



WEEK OF NOVEMBER 06TH 2017 #45/52

## 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!



## 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.

## Autumns Arrival

By: Liz, Site Host and Former CSA Manager

Lorraine took a much-needed mini vacation with her good friend Mark to slow down and get some good sleep. Noelle also went on vacation, so I am lending a helping hand to Cameron in their absence. One thing I got to assist with last week was preparing the herbs for the market. With clippers and twist ties in hand, I headed out to the fields. When I worked as CSA manager on the farm, I truly appreciated the time spent walking the fields with Nigel- inspecting the growth and health of the crops, making our list for the box, taking pictures for the blog and newsletter, and learning something every minute. The truth is, when working on the business side of things, it is hard to get out in the fields, so time spent among the rows of veggies is all the more special. As I worked among the rosemary bushes, I saw Miguel drive up to the chicken pasture, give a honk from the truck and the hens

happily danced their way towards him- it was feeding time! I recalled a memory with Nigel some years back when we witnessed this and he smiled and said "their prince charming has arrived". I moved on to cut bunches of thyme, calendula, and garlic chives and waved to some of the guys out picking strawberries as I passed by. I thought, wow! strawberries in November! But it was the smile on their face that stuck with me because I thought, yes! This is the sweet time of year for our farm workers, when the wind rattles through the poplar trees rustling their leaves, the sky fills with cloud cloud and there is a final respite from the summer heat. I couldn't help but feel immense gratitude...for the work the crew does day in and out, for that cool autumn breeze, for the majestic sun working its way behind the berryessa hills taking the last of the daylight with it, for all that Nigel taught me and for all the farm has given me and for that beautiful fall day among the fields at Eatwell Farm.

## Thanksgiving and Care Shares

Impossible to believe but when I checked the calendar this morning we are two weeks from Thanksgiving! As I write this I am finishing up a wonderful long weekend escape in Puerto Vallarta with one of my oldest friends. When I get home i definitely have to shift gears into full blown fall feast mode. I know many of you leave town for the holidays so I wanted to remind you all that you can donate your share to the Care Share fund rather than putting on hold. On a weekly basis we are delivering boxes to The Family House connected to the Children's hospital at UCSF Mission Bay, and shares are going to the seniors at the Potrero Hill Neighborhood House. Additionally we have individual Care Share members who are battling serious illnesses who are so grateful to receive fresh fruits and veg every week. This is such important work and I am very proud to be in a position, with your generous support, to offer more than just the 10 boxes the farm has committed to on a weekly basis. If you are not putting your box on hold anytime soon but you would like to give you can donate shares directly as an add on. Thank you all for the support you have already given this program.\$29.00 is not much, but a box pf produce can make a big difference to someone who really needs good nutrition!

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

# RECIPES AND IDEAS FROM LIZ YOUNG

## Roasted Fall Veggies with Creamy Dill Sauce

by Liz

When I saw sweet potatoes, butternut squash, fennel, radishes, and dill are on the list this week, I knew right away what I am going to do with those! When the weather turns cool, it is a great reason to turn on the oven and heat up the house while making dinner. If you want to speed this up a bit, I often use Lorraine's trick for cutting butternut squash—turn the oven on to 350 or so, wash the squash well and just stick it whole in the oven for 20 minutes or so, rotating at least once. This softens the skin and the flesh slightly and makes it super easy to peel and cut. Also, if you wish to speed up the sweet potato cooking, wash them well to remove all dirt, then lightly boil them in salted water for 10 minutes or so until they are a little less hard when you poke them with a fork. You don't want them to be too soft because they will fall apart in the oven. This combination goes well on its own, or mix some finely chopped chard leaves or kale into the roasted mix as soon as it comes out of the oven. A perfect fall side dish to any kind of protein! If opting out of the dill sauce, a few tbsp of chevre sprinkled atop, and another light drizzle of olive oil is a nice addition. Also, use the leftovers in a quick breakfast scramble with eggs or inside an omelet. Dill drizzle too, of course!

### Roasted Fall Veggies with Dill:

1 butternut squash, seeds removed, peeled and cubed ~ 1 in pieces  
2 large or 3 smaller sweet potatoes, (peeled or not-your preference) cubed ~ 1 in pieces  
4 cloves of garlic, chopped  
1 large or 2 small fennel, fronds removed (can garnish with a few of these at end!), bulb cored and chopped  
1 bunch of radishes, cubed  
2-3 heaping tbsp chopped fresh dill  
4 or 5 tbsp extra virgin olive oil  
Sea Salt  
Fresh ground black pepper  
1 bunch greens (chard, kale, arugula-whatever you have), chopped (optional)

### Dill Yogurt Sauce:

3/4 cup plain yogurt (greek style is good if you like it thicker)  
1 clove garlic, grated  
1 tsp lemon juice  
1/2 tsp lemon zest  
1 tbsp finely chopped fresh dill  
sea salt  
fresh ground pepper

Heat oven to 425. Mix squash, potatoes, radishes and fennel together in a bowl with a few tbsp of olive oil until well-coated (I like to use a mix of olive oil and sunflower oil), then sprinkle with sea salt (about 2 pinches) and give a good mix again. Spread onto a rimmed baking sheet and roast uncovered for 20 minutes. Pull out of oven, mix in garlic and the dill, then you might add another drizzle of olive oil if they look a little dry. Roast for another 20 minutes, giving them a stir every now and again or until potatoes and squash are soft and veggies are starting to brown. While the veggies are roasting is a good time to construct the sauce. Whisk well in a bowl grated garlic, yogurt, lemon juice and zest, dill, salt and pepper, then set aside. Once veggies look perfect enough to eat, pull them out of the oven, give them a good mix, add salt and pepper to taste, if needed, then let them cool 5 mins or more, before serving with a drizzle of sauce to complete. Note: If adding chopped greens to this dish, mix them as soon as the veggies come out of the oven, so they wilt slightly with the heat. If using chevre instead of dill sauce, sprinkle on when serving.

## 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](http://eatwellluncheon17.bpt.me) and use discount code "CS@Member" for 50% off your ticket.

## Whole Wheat Apple Muffins

Adapted by Liz from [smittenkitchen.com](http://smittenkitchen.com)

Yay for apples season! Deb Perelman of Smitten Kitchen has tried and true recipes for all things savory and sweet. She suggests not skipping on the brown sugar top here, but if you want less sweet muffins, it is still ok to do that. Also, I think adding the delicious raisins in your box this week to the batter would make these even better!

### Yield: 18 muffins

1 cup whole wheat flour  
1 cup all-purpose flour  
1 tsp baking powder  
1 tsp baking soda  
1/4 tsp salt  
1 tbsp cinnamon  
1/2 unsalted butter, at room temp  
1/2 cup granulated sugar  
1/2 cup brown sugar, packed, divided  
1 large egg, lightly beaten  
1 cup buttermilk or yogurt  
2 large or 3 small apples, peeled, cored, and coarsely chopped

Preheat oven to 450. Grease and flour 18 muffin cups, set aside.

Mix together flours, baking powder, baking soda, salt, and cinnamon, set aside. In a separate bowl, cream the butter and add granulated sugar and 1/4 cup of the brown sugar. Beat until fluffy. Add the egg, mix well, and stop to scrape side and bottom of bowl once. Mix in the buttermilk, gently. (If you over-mix, the buttermilk will cause the mixture to curdle). Stir in dry ingredients and fold in apple chunks (and raisins if using). Divide the batter evenly among muffin cups, then sprinkling the remaining 1/4 cup brown sugar (or not, if you want these less sweet). Bake 10 minutes, then turn heat down to 400, bake an additional 5 to 10 minutes, or until toothpick inserted into

middle comes out clean. Let muffins cool 5 mins before turning tin out onto wire rack to cool completely.

## Spinach and Leek Soup with Garlic and Cannellini Beans

Adapted by Liz Recipe from [fincooking.com](http://fincooking.com)

This light and easy soup is a quick one to make, especially if using canned beans. If you have dried beans and have time to cook them the day before, even better. Lorraine and I are just a little obsessed with Rancho Gordo's Marcella beans. If you are lucky enough to find some, grab them. They are a perfect white bean for winter soups! As the seasons change and the fall winds blow through, so does cold and flu season. This is a nice soup for colds, flus, and for a little immune system boost.

2 tbsp olive oil  
2 leeks, trimmed, white and light green parts sliced 1/4 in thick  
4 cloves of garlic, sliced lengthwise  
2 tsp dried mustard  
6 cups Eatwell chicken stock  
1 bunch spinach, rinsed well, trimmed and cut into ribbons  
1 15.oz can cannellini beans, drained and rinsed (3/4 cup dried white beans cooked)  
2 tbsp fresh lemon juice  
Salt and fresh ground pepper  
1/2 cup gruyere cheese, finely grated

Heat olive oil on medium heat in a 6 qt pot. Add leeks, stirring often about 5 minutes until tender and starting to brown. Add garlic and mustard, cooking until fragrant just a minute or so. Turn heat up and add chicken stock until it barely boils. Add washed spinach and beans to pot. When spinach begins to wilt, turn off heat, add lemon juice, salt and pepper to taste. Serve topped with cheese and a drizzle of olive oil.