



WEEK OF OCTOBER 18TH, 2021 #43/52

What's Going On Around The Farm

Beau and I went for a walk on the west side of the farm this morning and got as far as the orchard. There was so much to see and marvel at. Yesterday we had our first little rain storm. We didn't get much rain, but it did an excellent job of cleaning up the air. Around here we are in walnut harvest and the end of tomatoes. That means dust, lots and lots of dust. But with last night's shower the mountains in the distance are crystal clear this morning. Taking in a deep breath the air is fresh and feels so good. The strong winds that have hit us over the past week brought down a few of our weaker poplars and I came across one before I even made it to the first field.

Walking along the westside of the farm you get to enjoy the hedgerow Nigel planted years ago. There you will find ceanothus, toyon and dogwood roses. The dogwoods are loaded with pretty decent looking reships this year. It would be a lot of fun to get out there to harvest and make some syrup or perhaps a cordial, if only I had the time. The ceanothus bushes are enormous. They are also known as California Lilacs and are nitrogen fixers. I am familiar with ceanothus from the herbal world, the extract works miracles on swollen glands. The toyon is looking a little sad at the moment. It kind of looks dusty and dry, as if it is the end of a long hot, dry summer, oh yeah, it is! Another native to California, it can grow quickly and quite large. It loves sun and is rather drought tolerant. An evergreen, it is



naturally found as a component of the coastal sage scrub plant community, or in the mixed oak woodlands. Toyon is also known as Christmas Berry or California holly because of its bright red berries.

Moving on to the orchard I came across a lovely set of pomelos. Not quite ripe yet, but they are looking fantastic. Pomelo, the ancestor of the grapefruit, is the largest fruit in the citrus family. It's a bit of work but the flesh is sweet and delicious.



Beyond the plantings of citrus trees I came to our summer fruit showing the signs of the changing season. The leaves are changing color and soon will drop to the ground where they will decompose and feed the soil. Further along in the orchard we walked past the persimmons Nigel planted several years back. He tried out

Hachiya, Fuyu and American to see what would do well on our farm. The fuyus are pretty heavy with fruit and they are hardier for a CSA box. Perhaps it is time to look into planting more trees?



Along the first line of grapes there are trees that have sprouted up. According to the plant identifying app on my phone they are Paradise Apples. There are probably about 5 trees every few feet, and I have no idea how they got there. I know we didn't plant them, so it was either birds or maybe some CSA members picnicking in the grapes one summer. Who knows, but there they are.

On our way back to the house I stopped to watch the guys harvesting tomatillos. The wind and rain has knocked them down to the ground, and it is a lot of work for them this week. But in this shoulder season, in between summer and fall/winter crops, we don't have a lot of choices ready in the field. I am sure this will be the last week, so get your salsa and enchilada sauce made because this will be it for the year.

I hope you enjoyed this walk as much as I did. One last thing to mention, I was planning to have folks up for olive picking this coming Sunday, but there is a 60% chance of rain. So I would like to reschedule and change the event to just picking, no meal included. If you want to come out to pick olives, they are free for you to take, please let me know 530-554-3971.

RECIPES AND IDEAS FROM ELISE

Goodbye For Now...

Well Everyone, it's my last week here at Eatwell. I'm passing the torch onto our new CSA Manager's hands. His name is Zach and he'll introduce himself next week. Some of you will start to see some emails with his name on them this week.

It's been such a pleasure to get to know all of you, to talk about cooking food, and growing food, and to enjoy the beautiful land of Eatwell that provides for and nourishes our lives. I will miss walking out to the field to pick a fresh tomato for lunch and all the truly exquisite bird-watching. And of course, this warm and delightful community. It's a bittersweet goodbye!

I'm glad that my last round of recipes features quite a few Fall favorites. Fall is my favorite season so I'm stoked to get to enjoy some of these goodies before I go off to a very different climate in Tennessee. I hope everyone takes good care of themselves and of the land in California, which has been my home my whole life. Much love.

Jalapeno Rosemary Alfredo

Recipe Adapted from All Recipes

2 tbsp olive oil
2 cloves garlic, minced
1 jalapeno pepper, seeded and minced
1 c heavy cream
1/2 c parm cheese
1 tsp dried rosemary
1 pinch S&P to taste

Heat the olive oil in a skillet over medium heat. Cook and stir the garlic and jalapeno pepper in the hot oil until fragrant, about 5 minutes; add the heavy cream and bring the mixture to a simmer. Reduce heat to low. Stir the Parmesan cheese and rosemary through the mixture; continue cooking until the cheese is completely melted, about 5 minutes more. Season with salt and pepper to serve.

Butternut Squash Latkes with Chive Sour Cream

Recipe Adapted from Food & Wine

3c shredded butternut squash
1/4 c shredded red onion
1 large egg
1/4c matzoh meal or fine dry breadcrumbs
Kosher salt
Finely ground black pepper
Vegetable oil, for frying
1/2c sour cream
1 tbsp chopped fresh garlic chives
Flaky sea salt, for serving

In a bowl, stir together the shredded squash, onions, egg and matzoh meal. Season to taste with salt and pepper. Heat 1/4-inch of oil in a large heavy skillet and heat over moderate heat. Working in batches, drop heaping tablespoons of the squash mixture into the hot oil, flattening slightly with the back of the spoon. Fry until the latkes are golden-brown and crisp on both sides, carefully flipping halfway through, 6 to 8 minutes. Using a slotted spoon, remove the latkes from the oil

and drain on a paper towel-lined rack. Continue with the remaining squash mixture. Stir together the sour cream and chives in a small bowl. To serve, place a small dollop of the sour cream on each latke and sprinkle with flaky sea salt and freshly ground black pepper.

Shaved Fennel Salad with Croutons and Walnuts

Recipe from Bon Appetit

2c coarsely torn sourdough bread
1/2c walnuts
6 tbsp extra-olive oil, divided, plus more for drizzling
Kosher salt
3 tbsp sherry vinegar or red wine vinegar
1 garlic clove finely grated
1/4 tsp crush red pepper flakes
2 fennel bulbs with fronds
3/4 c torn mint leaves
1/2 lemon
2 oz parm shaved

Preheat oven to 400°. Place bread on one side of a rimmed baking sheet and walnuts on the other side (they cook at different rates). Drizzle bread with 3 Tbsp. oil; season with salt. Toss, squeezing bread with your hands to help it absorb as much oil as possible, until evenly coated. Bake until walnuts are golden brown and croutons are deeply browned and very crisp, 8-10 minutes for walnuts, 12-15 minutes for

croutons. Let cool, then coarsely chop

walnuts. Meanwhile, combine vinegar, garlic, and red pepper flakes in a medium bowl. Let sit 10 minutes to let garlic mellow and flavor the vinegar. Whisk 3 Tbsp. oil into vinegar mixture, then add croutons and chopped walnuts. Season crouton mixture with some salt and toss to coat and let croutons soften slightly; set aside. Remove stalks and fronds from fennel bulbs. Remove fronds from stalks and coarsely chop; thinly slice stalks. Place in a large bowl. Cut fennel bulbs in half and thinly slice on a mandoline (if you have one; if not, practice your knife skills). Add to same bowl along with mint. Zest lemon half over salad, then squeeze in juice. Season with salt and toss to combine. Divide reserved crouton mixture among plates and top with half of the Parmesan. Arrange fennel salad over; top with remaining

Parmesan and drizzle with oil.

This Week's Box List

*Butternut Squash
*Chard
*Fennel
Leeks
*Lettuce
*Sweet Potatoes
Peppers, bell or jalapeño
Tomatillos
Garlic Chives
*Parsley
Rosemary
*Apples from Devoto Orchard

* = Items in Box for 2

Additional Recipes & Ideas

Cheesy Cheddar Orzo with Leeks & Chard
Green Salad w Peppers and Ginger Dressing
Sweet Potatoes, Apples, and Braising Greens
Braised Chicken with Tomatillos
Shortcut Slow-Cooker Apple Cider
Rosemary and Honey Glazed Hasselback Squash