



WEEK OF NOVEMBER 30TH 2015 #49/52



One of the many perks of working on the farm is getting to take home the harvest and share it with my friends and neighbors. Romanesco is one of my favorite items to give to others because of its fantastic appearance and flavor. Our neighborhood is packed with children, and we often have the kids over to help prepare the romanesco, bake it, and squeeze a little bit of lemon juice on top. Believe it or not, it's a snack that most of the kids love! If I'm not quick enough, they gobble it all up before I get a bite for myself. - Emily



Around the Farm

The Tuesday before Thanksgiving I had to run product over to Sonoma County. When I am over there, I like to stop for lunch at the new Amy's Kitchen Drive Through. The fries are some of the best I have ever had, by far the best "fast food" shakes, and the Amy's Burger with cheese is fantastic and you don't have to worry about the ingredients!

I was Amy's Kitchen's first employee. Years ago Andy and Rachel Berliner hired me out of the small health food store where I worked in Petaluma. We had many conversations about food and cooking. I was really young and they had just introduced their first product, the original Amy's Pot Pie. Because Andy and Rachel value relationships, and have grown their business doing things a little differently, they thought it was a good idea to offer me a job working on product development. I had no training, not even a cooking class as experience, just a love of food and cooking.

Last week, while waiting in line to place my order I saw Rachel behind the counter. I hadn't seen Andy or Rachel for many years, so it was really wonderful having a chance to reconnect. She immediately grabbed a phone and called Andy so we could chat on the phone. Rachel told me they sell crazy amounts of my Mac and Cheese, it is one of their hottest items, even at the drive through! She introduced me to a couple of the staff as Amy's first employee and the maker of the mac and cheese and some of the burgers. Thinking back to those early days (our office was in the milk barn on their property in Petaluma), I don't know that any of us ever imagined how far they would go, it really is incredible. For me, the work I did for Amy's Kitchen has always been a great source of joy and pride, especially when I walk a freezer aisle and see my "babies" on the shelf. I am very grateful for the experience and knowledge I gained working with Andy and Rachel. Sitting here thinking about it now, I realize how it helped bring me to where I am today, working on recipes, helping people maneuver their way through the weekly shares and eat better. You just never know where life will take you!

Nigel is not well this week so he won't be submitting any of his wonderful stories from around the farm.



Transition, Tears & Fears

A few weeks back I mentioned in our Eatwell News email on a Friday that my family is in for a big transition. My husband, Christopher, is active duty Air Force and will be stationed in Honduras for a year starting in February. During that time, my daughter, Evelyn, and I will be living in Texas with my parents. Then in March of 2017 we'll move to Aviano, Italy, the base where Christopher and I were first stationed.

The move is bittersweet; we're looking forward to future adventures and travel but will deeply miss the community and friends that we have here in California. While Christopher and I aren't strangers to the heartache of moving, this will be the first time for Evelyn who was born in California and hasn't lived anywhere else. We have a little over a month left here, and we're battling the tears and fears associated with the move. I've found that Evelyn's 5 year old fears are strikingly similar to my own: "Will I know anybody? Will I have friends? What will I eat? Who will I play with?" These translate so seamlessly into my own fears: "Will anybody know me? Have I changed so much that I won't fit in with my childhood friends? Where will I find local organic food? How will I ever find something that comes close to Eatwell?"

I'm tearing up writing this, and I'm struggling to put into words how much Eatwell Farm and the community mean to me. While it's not quite time for goodbyes, you'll be hearing much less from me as Connie steps into the hot-seat as CSA manager. Much love, Emily



Recipes and Menu Suggestions

Kale Butternut Frittata serve with Pickled Veggie Cabbage Cups

Uses: Kale, Butternut Squash, Onion, Cabbage, Fennel, Daikon, Onion, Cilantro, Parsley

Collard Green Gratin serve with a Roasted Chicken

Uses: Collard Green, Onion, Parsley

Italian Orzo Spinach Soup serve with a Slaw made from the remaining Fennel, Cabbage and Daikon plus Apples and Parsley

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

Butternut Squash and Kale Frittata

Adapted from a recipe in Vegetarian Times

The original recipe is made with Sweet Potatoes rather than Butternut Squash.

12 oz of Butternut Squash, cut into 1/2 inch pieces

8 large Eatwell Farm Eggs

1 TB Dijon Mustard, divided

1 tsp Apple Cider Vinegar

1 TB Olive Oil

1 cup Onion, diced

4 large Kale leaves, ribs removed, leaves torn into 2- inch pieces

1/2 cup crumbled Goat cheese (2 oz)

Preheat oven to 400. Place butternut squash in a saucepan, cover and cook until tender (or cook in microwave on high for 5 minutes). Drain.

Meanwhile, whisk together eggs, mustard, and vinegar, season with salt and pepper, if desired.

Coat large ovenproof non-stick skillet with cooking spray. Add oil to skillet and place over medium-high heat. Add onion, and saute 3 minutes, or until onion begins to soften. Add kale, and cook 2 minutes or until kale is wilted but still bright green. Add butternut squash and toss to blend, arranging vegetables over bottom of skillet.

Carefully pour eggs over top without displacing vegetables. Cook 3 minutes or just until bottom of frittata is set. Transfer skillet to oven. Bake 10 minutes, or until frittata is set in center. Loosen frittata from skillet using heat-proof spatula, and slide frittata onto platter. Sprinkle with cheese; let stand 1 to 2 minutes to soften cheese. Cut frittata into 4 wedges and serve.

Pickled Veggies Cabbage Cups

Bon Appetit November 2015

The BA recipe is actually Lettuce Cups but I thought we could give this a try using the green cabbage in this week's share. It will certainly be crunchy! You could soften the cabbage leaves a bit by dipping each leaf in simmering water for a minute.

1/4 cup Apple Cider Vinegar

2 TB White Wine Vinegar

1 TB Kosher Salt

1/2 cup Water

1/2 Fennel Bulb, thinly sliced

Daikon, washed and thinly sliced - you probably will only need about 1/3 of the daikon

1 thinly sliced Shallot OR use just a bit of thinly sliced Onion from your share

1/3 cup Buttermilk

1/3 cup Plain Yogurt

1 TB Lemon Juice

Salt and Pepper

Cabbage Leaves, separated

1/2 cup Cilantro Leaves with tender stems

1/4 cup Mint leaves Or Parsley from this week's Share

To make pickled veggies: combine vinegars, salt and water in a large bowl. Add the fennel, daikon, shallot or onion to the pickling mix and let sit for 10 minutes then drain. For the dressing: mix the buttermilk, yogurt, and lemon juice. Season with salt and pepper.

Spoon a bit of the dressing onto the cabbage leaves, top with pickled vegetables and garnish with cilantro and mint leaves.

Collard Green Gratin

Bon Appetit

I think I have included this recipe for the last three Thanksgivings. I love it that much. We made it again this year for our feast and it confirmed once again that it is a winner! I think this would be equally delicious without the ham in the breadcrumb topping, maybe add a bit of our Smoked Chili Salt in the topping.

4 oz very thinly sliced Country Ham or Prosciutto

1 cup coarse fresh Breadcrumbs

4 TB Olive Oil, divided

1 tsp chopped fresh Thyme

1 cup finely grated Parmesan, divided

2 TB Parsley, finely chopped

Salt and Freshly Ground Black Pepper

About 1 lb Collard Greens

1 large Onion, thinly sliced

2 Garlic cloves, finely chopped

2 TB unsalted Butter

2 TB All-Purpose Flour

2 cups Whole Milk

1/4 tsp freshly grated Nutmeg

Preheat oven to 325 F. Place ham on a parchment-lined baking sheet and bake until crisp, 20-25 minutes; let cool and break into pieces. Combine breadcrumbs and 2 TB oil in a medium skillet; toast over medium heat, tossing occasionally, until golden brown and crisp, 10-15 minutes. Remove from heat

and add thyme, 1/4 cup Parmesan, chopped parsley; season with salt and pepper. Mix in ham and set aside. Cook collard greens in a large pot of boiling salted water until tender and bright green. I leave the stems on and use them like a handle to put in and out of the pot. Drain, transfer to a bowl of ice water, and let cool. Drain and squeeze dry with paper towels. Coarsely chop greens and place in a large bowl. Heat remaining 2 TB oil in a medium saucepan over medium heat. Add onion and garlic and cook, stirring often, until softened and golden, 15-20 minutes. Transfer to bowl with greens; set aside. Reserve saucepan. Increase oven temperature to 400 F. Melt butter in reserved saucepan over medium heat. Add flour and cook, whisking constantly, until mixture is smooth and very pale brown, about 4 minutes. Gradually

whisk in milk, 1/2 cupful at a time; add nutmeg. Bring to a boil, reduce heat and simmer, whisking often, until thickened, 5-8 minutes. Whisk in remaining 3/4 cup Parmesan. Add béchamel to collard green mixture and mix to combine; season with salt and pepper. Transfer collard green mixture to a 10" cast iron skillet or 9" pie dish and top with breadcrumb mixture; place pie dish on a rimmed baking sheet. Bake until grating is bubbling, 15-20 minutes. Let cool slightly before serving.

This Week's Box List

Green Cabbage

Fennel

Broccoli or Romanesco

Red Kale

Parsley

Collards

Apples (Hidden Star

Orchards)

Daikon

Spinach

Onions

Butternut Squash

Cilantro

Italian Orzo Spinach Soup

Found on Give Me Some Oven.com

2 TB Olive Oil

1 small Onion, peeled and diced

1 cup diced Carrots and 1 cup diced Celery

3 cloves Garlic, peeled and minced

6 cups Eatwell Farm Chicken Stock or Vegetable Stock

1 - 14 oz can Fire Roasted diced Tomatoes

1 1/2 cups Orzo

1/2 tsp dried Thyme

1/4 tsp dried Oregano and 1/4 tsp dried Rosemary

4 cups loosely-packed Spinach

Salt and Pepper, to taste

Heat oil in a large stockpot over medium-high heat. Add onion and saute for 4 minutes, until soft. Add carrots, celery and garlic and saute for 3 minutes. Add chicken stock, tomatoes, orzo, thyme, oregano, rosemary and stir to combine. Bring soup to a simmer, stirring occasionally. Reduce heat to medium-low and simmer for 10 minutes, stirring occasionally, until the pasta is al dente. Stir in the spinach and cook for 1-2 minutes until it is bright green and wilted. Season with salt and black pepper to taste (if needed).