

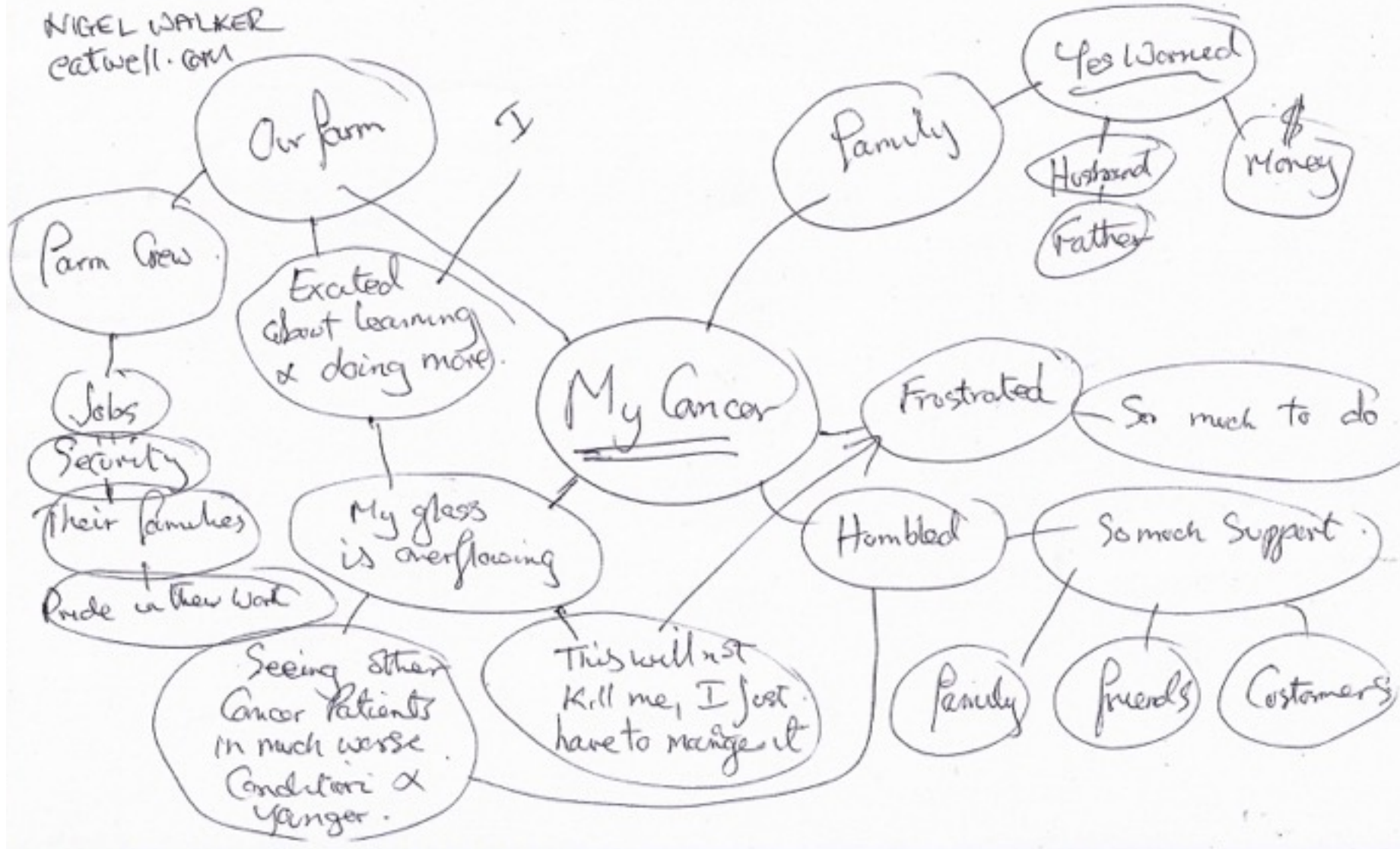


WEEK OF NOVEMBER 27TH 2017 #48/52

Nigel's Diagrams

Today while cleaning up a stack of papers, preparing for Thanksgiving, I came across some things Nigel wrote. I suppose you could say it was a diagram of thoughts, gratitude, attitude, with a little bit of guiding map thrown in.

Reading this just breaks my heart wide open. He was truly the most amazing man I have ever known. So this week I will let his words speak for themselves.



This Week's Box List

**Items in Box for 2*

- *Rosemary
- Chard
- *Cabbage
- *Stir Fry Mix
- *Spinach
- Broccoli
- Radish
- Fennel
- Butternut Squash
- *Leeks
- *Apples (From Hidden Star Orchard)
- Raisins (From Capay Canyon Ranch)

RECIPES AND IDEAS FROM LORRAINE

Well, I don't know about y'all, but I have eaten so much heavy food the past few days, I think some lighter fare might be in order. I am thinking some raw veggie salads maybe using the cabbage and broccoli and apples and some raisins? Cameron juiced a bunch of chard the other day, which was greatly improved with the addition of carrot and apple juice. Spinach salad with shaved fennel and radishes, raw and crunchy just sounds good. To be quite honest, I feel rather uninspired at the moment, but I will do my best.

Creamy Apple Cider Vinaigrette

Inspiration from the Farmhouse Kitchen

We are now offering Little Apple Vinegar as an extra. If you haven't tried it, I highly recommend it. Makes a truly delicious salad dressing. And since we just spent several days of overeating a nice simple way to ease our digestion is drinking water with a splash of ACV in it, and that is when I appreciate Little Apple Farm's ACV the most! So if you don't have a bottle, order one for your next delivery.

3 TB Little Apple Vinegar, or whatever Apple Cider Vinegar you have at home
1 clove Garlic, minced or grated on a microplane
3 TB Extra Virgin Olive Oil
4 TB Greek Yogurt
1 TB Dijon Mustard
1/2 tsp Salt
1/4 tsp freshly ground Pepper

I put all the ingredients into a small mason jar, regular mouth. Attache the base of your blender and let it rip on medium speed. Taste, adjust seasoning. I personally don't like sweet salad dressing, but if you do, consider dropping the garlic, and add a little honey.

Fresh Broccoli & Radish Salad with Apples & Raisins

Inspiration from the Farmhouse Kitchen

1 batch Creamy Apple Cider Vinaigrette (recipe included)
Broccoli from this week's share
1 or 2 Apples, cored and cut into bite-sized chunks
Radishes, washed and sliced thin, use as many as you like
1 small Fennel bulb, thinly sliced, save the fronds
2-3 TB Raisins

Separate the broccoli into small florets. Cut the hard part off the bottom of the stock and peel the rest of it, then cut into bite-size pieces. If you prefer your veg not completely raw, you can quickly blanch, do the stem chunks first, then add the florets, pop everything into ice water to stop the cooking, drain well. If you like you can plump the raisins a bit by soaking them in hot water for a couple of minutes. Trim the bottom off the small fennel bulb and shave on a box grater on the slicer, or best use a mandolin. You can do the same with the radishes.

To assemble put the broccoli, raisins, and apple into a serving bowl. Spoon on a little Creamy Apple Cider Vinaigrette, and toss. Taste, add more if you like, if you nailed it, then top with radish and fennel slices.

Bottom Of The Box Bibimbap

Recipe from The CSA Cookbook by Linda Ly

This is a classic Korean dish, rice bowl. The beauty is you can use any combination of veg from the box, chard, spinach, cabbage, leeks, stir fry mix. Instead of carrots use butternut squash!

For the Sauce:

1/4 cup Gochujang - Korean red pepper paste
2 TB Hot Water
1 TB Rice Vinegar
1 TB Sesame Oil
1 TB Toasted Sesame Oil
1 TB toasted Sesame Seeds
2 Garlic cloves, minced (use that microplane)

For the Rice:

2 cup uncooked White Rice, rinsed
4 cups Water

For the Bibimbap:

8 cups packed Greens, use Stir Fry Mix, Spinach, Chard, Cabbage
1 TB Sesame Oil
1 tsp toasted Sesame Seeds
3 TB Olive Oil, divided
2 Zucchini (I would skip this one because they aren't in season for us now), thinly sliced
2 Carrots, cut into 3" matchsticks (I would use butter squash from the box instead)
1 cup packed Pea Sprouts
4 Eggs

Bottom Of The Box Bibimbap (Continued):

To make the sauce, combine all of its ingredients in a small bowl and set aside. To make the rice, bring the rice and the water to a boil in a medium saucepan. Reduce the heat, cover, and simmer until the water is absorbed and the rice is cooked through, about 25 minutes.

Meanwhile, bring another medium saucepan of salted water to a boil. Blanch the greens about 1 minute, then drain and thoroughly squeeze out all the liquid. Gather the greens into a clump and coarsely chop. Transfer to a large platter, then drizzle the sesame oil and scatter the sesame seeds on top.

Heat a large skillet over medium-high heat and add 1 TB of the olive oil. Stir in the zucchini and cook until tender, about 3 minutes. Transfer the zucchini to the same platter as the greens. In the same skillet over medium-high heat, add 1 TB of the olive oil, stir in the carrots (or butternut squash), and cook for about 5 minutes until tender. Transfer the carrots to the platter. Divide the rice among four bowls and arrange the greens, zucchini, carrots, and pea sprouts on top of the rice.

Reheat the same skillet over medium-high heat and add the remaining 1 TB olive oil, swirling it around to coat the surface. Crack the eggs into the skillet, making sure the whites don't run into each other. Cover and reduce the heat to low. Cook until the whites are set and the edges start to brown, about 5 minutes. Top each bowl with a fried egg and serve with a few spoonfuls of sauce to taste.