount code "CS@Member" for 50% off your ticket.

You can also text Lorraine with any cooking questions or to schedule another date, (530) 554-3971.

Saffron Risotto with Butternut Squash

Recipe from Ina Garten

I made this for guests who stayed in The Nest this weekend, and it was delicious. I used our friends pork sausage instead of the Pancetta, it was delicious.
1 Butternut Squash (about 2 lbs)
2 TB Olive Oil
Salt and freshly ground Black Pepper
6 cups Chicken Stock
6 TB unsalted Butter
2 oz Pancetta, diced
1/2 cup chopped Leeks
1 1/2 cups Arborio Rice
1/2 cup dry White Wine
1 tsp Saffron Threads
1 cup freshly grated Parmesan

Preheat the oven to 400 F. Peel the butternut squash, (so my tip is to pre-bake all hard winter squash for about 10 minutes, allow to cool, then peel, cut and seed). Remove the seeds, and cut into 3/4" cubes. You should have about cups. Place the squash on a sheet pan and toss it with the olive oil, 1 tsp salt, and 1/2 tsp pepper. Roast for 25 to 30 minutes, tossing once, until very tender. Set aside. Meanwhile, heat the chicken stock in a small covered saucepan. Leave it on low heat to simmer. In a heavy-bottomed pot or Dutch oven, melt the butter and sauce the pancetta and leeks on medium-low heat until the leeks are cooked but not browned. Add the rice and stir to coat the grains with butter. Add the wine and cook for 2 minutes. Add 2 full ladles of stock to the rice, plus the saffron, 1 tsp salt, and 1/2 tsp pepper. Stir, and simmer until the stock is absorbed, 5 to 10 minutes. Continue to add the stock, 2 ladles at a time, stirring every few minutes. Each time, cook until the mixture seems a little dry, then add more stock. Continue until the rice is cooked through, but still al dente, about 30 minutes total. Off the heat, add the roasted squash cubes and Parmesan cheese. Mix well and serve.

This Week's Box List

**Items in Box for 2*

*Spinach

Lettuce

*Arugula

Chard

Bok Choy or Mei Qing Choi

Stir Fry Mix

Turnips

*Tomatoes, Red or Green

*Butternut Squash

*Leeks

*Fuji Apples (from Hidden Star Orchard)

Raisins (from Capay Canyon Ranch)

Lavender Roasted Turnips and Apples

Recipe by Angie Alt from autoimmunewellness.com

Emily, our former CSA manager, sent me a link to this recipe. Fits perfectly with this week's box! I would suggest switching the straight lavender buds to 1 1/2 tsp Eatwell Lavender Salt.
Turnips, ends trimmed, chopped
2 Apples, cut into wedges
2 TB Solid Cooking Fat, melted
1/2 tsp Lavender or 1 1/2 tsp Lavender Salt
1 clove Garlic, minced
1 tsp fresh Thyme, minced
1 tsp Sea Salt
Preheat oven to 425 F. Line a baking sheet with parchment paper. Toss turnips, apple wedges, and seasonings in melted fat to coat evenly. Roast for 30 minutes. Serve.