



WEEK OF NOVEMBER 14TH 2016 #46/52



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!

Citrus

What a gorgeous day on the farm! We took a lovely drive around this morning. The sun was shining and it was warm. I have been in shorts all day and that is kind of crazy for November. Nigel really enjoys getting out on the farm. I think it makes him just a little bit stronger every time. Our first stop was checking on the citrus trees. There is an amazing amount of fruit out there. Tasted a couple of satsumas and tangerines. They are not quite ready, but they promise to be very delicious. The flavors were good, just not quite sweet enough yet. From my very inexperienced guesstimating, I am hoping in a couple of weeks we should have some of our fruit for the shares.



Nigel's Mixed Up Fields

A very big expense for us every year is the cost of having seeds sown and grown into little starts for transplanting. This year we will spend about \$40,000 just to get seeds



started and that doesn't include the cost of the seeds. One way to bring this expense down is to mix seeds together before sending them off to Headstart for propagation. When we jump from 1000 seeds to 5000 the cost of sowing goes from \$100 per 1000 to \$50 per 1000. A very significant savings. Nigel has taken to mixing things up. For example, with our lettuces, the rows are a mix of all the lettuce varieties we grow. This year, Nigel has added another time saving (therefore money saving) trick to the field mixing and that is switching crops every other row in a bed. In this picture you can see beds that are a row of cabbage followed by a row of fennel, then repeating. This was set up so that when we harvest using the harvesting rig, we can have two guys picking cabbage and one guy picking fennel. That ratio works out just about right. The fennel is gorgeous and the cabbage plants are huge and healthy looking. A great cabbage season looks promising!

Garlic, This Year and Next



Two weeks ago, Connie put the Garlic Braids up on the website for you all to order as add on items to your box. Many of you jumped right on that and many braids went out last week. Even more are going out this week! The braids are fantastic, because when the bulb is left intact with the stem, the cloves don't dry out as quickly. I have enjoyed my garlic well into the

following year, almost to the time the bulb garlic is ready for harvest. This morning, driving around, we saw Ramon cultivating the new crop for next year's shares. He gets out there every couple of days, because hoeing the garlic field is one of the least liked jobs the crew has to do. They make sure to keep the weeds at bay with the machine. The small green shoots look really happy and very strong. Connie wrote about the planting of the garlic, a few weeks ago, in the newsletter and it is amazing to see how much they have grown already!

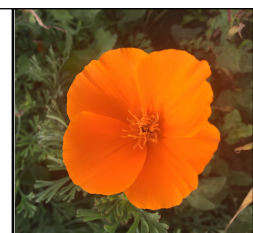


Too Much Of A Good Thing

As we drove out past the lunchbox peppers this morning, we could see they are still full of fruit. It has been a long season for them and the nights here are certainly getting colder and the plants are showing it. With my cook's eyes, I see delicious peppers. Nigel, as the farmer, sees a disappointing crop. My teacher explained that we didn't leave enough of a break between chickens and planting the peppers,

so there was too much fertility. Now we do love the work our birds do on the farm; providing all of the fertility, playing a significant role in pest management, and eating weeds down to nothing. Peppers do well with a lot of nitrogen, but in this case it was just too much of a good thing. To flush some of that out of the soil, we irrigated more than normal, in order to pull the nitrogen down and away from the plants. Nigel told me next year, that field would be perfect for the peppers, but because of the regulations we must follow for organic certification, we have to rotate crops, so no peppers for the perfect plot. Fortunately, there are other nitrogen loving options like Eggplant that will be extremely happy there.

This Week's
Total CSA
Boxes:
509



Black Bean Chili With Butternut Squash

by Paige Boger

1 ½ T olive oil
 2 onions, chopped
 8 garlic cloves, chopped
 ½ bunch chopped Fresh Cilantro
 2 ½ T chili powder
 1 T ground coriander or Cumin
 2 14.5-ounce cans fire-roasted tomatoes
 1 pound dried black beans, rinsed
 3 chipotle chiles from canned chipotle chiles in adobo, minced
 1 T Mexican oregano
 1 T Eatwell Smoked Chili Salt
 3 C butternut squash cut into 1/2-inch cubes
 1/2 cup quick-cooking bulgur or 1 C Pre-Cooked Eatwell Wheat Berries

Toppings of your choice: Sour cream, Spicy Monterey Jack cheese, Diced red onion, Chopped fresh cilantro, Pickled jalapeño rings

Heat oil in heavy large pot over medium-high heat. Add onions and cook until soft about 8 minutes. Add garlic & cilantro; stir 1 minute. Sprinkle chili powder and coriander over; stir 1 minute. Stir in tomatoes with juice, beans, chipotles, and oregano. Add 10 cups water (Add some Bruce Smoked Chicken Broth!!!). Bring to boil, reduce heat to low, cover with lid slightly ajar, and simmer until beans are tender, stirring occasionally, about 2 hours (time will vary depending on freshness of beans). Season to taste with Eatwell Smoked Chili Salt and freshly ground black pepper. DO AHEAD Chili can be made up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm chili before continuing. Stir squash and bulgur/cooked wheat berries into chili. Simmer uncovered over medium-low heat until squash and bulgur are tender, about 30 minutes. Season to taste with salt and pepper. Divide chili among bowls.

Nancy's Gratin

By CSA member Nancy M.

If you still have some sweet potatoes left from your previous boxes, like I do, this is a great recipe our CSA member Nancy M shared a couple of weeks ago.

This is a really great gratin made with fennel, onion, apple and sweet potato.

Fennel
 Onion
 Apple
 Sweet Potato
 Bacon Fat, Olive Oil, or Butter
 Salt and Pepper

Heat oven to 425°. Cut the tough outside edges of the fennel, and trim the bottom and cut off at the top. Slice it vertically, cut the little core out of the middle and then slice the rest of the bulb into quarter inch pieces, such that they are still attached at the bottom. Cut the same vertical slices with the onion and apple slices. Peel the sweet potato and cut about 1/8 inch slices. Saute in some melted bacon fat in the pan, olive oil, and salt and pepper. Roast for 20 minutes in oven.

*You could use all olive oil or use olive oil and butter.

**Scatter finely diced fennel fronds on top when you finish.

Marinated Lentils With Crunchy Vegetables

www.bonappetit.com

1 large onion, quartered through root end
 2 bay leaves
 1½ C black beluga or French green lentils, rinsed, picked through
 Kosher salt
 ¼ cup olive oil
 1 t coriander seeds
 ½ t cumin seeds
 3 T sherry vinegar or red wine vinegar
 Freshly ground black pepper
 6 radishes, trimmed, very thinly sliced
 4 scallions, thinly sliced
 1 C parsley and/or mint leaves
 1 C thinly sliced celery hearts and leaves

Cook onion, bay leaves, and lentils in a large saucepan of simmering salted water until lentils are tender but still firm, 15-20 minutes. Drain; discard onion and bay leaves and transfer lentils to a medium bowl.

Heat oil in a small skillet over medium. Cook coriander seeds and cumin seeds, swirling skillet, until fragrant, about 1 minute. Add spice mixture and vinegar to lentils, season with salt and pepper, and toss to coat.

Just before serving, top lentils with radishes, scallions, herbs, and celery; season with salt and pepper.

Do Ahead: Lentils (without herbs and vegetables) can be marinated 3 days ahead. Cover and chill.

This Week's Box List

Fennel
 Green Tomatoes
 Butternut Squash
 Radishes
 Onions
 Spinach
 Arugula
 Dandelion Greens
 Stir Fry Mix
 Cilantro
 Apples (Hidden Star Orchards)
 Pomegranate (Twin Girl's)

Carbonara With Radishes

www.bonappetit.com

4 SERVINGS

2 T olive oil
 4 ounces pancetta or bacon, cut into ¼-inch pieces
 1 small shallot, finely chopped
 2 garlic cloves, finely chopped
 4 large egg yolks
 1 large egg
 3 ounces mixed salty hard cheeses - Parmesan, Pecorino, and/or Grana Padang
 2 t freshly ground black pepper
 12 ounces strozzapreti or other short pasta
 Kosher salt
 8 small radishes, trimmed, cut into ½-inch pieces
 2 T chervil leaves with tender stems

Heat oil in a large skillet over medium. Cook pancetta, stirring occasionally, until just beginning to crisp, about 5 minutes. Add shallot and garlic and cook, stirring often, until softened but not browned, about 1 minute. Transfer mixture to a large bowl and let cool slightly. Mix in egg yolks, egg, cheese, and pepper. Wipe out and reserve skillet. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving ½ cup pasta cooking liquid.

Add pasta, ¼ cup pasta cooking liquid, and radishes to sauce; toss to combine. Transfer to reserved skillet and cook over low heat, moving skillet on and off heat, to keep sauce from curdling, and stirring constantly, until sauce is smooth and coats a wooden spoon, about 2 minutes.

Divide pasta among bowls and top with chervil, if desired.

