



Arthur has been a regular at our farmers market stand for the past month. He draws quite a crowd with his incredible vegetable art. I have put several pictures on the website and Facebook page. I will put more this week taken by Johnathon, a member who helps us sell at the market. He was at the Pumpkin Party in the Haight last month. I am hoping he will be able to make it to the Harvest Market this coming Sunday at the Ice Box.



Farm Plumbing

This pipe is six inches in diameter and is suspended above the trench where it will be buried. We leave it above ground while we are gluing the joints. After 24 hours, once the glue has finished its reaction we lower it all into the trench. On Wednesday morning, rain permitting, we will finish the connection between the end of this pipe and the existing irrigation lines. It will take a couple of guys to help me as gluing such a large pipe together takes skill and muscle. When this is complete up to 450 gallons per minute can flow through this pipe.

Around The Farm

I walked around the farm with Jose this morning, and we have lots more to do ahead of the rain. Roberto is preparing beds for sowing more vegetable seeds later this afternoon and evening. Ramon and Miguel are cultivating between the existing vegetables removing any remaining weeds. Once he is done, he will be helping Roberto.



We have 2.5 acres of wheat to plant which we will also sow with our low growing cover crop mix. After the wheat is harvested in June, the chickens will eat the cover crop and fertilize the ground.

The holidays are almost upon us so I wanted to remind everyone we have amazing gifts from the farm. These are special and help

us afford the changes and improvements here. There are simple gifts such as the lavender sachets, salts, sugar scrubs, right up to gift subscriptions. If you are not going to be here for your Thanksgiving harvest share you can donate it when you put it on hold.



This is Arthur's art from last Saturday. Johnathon took some artful pictures of each on a black table cloth individually which will be posted to an album.



Classic Holiday gift ideas

If you refer friends to our CSA program, please ask them to include your name in the, "How did you hear about us?" field when they sign up. You'll receive a jar of Nigel's home-made tomato sauce or jam as a thank you!

Recipes and Menu Suggestions

Chicken with Kale Tajine served with Cauliflower or Romanesco Couscous

Uses: Butternut Squash, Leeks, Red Kale, Gypsy or Bell Pepper, Cauliflower or Romanesco

Autumn Stratta served with Salad of Arugula and Radishes OR Broccoli, Raisin and Fennel Salad

You can find the recipe at thefoodpoet.com May 14, 2013 posting "Broccoli Salad with Raisins or What to Take to a Potluck"

Uses: Butternut Squash, Leek, Spinach, Fennel, Arugula and Radishes OR Broccoli, Fennel and Raisins

It's Not Easy Eating Local

But it certainly is easier here in Northern California. We are truly blessed with a bounty of year round delicious fresh foods. Now, if we could only get more cookbooks and cooking magazines to follow our seasons, life would be a whole lot simpler. Recently it occurred to me that often we can replace ingredients with items that match a flavor profile and/or a texture. For instance I seldom have parsley in the house (and it may surprise you but I don't just go run out to the field to pick some). Parsley adds a lovely color contrast to many dishes, and although it certainly has its own unique simple flavor, a good portion of that flavor is the taste of green. I don't know, maybe that is just in my head, but I taste it. Last week, as a parsley substitute, I used a small amount of finely chopped mizuna, and it was delicious. In one of the dishes in this week's newsletter, I have substituted cubed butternut squash for diced carrots. Both add a sweet flavor, and when carrots are fully cooked they are very soft much like the squash. A nice solution for using items from the box, but more important in my life, is eliminating the necessity of making a trip to the store in the next town. I hope I encourage everyone to break free of the confines of recipes. If you are really scared, start slowly, always think of matching flavors, one bitter for another, a sweet for a sweet etc., and equally important match texture for texture, soft for soft, crunch for crunchy. Have fun, stretch your imagination to fit your weekly share, and enjoy the excitement of creating your own recipes. Remember there are no failures, only lessons!

Autumn Stratta

Eatwell Farmhouse Kitchen

I made this particular blend the other night for an easy dinner for a big group of us. Stratta, like fritatta, is a perfect way to use a lot of different vegetables, no matter the season. You simply change the veg. A fresh, simple salad makes this a lovely, complete meal.

4 cups of cubed old bread, crusts removed
6 Eatwell Farm Eggs
1 lb flavorful bulk sausage
1 leek, white parts only, washed well and cut small
1/2 butternut squash, peeled and cut into 2" cubes
1/2 bulb of fennel, sliced very thinly
1 bag of spinach
1 cup half and half or whole milk
Salt and pepper to taste
Parmesan cheese to top after baking
Preheat oven to 350 F. Cook the sausage until almost browned and crumbly. Over medium heat, add the fennel slices and the butternut squash. Sauté until they both are just getting a bit soft, then add the spinach. Stir to mix everything well and the spinach just begins to wilt. To the pan add the cubed bread and mix well. Pour it all into a buttered baking dish. Beat the eggs and half and half with the salt and pepper, and pour over the bread and vegetables in the baking dish. Let it sit for 30 minutes so the bread can absorb some of the liquid. Bake for about 40 minutes, check for doneness by inserting a knife, and if it comes out clean, it's good. If it's still wet, bake a few minutes more. Allow it to cool about 5 minutes before serving. Grate a little bit of parmesan as serving.

Cauliflower or Romanesco Couscous

There are a few different ways you can make this very simple alternative to grain based couscous or rice. Wash the cauliflower or romanesco and break the florets apart. If you do not have a food processor you can grate it on the large grate side of a box grater. If you do have a food processor you can either fill the bowl about 1/2 full and pulse until the florets are broken down to the very small size of couscous OR you can use the grater attachment and run it through there. This can be used raw in a salad or cooked either by steaming in a steam basket or put enough water to cover the bottom of a skillet. To the skillet add a little olive oil or butter, salt and pepper if you like, the "couscous", then cover and cook until tender, about 5 minutes. You can toss the cooked couscous with butter, finely chopped parsley or cilantro, or toss in toasted almonds and a handful of raisins. Just a note; the grated cauliflower can be frozen in an airtight container to save for future meals.

Chicken with Kale Tajine

Eatwell Farmhouse Kitchen inspired by the recipe from the Chicken and Olive Tajjine recipe found in *Mediterranean Paleo Cooking* by Caitlin Weeks and Nabil Boumrar I have a tajine, which I would highly recommend to anyone who has the storage space in their kitchen. You can also do this recipe in a slow cooker. If time is a limiting factor in your life, consider

sautéing everything the night before, storing it all in the crockpot in the fridge overnight, and then turning it on in the morning before you leave for work.

1 TB Butter
1 TB Olive Oil
One 5 lb Chicken, cut up into 8 to 10 pieces
2 Leeks, white with a bit of green, parts washes well and chopped
2 cloves Garlic, minced
1 TB ground Cumin
2 tsp ground Coriander
2 tsp Salt
1 pinch of Saffron
Freshly ground Black Pepper
2 cups of Eatwell Farm Chicken Stock
1/2 Butternut Squash, peeled and cut into about 1" cubes
1 bunch Red Kale, stems chopped very small, leaves roughly chopped

1 or 2 Bell or Gypsy Pepper, seeds removed and cut into long thin strips

In a large skillet, heat the butter and oil over medium-high. Add the chicken and cook long enough to brown on one side. Before turning over the chicken pieces, add the leeks, garlic, cumin, and coriander to the skillet. Flip over the chicken and cook long enough to brown. Once browned remove the chicken to a plate and set aside. To the pan add the strips of pepper and sauté 2 minutes, then add the cubed butternut squash and the red kale, sauté 2 to 4 minutes more. Pour on the chicken stock, salt, pepper and saffron, bring up to a simmer. Scrape up all the good bits stuck to the pan. At this point you have 3 options to finish: Put the chicken back into the skillet on top of the butternut squash and kale, cover and cook on medium low heat until the chicken is cooked through

Put everything into a crockpot and slow cook on low for several hours

If you have a tajine put the kale, squash and liquid in the bottom then top with the chicken and put the lid on. Put into an oven preheated to 375 F for 40 minutes.

Serve over Cauliflower Couscous

Harvest Market

This Sunday, November 23rd from 12pm to 5pm

At The Second Act Marketplace

1727 Haight Street, San Francisco

Come stock up on Eatwell Farm produce and gifts as well as hand-crafted items made by Eatwell Farm CSA Members!

These recipes will help you use

everything in your box

Gypsy or Bell Peppers
Butternut Squash
Red Kale
Spinach
Radishes
Cauliflower
Romanesco
Arugula
Fennel
Leeks
Persimmons
Raisins