



WEEK OF OCTOBER 31ST 2016 #44/52



Olives

The year we moved into our house, we planted Olive trees along the driveway. This year, there is an incredible crop of olives, our first time really. We have had a few olives on the trees the last two years, but never enough to pick. This year the trees are simply loaded!



Imagine how disappointed I was when our friend Jim (the person who gave us the trees) came by yesterday and after inspecting, told us we had a white fly infestation and the crop is lost. You have to realize, this is a common issue for farmers. We lose crops all the time or the yield is horrible. Let us all look back to just a few weeks ago and the sad state of our pumpkins. This was our first year with a serious amount of olives, even Jim said the trees were loaded. I was just talking to Connie yesterday about looking up the instructions for brining olives. It was my hope to offer the uncured olives as an extra item for those looking to do their own. Alas, it was not to be. My suggestion - let's feed them to the meat birds? They need more fat in their diet and olives are clearly loaded. Hopefully, we can give that a try, and who knows, maybe we will have stumbled onto some fantastic new source of food for our chickens. Farming is really all about living and learning.



A Bit of Rain

Last week Connie wrote about the water ritual during Sukkot and the rain that followed. It has been a really nice rain here on the farm, not too heavy. It is the kind of rain Nigel describes as an English rain. As I look around the farm it is shocking to see how much green is popping up all around us! Only a few days of

moisture from the sky and suddenly the brown of summer is turning to the green of winter. As I walk Stella's pasture I see loads of mushrooms popping up everywhere, a sure sign of life in the soil and in the deposits she leaves behind her.

At this point in the year, I look forward to cloudy, rainy weekends, particularly on Sundays. One of the reasons I enjoy the rain on Sundays is knowing our guys would not be working in the rain in the fields. I just came in from walking a part of the farm, it isn't easy walking with boots heavy with mud. I so appreciate the work our crew does and know that today they are happy the sun is shining!



Our Life Right Now

For those of you who got the newsletter last week, you will have read that our friend Paige is helping out with the



recipes. You may have also noticed that Connie wrote the entire other side. Both are gifted writers and I feel very fortunate to have them helping us out. Unfortunately, the reason for all of this was because Nigel was rushed back into the hospital. Nearly two weeks ago, at Nigel's follow up appointment and after looking at his test results, his doctor informed us that the cancer is taking over the bone marrow and is growing very quickly. We had planned on starting a new treatment, actually that day, but things were moving so fast that we did not have time to try out the new immune therapy. Dr. Martin explained that at this rate, Nigel had until the end of the year unless we jump on it with heavy Chemo immediately. They got us a room at UCSF and we were in by Saturday evening. Chemo started Sunday, by Thursday his numbers were improving. The plan was to stay in for close to 14 days, but I am very happy to tell you all, his numbers were so good, they sent us home a week early! Nigel is feeling stronger than he has for months now. His appetite is quite good and we are confident we can beat this or at least keep the cancer down for a very long time. He does have to go back in for another round of chemo in a couple of weeks and we are hoping to try out the new immune based drug sometime in January.

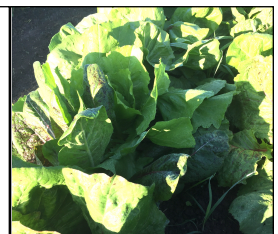
I find myself telling you all this and am truly amazed by how much better it feels to be in attack mode, compared to the place of not knowing what is going on, or how to deal with his health. Watching his appetite dwindle to almost nothing and him withering away, that was hard. Right now, I feel like the emotions have long ago been spent and now we are focused on fighting the battle at hand. We have many trips down to UCSF scheduled over the next couple of weeks, and then back in. You will probably hear from Connie a bit more and Paige will continue sharing her enthusiasm and knowledge with the recipes. But know that we are not disappearing, Nigel and I are focusing on healing, and learning to live life more gently.

Thanksgiving Boxes

Our best box of the year we are told! We will deliver the Thursday boxes on Tuesday, November 22nd. No delivery on Thanksgiving Day. If Thursday is your day then the box will be at your normal location on Tuesday. Wednesday deliveries will remain the same. We will provide any updates on time changes and site closures as we are notified.

Thanks for your support!

This Week's
Total CSA
Boxes:
525



A Note From Paige

The chill has set in and the sky is darkening earlier and earlier. With this shift in daylight, I start to crave the warmth and comfort that this week's recipes bring me as this transition begins. With these early evenings, I also want dishes that allow a simple preparation, minimal time investment and dare I say LESS dishes to do — happy cook for sure!

The most delicious sweet potatoes come from the farm - I just love them. So the first recipe, Braised Coconut Greens & Chickpeas with Lemon, was designed to eat over these most delicious sweet potatoes. As the season never seems long enough for me, this recipe could also be served over any of the roasted winter squashes or a variety of grains. The Sonora Wheat Berries would be an amazing way to serve this dish and are available as a one time add-on to your box!

Thank you for all the wonderful feedback on my Green Tomato recipe from last week. Here is another delicious, yet different way to use the Green Tomatoes this week, Roasted Green Tomatoes and Ricotta Pasta. An easy roast is the first step for this recipe. I would suggest also roasting some of the winter squashes along with the tomatoes and adding it to this recipe if it fits your taste! If your winter squash's destiny isn't in this pasta dish for this week - I suggest just roasting the sweet potatoes or winter squash up at the same time as you prep these tomatoes for this pasta. You can prep the squash on a different sheet pan and set aside in the fridge to add to your salads this week. I enjoy having roasted veggies in the fridge for hearty salads all week long.

The Dandelion, Pumpkin Seed Pesto would be an excellent way to use the Dandelion greens that will be coming through the winter. This pesto is nice because if your greens don't get used up right away, you can throw this together and enjoy it for at least a week afterwards. It would be great on pasta, or tossed in a lentil salad with other roasted veggies, or perhaps as the base of a dressing on a quinoa or grain salad.

Enjoy, Paige

Braised Coconut Greens & Chickpeas with Lemon

by Paige Boger

1 T butter or Oil
1 onion
4 cloves garlic, peeled and minced
1 T grated fresh ginger, from a 3-inch piece
1/2 cup oil packed sun-dried tomatoes, chopped
1 large lemon, zested and juiced (about 2 T juice)
1 hot red Jalapeño pepper or dash of red pepper flakes
1 can chickpeas, drained and rinsed
1 pound greens (Dandelion, Chard, Kale or Stir-Fry Mix)
1 (14-ounce) can coconut milk
1 teaspoon Eatwell Smoked Chili Salt
1 teaspoon ground ginger
Cilantro leaves, to garnish
Toasted unsweetened coconut, to garnish

Heat the butter or oil in a deep Dutch oven medium-high heat. Add the onion, cook until the onion is beginning to brown (5min). Add garlic, ginger, tomatoes, lemon zest, and red pepper. Cook for 3 minutes, stirring frequently. Add the chickpeas and cook over high heat until the chickpeas are beginning to turn golden and they are coated with the onion and garlic mixture. Toss in the greens, slowly. This will take about 5 minutes; stir in a handful or two and wait for it to wilt down & make room in the pot before adding the next handful. Pour in the coconut milk, salt, ground ginger, and lemon juice. Bring to a simmer, then turn down the heat and cook for 10 minutes, or until the chickpeas are warmed through. Taste and add more salt and lemon juice, if necessary. Serve with cilantro leaves and toasted unsweetened coconut to garnish. Freezing instructions: Freeze in individual portions for up to 3 months. Allow it to thaw overnight in the fridge and then reheat gently over low heat on the stove.

Roasted Green Tomatoes (and Winter Squash) and Ricotta Pasta

*adapted from Splendid Table
2 large or 4 small portions

2 # Green and red tomatoes (50/50)
5 Garlic cloves, smashed
2 T Olive oil
1 t Eatwell Salt (of your choice)
3-4 sprigs Thyme
1 Cup Ricotta
3 oz Cheddar cheese, shredded
¼ C Dill or Fennel Fronds, chopped
½ # Pasta
Preheat oven to 400F.

If using cherry tomatoes, slice some in half and leave other whole. If using regular tomatoes, quarter them or slice in 8th. Toss tomatoes (squash if using) in a roasting dish, drizzle with olive oil, sprinkle with salt, add peeled and smashed garlic cloves and thyme leaves. Roast for about 45 minutes or until tomatoes are soft and swimming in juices.

While Tomatoes are roasting, cook pasta in well salted water and drain; reserving 1C of pasta water.

This Week's Box List

Green Tomatoes
Squash
Fennel
Celery
Onions
Sweet Potatoes
Red Kale or Collards
Dandelion Greens
Stir Fry Mix
Apples (Hidden Star Orchards)
Pomegranate (Twin Girl's)

Sauce: Scoop half of the tomatoes into a medium pot, add ricotta, mix and warm until everything is melded together. Add cheddar cheese. I like using a simple non-aged cheese as it's mostly used for the cheesiness factor in the sauce, a fontina or other good melting cheese would work wonderfully. Add a bit (maybe 1/3 cup) of pasta cooking water to the sauce to thin it out, depending on how thin you'd like the sauce.

Right before adding the pasta into the sauce, add the dill/fennel fronds and mix. Add pasta to the pot with the sauce, mix well. Serve spooning the second half of the tomato mixture over pasta for a more pronounced green tomato flavor.

Dandelion, Pumpkin Seed Pesto

from [Cook Eat Grow](#)
Makes about 1 cup

3/4 cup unsalted hulled (green) pumpkin seeds
3 garlic gloves, minced
1/4 cup freshly grated parmesan
1 bunch dandelion greens (about 2 cups, loosely packed)
1 tablespoon lemon juice
1/2 cup extra-virgin olive oil
1/2 teaspoon kosher salt
Black pepper, to taste

Preheat the oven to 350°F. Pour the pumpkin seeds onto a shallow-rimmed baking sheet and roast until just fragrant, about 5 minutes. Remove from the oven and allow to cool. Pulse the garlic and pumpkin seeds together in the bowl of a food processor until very finely chopped. Add parmesan cheese, dandelion greens, and lemon juice and process continuously until combined. Stop the processor every now and again to scrape down the sides of the bowl. The pesto will be very thick and difficult to process after awhile — that's ok. With the blade running, slowly pour in the olive oil and process until the pesto is smooth. Add salt and pepper to taste.

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

