



WEEK OF NOVEMBER 7TH 2016 #45/52



## Strawberry Plants - This Year and Next

Driving past this year's strawberry field Nigel was very happy to see the guys have had a chance to get in there to "clean it up" aka, pull weeds. The plants looked wonderful, turning the yellows of autumn, and still had a lot of strawberries. Continuing on our tour several fields away we came up to the new strawberry planting, and that field was lusciously green. The contrast between the two is incredible, so I asked my expert what the heck was going on? Nigel explained that the new strawberry plants come out of cold storage and they haven't yet cycled into fall/winter mode yet, as they are still in the fast growing stage we typically see in early spring. The field of new strawberries for next year is looking really healthy and strong, promises of a great crop to come.



## 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.

## Hand Harvesting

Many farms have become mechanized. You should see the space age looking rigs they use around us for harvesting tomatoes! But here at Eatwell, everything is still picked by hand. Our crew is out in the fields rain or shine, cold or miserably hot, picking every item that goes into those CSA boxes. They are



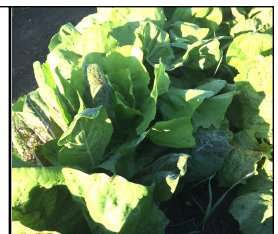
efficient and dedicated. When Nigel and I got out onto the farm they were harvesting radishes. It was a stellar morning, the sun shining, no wind, not cold, not hot, and the radishes look gorgeous! The rain that we have had clearly has done a lot of good, as all of the newer crops are looking fantastic. These radishes are big and beautifully radish red, just waiting for a salad.

## 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:  
502





## A Note From Paige

So, I am thinking so much about our Spinach this week! It's in the box for the first time this year! It brings me such excitement as Nigel's spinach is some of the best I've ever had and I look forward to it all year long. Nigel craves Lorraine's Creamed Spinach and it's a favorite of mine, too. But you can do it with the kale, chard or braising/stir-fry mix, TOO! This week I've put in a recipe here for a basic 'creamed' sauce to which you can add all sorts of stuff and enjoy as a side dish with a piece of meat, over a baked potato and so many other ways!

I am fortunate enough to be sitting at the Farmhouse kitchen counter as Lorraine cooks and chats with Connie about the gloriousness of Winter Vegetables and how much they enjoy them. I just fist pumped CELERIAC, oh my celeriac!!!! There will be all sorts of recipes for my favorites this winter - I can't get enough of celeriac and there is so much more to look forward to this winter season up on the farm. Having the chance to share my passion for them is awesome. But this week, it's Breakfast for Dinner with the Perfect Frittata! It's an easy, delicious dinner! And a simple Dijon dressing will make this weeks Lettuce especially tasty! Toss those Radishes, Pomegranate Seeds and some toasted Nuts in the salad too!

And lastly and still tasty this week is a submission from our member Dennise L. who found a wonderful recipe and way to use up her over abundance of Sweet Potatoes through Sweet Potato Patties. I have done a very similar recipe many times - and it's so good! I would suggest staying creative and using a bit of the fennel or lunch box peppers here too. But her suggestion to use a yogurt sauce as an accompaniment is perfect, a squeeze of Lemon or a touch of Lemon Zest will go a long way in this sauce - as would a bit of minced fennel fronds!

## Perfect Frittata

from Bon Appetite (<http://www.bonappetit.com/test-kitchen/common-mistakes/article/frittata-common-mistakes>)

1. Use Some Dairy—and Make It Full-Fat  
When it comes to what type of dairy you use, let your creativity guide you: Whole milk, sour cream, yogurt, or crème fraîche are all great options. Just be aware that anything less than a full-fat product will produce a less-unctuous frittata.
2. Don't Wing the Egg-Dairy Ratio (12 eggs = ½ Cup Dairy)
3. Use the Right Pan for the Job  
Does size matter? Sort of. A 12-egg'er should ideally be cooked in a 10-inch pan. Scale down for smaller frittata. Want to make a small frittata but don't have a little pan? Go ahead and use that large one, but be aware that the frittata will be thinner.
4. Fully Cook (Most) Add-Ins
5. Never, Ever Over-bake (350 is just perfect)  
A good frittata should have the texture of custard: trembling and barely set. An over-baked frittata, in contrast, will have all the textural appeal of a kitchen sponge (and its interior will look strikingly similar). "You may want a deep golden-brown top," says Perry, "But the reality of it is, when the crust is golden, the interior is over-baked."
6. Season Early and Season Well - a good rule of thumb for tasty results  
Be sure to season your eggs with salt and pepper before adding them to the pan. A surface-level sprinkling of salt won't penetrate the rest of the frittata.
7. Choose Your Cheese Wisely about 1 Cup for a 12 Egger!  
Know what function you want your cheese to perform. Looking for fromage in every bite? For a standard 12-egg frittata, stir in about one cup (shred it first). Want to top the eggs with cheese, too? Shoot for ¼ to ½ cup more. If it's an oozing texture you're after, pick cheeses that have superior melting quality.

## Basic Cream Sauce or Béchamel

by Paige Boger

3 T Unsalted Butter  
3 T AP Flour  
2 C Warm Milk (2% or Whole, a lighter milk will produce a lighter sauce but can still be used)  
1 t Kosher Salt  
½ t Fresh Ground Pepper

Melt the butter over medium-low heat. Add the flour and cook, whisking for 2 to 3 minutes. Do not let the mixture brown. Slowly whisk in the hot milk and bring just to a simmer, whisking frequently. Reduce the heat to low and cook, whisking often, until the sauce has thickened to a creamy, gravy-like consistency and no longer tastes of raw flour, 6 to 8 minutes for a single batch, 10 to 12 minutes for a double batch. Remove from the heat and whisk in the salt, pepper, and nutmeg. If it's left to sit for too long it gets a bit thick. If that should happen, add a little warm milk and whisk well to thin it.

Once you have a Basic Cream Sauce or Béchamel ready, fold in your sautéed vegetables, wilted spinach, sautéed kale, roasted sweet potatoes, caramelized onions or fennel, sautéed peppers. The point is, you can really use just about anything you have and would like to use up. I enjoy this as a topping to a well oiled, salted baked potato.

### This Week's Box List

Fennel  
Lunch Box Peppers  
Radishes  
Onions  
Sweet Potatoes  
Spinach  
Arugula  
Lettuce  
Red Kale or Green Kale  
Apples (Hidden Star Orchards)  
Pomegranate (Twin Girl's)

Just in case you were wondering, this is also where Homemade Mac & Cheese Starts! It where much goodness starts, actually, as it's one of the 5 French Mother Sauces! (see links <http://www.thekitchn.com/do-you-know-your-french-mother-sauces-211794>)

## Sweet Potato Patties

from [food.com](http://www.food.com) and recommended by CSA member Dennise L.

I was trying to figure out a way to use all the lovely sweet potatoes we've been getting and I stumbled upon this very tasty recipe for sweet potato patties. Totally vegan and can be made with gluten free flour (I used all-purpose flour because it's what I had on hand). I served them as a side dish with a tangy yogurt, lemon & parsley sauce (which also went well on the main dish, pan-seared arctic char). Also, used our remaining chard from the last box, simply sautéed in olive oil with garlic. Yum!

1 cup water  
1 pinch of sea salt  
1/2 cup short grain brown rice  
1/2 cup sweet potato, grated  
1/2 onion, diced  
1/2 cup whole grain flour  
1 tsp olive oil

Be sure to have your rice cooked & cooled before you begin. This can happen at dinner the night before, at breakfast, or an hour before dinner. As long as the rice has cooled, it will be sticky enough to make into a patty. Stir together the rice, sweet potato, onion and salt in a large bowl. Allow it to sit for a few minutes, so that the salt can draw the moisture out of the potato & onion. Stir in enough flour to make the batter sticky, adding a spoonful or two of water if necessary. Form the mixture into tight balls, and squish slightly into a patty form. Heat a pan on medium, then add enough oil to coat the underside of each patty. Allow them to cook for 7-10 minutes, then flip. Cook another 5-7 minutes, and serve. These sweet potato brown rice patties can be served on their own, garnished with salsa and lettuce, on a bun as a burger, or many other ways.

