



WEEK OF NOVEMBER 28TH 2016 #48/52

A Very Grand Thanksgiving

Just a quick note to say thank you to all the friends and family who celebrated our favorite holiday with us. Nigel and I knew he was going back into UCSF on the Saturday right after, so it was really special for us to have 20 people



around the table, celebrating the harvest and our friendships. As is always the case when we do TDay on the farm, my favorite part is going out together to harvest some of what will end up on the table. This year we had a long stop in the strawberries, wowing over the fact that it is nearly the end of November and we were enjoying

delicious berries! When our entire group gathered the whole way around my kitchen center island to share a moment of thanks I knew my day was complete. I hope you all enjoyed your celebration as much as we did!



CSA Wish List

Almost two months ago, I asked everyone if they had any vegetables they would love for us to grow to include in the shares. I promised to follow up with information about the possibility of growing some of them. Life has a nasty habit of taking over and sending us in different directions, but I haven't forgotten. As Nigel and I sit in our room with a beautiful view here at UCSF we went through all of those texts. We got some really great suggestions and I learned a lot from Nigel; so here is what I found out:

Green Beans & Shell Beans - beans in general have become a challenging crop for all farmers like us who do not specialize in beans and therefore do not invest in the proper equipment. The equipment is only worthwhile if you are growing a large crop. Hand harvesting is slow at about 10 lbs per person per hour. That translates to 6 guys harvesting 10 hours in order for us to have enough beans for the box for one week. Who knew? I certainly didn't. We are hoping that once we have the new harvesting rig set up correctly we might be able to swing it.

Lemon Cucumbers & Persian Cucumbers - Cucumbers in general are rather sensitive plants. Nigel believes they would all do better if we could trellis to get them off the ground. The plants damage very easily when the crew walks through the field to pick. We are hoping with the harvesting machine we can improve our overall yield.

CSA Wish List Continued

Purslane and other edible weeds - A couple of years ago Nigel and I spotted a beautiful row of purslane that had popped up, so we decided to include it in the share. It is not very well known and that often puts people off, not really sure what to do with it, how to incorporate it in to their meals, etc. But it grows well, so we will look into how we can add it into the rotation.

Siberian Kale - This is one we have not heard of before. Kales obviously grow very well for us, so this will get added to the list to explore seed availability.

Brussels Sprouts - Those are really tricky, because of their shape and the way they grow, Brussels sprouts are like an aphid convention center. The only way to deal with the aphids is by spraying from very early on and spraying the whole way through the growing process. There are organic sprays available to us. However, spraying a crop that much really goes against our farming philosophy. I am a little curious how you all feel about that? Personally it turned me off, but maybe it doesn't bother others.

Hot Chili Peppers, Padrons & Poblanos - The last couple of years we have virtually eliminated all other varieties of peppers besides the Lunchbox Peppers. There are two primary reasons for this. First of all, the Lunchbox Peppers grow extremely well with no sun burning and everyone loves them. The second issue with peppers is the issue of how hot is hot? It is so individual, what one person thinks of as a mild pepper, another considers way too hot to eat. I personally love Poblanos because I love Chile Rellenos. I don't find them to be a hot pepper at all, but we have had complaints. There are so many amazing varieties of peppers though, I would love to see if we can expand some. Perhaps the solution for the hotter varieties is to offer them as extra items that can be ordered with your share and keep the sweeter peppers for the box.

Chayote - I did my own research before speaking with Nigel about it and found out it is a very expensive crop to grow. You don't start with seed, you plant the fruit. The fruit will rot if allowed to touch the soil, therefore it requires stakes and trellising, which really adds to the labor cost, but more importantly, it happens at a time of year when we just don't have spare man hours.

Parsnips - These require a very long growing season, seeds are planted in the Spring to get a decent size root. As our summers are so hot they stop growing, then start up again in the fall but grow a very hard core. Realistically, it is a crop that does much better in the coastal farming regions.

English Peas - These don't tolerate the hot spells we have in April and May. The Sugar Snaps handle it much better, which is why we grow those instead. Another issue with the English Pea is they have about a 5 day harvesting window, whereas the Sugar Snaps are about 10 days. What that means is once the pods are mature and size ready they last longer on the plant and that works well with our CSA harvesting schedule.

Artichokes - I love artichokes, but it was so sad to lose so much of the crop last year to gophers. The artichoke created a great cover for the gophers, protecting them from their predators, owls and hawks. In the end they decimated the crop.

Japanese Sweet Potatoes - Sweet Potatoes are not a particularly successful crop for us, which I find rather surprising since they are so amazingly delicious. The fact is the "slips" (baby plants) are quite expensive. We spend over \$2500 each year for our small crop and the yield is not great. Years ago, Nigel spoke with our supplier about other varieties, including the Japanese Sweet Potato. Chris explained that the sweet potato grows well in sandy soil, which we do not have and the Diane's, which we grow are the only variety that does well in our loamy soil.

Piraciacabe Broccoli - This is a variety Nigel was not familiar with, but doing a quick google search it sounds really interesting. I did notice a lot of seed companies have sold out and we are adding it to our list.

Jerusalem Artichoke - Nigel and I have been talking about growing these again. The last time he tried, the plants grew beautifully, but didn't produce tubers, so no crop. If they grow well, there is the additional problem of making sure we get all of the tubers out of the ground or they will grow again the following year. Nigel is thinking of giving them another try, then following with a crop that is cultivated frequently to prevent them from establishing.

Traveling this Holiday Season?

Place your delivery on hold or donate. Our donated boxes go to a charity organization at the end of the year. Login to your account, click My Account, and click Place Box on Hold or Donate for a Week. Repeat for each delivery.

A Note from Paige

The gluttony recovery.....

And was it gluttony this year - Oh my... I was fortunate enough to spend the day at the farm with Nigel & Lorraine and the whole extended Farm Family - and what a treat it was! I brought food to sustain us all through the preparation of the evening meal for which Lorraine was smoking a gorgeous turkey. And I have to tell you all that LORRAINE HAS SOME SERIOUS SMOKING TALENT! Order the add-on of her smoked chicken as soon as you can. If it shows as out of stock in the add-on online, drop Connie and email and see if there is any available. It's just so tasty, juicy, and amazing. We all walked the farm together harvesting the rest of what we needed for dinner, Collards, Leeks, Fennel, Celery, Herbs, Butternuts from the Dry Storage. And a quick stop by the Strawberry Fields for some late Fall berries sampling! It makes me so ready for the spring time Strawberry Days ALREADY!

This week I am shooting to give everyone some lighter, quicker, and prep in advance meal ideas - as we are so busy with holiday activities and need a bit of recovery from what I am sure was a wonderful celebration of giving and gratitude. I know that being with my family, farm family and all who come together to love our CSA community was especially inspirational this year for myself and the guests I brought up for dinner. What inspired each of you this holiday and how will we all bring this forward throughout our holiday season and the year to come?

Hearty Greens Salad with Turmeric, Carrot & Miso Dressing

adapted from NYT by Paige

¼ cup peanut oil or neutral oil, like grapeseed or corn
¼ cup seasoned rice vinegar
3 tablespoons mild or sweet miso, like yellow or white
1 tablespoon dark sesame oil
2 medium carrots, roughly chopped
1 inch long piece fresh ginger, cut into coins
½ inch piece of fresh Turmeric or 2 t Ground turmeric
1 t sambal oelek or other asian hot sauce
freshly ground black pepper

Put all ingredients except salt and pepper into a food processor and pulse a few times to mince carrots. Then let machine run for a minute or so, until mixture is chunky-smooth. (If you want it smoother, use a blender.) Taste and add salt and pepper to taste.

I like to use this to dress up a mix of hearty greens. I myself roughly chop raw collards; stem removed, cabbage, mizuna, cilantro, radishes. I often add a bit of the dressing to chopped butternut, fennel, onions, and tofu - roasting them in the oven for 30 minutes @ 375. Adding these warm roasted veggies to this hearty salad brings it full circle to delicious and is so good for lunch the next day at work. You can also add cooked buckwheat noodles to all of the above.

I've never made only a single recipe of this dressing - as it holds in the fridge for at least a week if not more. I usually find myself making at least a quart of it at a time.

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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One-Pot Mujadara With Leeks and Greens

by Melissa Clark

1 cup brown or green lentils
2 leeks, white and light green parts only, roots trimmed
1 onion, sliced to similar size as leeks
2 ¼ teaspoons salt, more as needed
¼ cup extra-virgin olive oil
3 garlic cloves, minced
¾ cup long-grain rice
½ T ground cumin
½ teaspoon ground allspice
¼ teaspoon cayenne
1 bay leaf
1 cinnamon stick
4 cups trimmed and chopped spring greens (collards, cabbage, spinach, kale, mustard or a combination).
Place lentils in a large bowl and add warm tap water to cover by 1 inch. Let soak.
Meanwhile, halve leeks lengthwise; run under warm water to release any grit. Thinly slice leeks crosswise.
Heat oil in a Dutch oven or large pot over medium-high heat. Add leeks and onion; cook, stirring occasionally, until golden brown and crispy, 5 to 10 minutes. Transfer half the leek/onion mix to a bowl to use for garnish and sprinkle with ¼ teaspoon salt.

Stir garlic into the pot with the remaining leeks and cook for 15 seconds until fragrant. Stir in rice and sauté 2 minutes. Stir in cumin, allspice and cayenne; sauté 30 seconds. Drain lentils and stir into pot. Add 4 ¼ cups water, 2 teaspoons salt, bay leaf and cinnamon stick. Bring to a simmer. Cover and cook over low heat for 15 minutes. Rinse greens in a colander and spread damp leaves over lentil mixture. Cover and cook 5 minutes more, until rice and lentils are tender and greens are wilted. Remove from heat and let stand, covered, for 5 minutes. Serve sprinkled with reserved crispy leeks.

This Week's Box List

Fennel
Radishes
Onions
Squash
Cabbage
Mizuna
Arugula
Spinach
Collards
Stir Fry Mix
Apples (Hidden Star Orchards)
Persimmons (Twin Girl's) or
Mandarins

Roasted Chicken With Potatoes, Arugula and Garlic Yogurt

adapted from Melissa Clark by Paige

1 ½ pounds chicken thighs and drumsticks
1 ¼ pounds butternut squash or sweet potatoes
2 ½ teaspoons kosher salt, more as needed
½ teaspoon black pepper, more as needed
3 tablespoons harissa (or use another thick hot sauce, such as sriracha)
1 teaspoon ground cumin
4 ½ tablespoons extra-virgin olive oil, more as needed
2 leeks, white and light green parts only, halved lengthwise and thinly sliced
1 teaspoon lemon zest (from 1 lemon)
½ cup plain yogurt (do not use Greek yogurt)
1 small garlic clove
1 bunch roughly sliced arugula
Chopped fresh dill or parsley, as needed
Lemon juice, as needed
Combine chicken and potatoes in a large bowl. Season with salt and pepper. In a small bowl, whisk together harissa, cumin and 3 tablespoons oil. Pour over chicken and potatoes and toss to combine. Let stand at room temperature for 30 minutes, or up to 8 hours in the refrigerator.
Meanwhile, in a medium bowl, combine leeks, lemon zest, a pinch of salt and the remaining 1 ½ tablespoons oil. Heat oven to 425 degrees. Arrange chicken and potatoes on a large rimmed baking sheet in a single layer. Roast 15 minutes. Toss potatoes lightly. Scatter leeks over pan. Roast until chicken and potatoes are cooked through and everything is golden and slightly crisped, 25 to 30 minutes longer. While chicken cooks, place yogurt in a small bowl. Grate garlic over yogurt and season to taste with salt and pepper. To serve, spoon yogurt over chicken and vegetables in the pan. Scatter arugula and dill/parsley over mixture. Drizzle with oil and lemon juice and serve.