



WEEK OF NOVEMBER 21ST 2016 #47/52

## A Time of Thanks

Hard to believe it is Thanksgiving, my favorite holiday! Nigel and I have so much to be thankful for; the support and love of our family, and friends who we consider family, our crew who make up our big extended family, and you, our CSA family. We are also very thankful that Nigel is getting stronger and better every



day. Although he goes back to UCSF right after Thanksgiving this week, we are focusing on and relishing the farm life we get to live. This year, we are gathering at the farm to celebrate the abundance the land brings. We will go out to harvest much of what we need for our feast and then gather in the kitchen to cook together. There isn't much that makes me happier than having everyone working together in my kitchen. We are attempting to scale the feast back a bit this year, but still its going to be a lot of food. Some of the farm grown highlights of our feast includes one of my all time favorite holiday dishes Collard Greens Gratin (you can find the recipe on [bonappetit.com](http://bonappetit.com)) as well as roasted butternuts, turnips with fennel and leeks. I am thankful for this land that provides an abundance of delicious, nourishing food, and for the crew who has kept it all going this past year. Jose does such a great job of keeping the machine that is this farm operating. Connie has really done an amazing job, not only as the CSA manager, but the events coordinator, spokesperson for Eatwell at countless events; she has become quite the champion for Eatwell. It is an enormous task getting the boxes out this week because of all the schedule changes to accommodate a Thursday holiday. As I sit here on Monday morning writing my newsletter bits, I am very thankful we have a break in the rain. Even though it will be muddy out there, it is really no fun harvesting in the rain. And since this is the week we express our thanks more than most weeks I would like to say I am most grateful for my husband who changed my world and brought me home.



## The Noble Bay

Years ago, before I moved to the farm, Nigel and I drove out to the town of Tomales for a Sunday morning excursion. After enjoying our treats at the fabulous Tomales Bakery, we walked up the street to Mostly Natives Nursery where we found true Bay Laurel. These trees were planted at the very end of the farm. They are looking really healthy and they have

grown quite tall. The Bay trees are a good example of a tree that disrupts the wind but also produces something we can harvest.

## Just in the Nick of Time

Most of you have read about Nigel's bananas he has planted in front of our house. It thrills him to no end to watch them grow, see the giant bud form and open, and then



watch that hand of bananas grow. In October, when Jan and Liz were here, they helped Nigel by planting the new trees we had in pots and with the trimming of our existing tree. That one produced bananas last year and they were delicious! It is not easy growing bananas in regions of frost. You want them to stay on the tree as long as possible, but you need to make sure you cut them off before the first real frost. Last week, as the nights were growing colder, we were watching the temps closely. Although the weather forecast was not showing actual frost Monday night, Nigel made the decision to cut the hand. Wednesday morning we woke up to a lot of frost. I guess a farmer with years experience just knows.



## Thinning Fields

I enjoy having the bags of stir fry mix, it makes adding some greens to a dish super easy. I often like to sneak a bit of finely chopped greens into dishes where you wouldn't necessarily find them, like meatloaf or sausage rolls. The smaller, more tender leaves are really perfect. That's my way of looking at crops - from the kitchen, but from

the farm's vantage point there is a completely different reason for the Stir Fry Mix and that is to thin the rows out a bit. As Nigel likes to say - farming is one big gamble and one of the ways you hedge your bet is by over planting. You never know what might happen to a particular planting or a large portion of your crop. The squirrels in the pumpkins this year is a great example. In the case of the greens, we plant more seeds than what we want in the beds, thinning them out is a necessary task. The young small plants are perfect for a bag of mixed greens. The truth is a lot of food goes to waste on every farm, at least this is one solution that helps. This picture above shows a tender baby bok choy.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
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## A Note From Paige

It's all soup all the time this week. It may be the rain that is coming down. It may be the fact that I just spent an hour cleaning up the old plants out of the veg boxes in my yard and I am CHILLED to the bone — I need a hot bowl of soup right now. It could also be its one of my favorite things - Homemade STOCK. So as CSA members - we have LOTS and LOTS of leeks tops, onion roots, kale ribs, celery bulbs, mushroom stems, fennel tops, sweet potato & squash peels, pepper ribs & tops, apple cores, onion skins - EVERY LITTLE BIT OF VEG SCRAP has a destiny in my kitchen. They all get to vacation in a plastic bag in my freezer and then on rainy days or slow evenings at home a big stock pot of the MOST delicious homemade stock goes on the stove. After the stock has cooled I use my leftover Pho Containers to Freeze the stock in quart size containers for use at a later date.

## Homemade Vegetable Stock

by Paige Boger

8-10 garlic cloves, skin on and smashed  
1 T whole peppercorns  
¼ cup Olive Oil  
1 large onion skin on  
2 carrots  
4 ribs of celery (if your bag does not include a Celery End)  
1 gallon zipper bag full of Frozen Vegetables Scraps  
2 bay leaves  
Some leftover fresh herbs from box (thyme, sage, rosemary)  
2 t salt per 1 quart of water added to pot  
pinch of red pepper flakes

In a heavy bottomed stock pot over medium-high heat sauté Olive Oil, Garlic, Onion, Carrot w/ peppercorns for 5 minutes. Add other vegetable scraps along with bay leaves, other aromatics, sauté for 3-5 minutes until just a little bit of good brown bits develop on pan bottom and vegetables. Add water to cover vegetables by 2-3 inches. Reduce heat to medium-low heat, cover and simmer for 90-120 minutes. Checking every 30 minutes to see if you may need to add just a little bit more water.

## Meaty Stock

If you would like to make this a bit meaty you can do ALL of the following: Bones, Skin and Bag of gizzards from from your home roasted thanksgiving turkey. One of my favorite kitchen memories is picking the turkey apart into leftovers and placing right into the stock pot, with my mom when I was a young chef in the kitchen! Also use Bones and Skin from store bought roasted chickens. Don't throw these away! Store them in a freezer bag and make stock after you've collected a few of them. Make some stock with whatever roasted meat bones you may have leftover.

## Flavored Stock

Easily make your stock take on any flavors your end product is going to be. Throw a Jalapeño, Cumin & some cilantro in for more Latin Flavor. Use a bit of Thai Curry Paste in the Olive Oil Sauté stage for something that will be a touch SE Asian Flavors. Use some Dried Asian Chilis, Sesame Oil, Ginger and Cilantro for some asian flavors. The most important thing to learn is how this can become some an amazing part of your own cooking tradition.

## Sweet Potato, Coconut & Cilantro Soup

by Paige Boger

2 T Olive Oil  
1 medium onion, chopped  
1 medium carrot, chopped  
2 tsp Thai curry paste (LOVE this one: <http://www.thekitchn.com/product-review-mae-ploy-curry-127730>)  
1 liter vegetable stock  
½ can coconut milk  
large handful cilantro, roughly chopped  
1.5 # sweet potato, grated (you can substitute Butternut or other hard squash here)  
salt & pepper to taste

Heat the oil in a deep heavy bottom stock pot, then soften the onion & carrot for 4-5 mins. Stir in the curry paste and cook for 1 min more until fragrant. Add the grated sweet potato and stock, then bring quickly to the boil, simmering for 10 mins until the potato is tender.

Remove the soup from the heat, stir in the coconut milk and seasoning, then cool briefly before whizzing with a stick blender until smooth. Sprinkle with cilantro and serve with the frozen TJ's Naan bread that maybe has been hit with a little garlic oil!

### This Week's Box List

Fennel  
Celery  
Squash  
Sweet Potatoes  
Leeks  
Tokyo White Turnip  
Spinach  
Arugula  
Collards  
Stir Fry Mix  
Dill  
Sage  
Apples (Hidden Star Orchards)  
Persimmons (Twin Girl's)

## Surprise Tokyo Turnip Side Dish

By Paige Boger

When I was doing the on the spot cooking classes this was one that so many members really enjoyed. I call it the Surprise by these MOST delicious turnips that I LOVE!

1-2 T Olive Oil  
2 T Butter

1 bunch Tokyo Turnips, washed, root removed, ¼'d or ⅛'d (bitesize) skin-on  
1 leek, white (Reserve green tops for above Stock!)  
½ fennel Bulb, thinly sliced - some minced fennel fronds reserved as garnish  
1 bunch Arugula, washed and rough chopped  
1 bunch of Turnip Tops, washed and chopped same size as arugula  
1 persimmon, seeds removed and set aside as garnish  
½ Meyer Lemon, zested Juice Reserved

In a medium heat pan heat olive oil. Add sliced leeks, sliced fennel - sauté until golden brown and slightly caramelized. Add a pinch of Eatwell Farm Rosemary Salt and a pinch of fresh ground black pepper. Remove from pan and set aside. Place Arugula & Turnip Tops in a mixing bowl, toss with 2 t olive oil and lemon juice. Pinch of salt.

Return pan to heat and under high to medium-high heat add 2 T butter, allow butter to get HOT and lightly brown. Keep heat HIGH, toss turnips into pan quickly moving it around and allowing the turnips to get some brown bits, cook quickly and on HIGH heat for no more than 2 minutes. The turnips will still have some crunch in them! Add Meyer Lemon zest, fennel & leeks back into hot pan and remove from heat. Toss Turnips, Fennel, Leeks with dressed Arugula & Turnip Tops (you could also add some kale/spinach in this mix of greens) - serve immediately with Persimmons kernels over the top as garnish.

