



THIS IS WHAT IT'S ALL ABOUT

Sunday night I went to my son Cameron and daughter-in-law Lilly's house for dinner. A family friend and her significant were driving through on their way home from the mountains and joined us for an evening meal. Since Eric and Andrew, my step-sons, also knew Sarah from years at the farmers market, we were lucky enough to have them join us as well. Thinking about that meal, I can't help but feel immense gratitude for this crazy life I live. Sitting around a dining table, enjoying pastured, locally raised steak, with an Eatwell tomato/roasted zucchini/onion salad made extra special with some toasted Ruhstaller walnuts, and lavender olive oil and feta. No carbs necessary cause we had dessert coming and that was whipped Straus cream on Vanilla Strawberry cake, Eatwell berries of course. Eric and Andrew brought a watermelon from Good Hummus, another friend's farm. It was a very local meal, even the wine was from Turkovich just down the road in Winters! Somehow having connections to the food we eat makes it all taste better, and what a wonderful feeling knowing it didn't have to travel halfway around the world.

But what really makes a meal extra special is the company. As we sat together, everyone engaged in great conversations, it really struck me what a blessing it is to break bread together. So much fun catching up with people we haven't seen for a while and getting to know a new friend. Lots of talk about food, farming, jobs, babies, and of course my grandson David loves to be included in all of the adult things. And now we are joyfully awaiting the arrival of his sister in January; the family grows. In David's mind I will forever be connected to "gabas" which is his special word for strawberries. He knows his Gigi will always bring him strawberries, at least as long as we have them:). Let's hope we can move him on to DeVoto apples or some other winter fruit by the time the "gabas" are finished for the season! Our children, especially the ones who visit the farm, get to share in these connections and experiences. Do you ever take a moment to think about how amazing it is eating strawberries from a farm you have visited, or enjoyed pasta with tomato sauce you made on the farm the summer before. Sweating it out with the rest of us in the heat, over big pots of bubbling red sauce. Is that sauce really that much more flavorful than store bought? I would say absolutely, but is it because of the tomatoes or the effort you put into making it and how that day of saucing connects you to your food in yet one more way most people will never experience. It has to be all of those things adding flavor.

As I often say, a CSA is so much more than just a box. It is me at the other end of your emails and text messages, when you ask for suggestions on how to cook or use something from the box. And I am at the other end of those sweet messages you send letting me know how fantastic something is. I even enjoy hearing from you when it has all gone wrong, because that means you are connecting and there is an actual person who cares attached to the food you put on your table. These things matter, knowing where your food comes from matters, it really does. Feeding ourselves is something

we have to do every day, there is little else in life that is as important, and what we feed ourselves should be something special, not necessarily fancy, (although there are times when that is fun too) but special because we are connected to it. And therefore when we sit down to nourish our bodies, if we do it right, we also get to nourish our souls. Bon Appetit!

IN CASE YOU MISSED IT LAST WEEK- IT'S SAUCING TIME!

It is Saucing Season once again! And hallelujah it is promising to be a very good season indeed! Slicers are coming in and San Marzanos should ripen up in another week or so. I have several dates scheduled for CSA members to Sauce on the Farm. If you are a member you will find the info listed under "events". You are welcome to bring friends and family. The more hands, the more sauce:). I have also turned on the option to order cases of tomatoes to pick up at the Saturday Ferry Plaza Farmers Market Please note, this has it's own special order item, so if you want cases of tomatoes for a Saturday Market pick up make sure you are clicking on the correct link. I will include that link the email.



But if you want to come up to the farm to sauce we have many dates available for you. Sauce Parties typically include a potluck dinner. I will have the pizza oven fired up, so if anyone wants to make pizza, bring your dough and favorite toppings. When you are done you can also run down the road for a cold beer at Ruhstaller, or just kick back here on the farm. So far this year the temps have been relatively mild. We will have shade and sprinklers to cool down in if it does get really hot. But don't let the heat or dirt keep you from coming out. it is all part of the experience. There is nothing quite like saucing alla famiglia!

NOURISHING OUR SKIN

Last week I made a fresh batch of Nourishing Facial Oil. This is part of a new, simple line of face products I developed over the last year. The base of this oil is our organic calendula flowers macerated in organic apricot oil, with several other gorgeous oils plus some of our essential oils. When I strained the calendula oil I couldn't get over the color. It was so vibrant and orange! I am so pleased with how these 3 products have turned out. The Gentle Cleanser is truly that, doesn't irritate my highly sensitive skin. And the hydrating mist feels so refreshing in the mornings right before I apply a little nourishing oil.



Making, simple body products out of ingredients from plants we grow on the farm is a lot of fun and of course the bonus is I have skin care I love to use. All three are available to order as extras.

RECIPES AND IDEAS FROM LORRAINE

Roasted Beets, Fennel and Carrots

Recipe by Carol L Park found on [Copy Me That](#)

This recipe makes about 4 to 6 servings

I always cook my beets whole and unpeeled. You will find our beets are a bit gnarly shaped so peeling and cutting them before they are cooked will be a challenge. I used to prefer them roasted, packed up in little foil pouches, but now I cook them in my IP and I throw a bunch of herbs in the pot too. I give the beets a quick rinse, chop the stems off, leaving about an inch on, and I don't cut the root end. Put water in the bottom of the IP, then a steamer basket, then I pop the beets in, make sure you don't have any of the little tails sticking out because you won't get a good seal and pressure cook for about 40 minutes. You can toss in garlic, bay, thyme, rosemary pepper corns, lots of options.

4 Beets, peeled and cut into 1/2-inch wedges (about 1 1/2 lb)

3-4 medium Carrots, cut into thick coins

1 Fennel bulb, top removed and sliced into medium-sized wedges

2 TB Extra Virgin Olive Oil

1 Orange, juiced

2 TB White Vinegar I would use Sherry or Champagne Vinegar

Salt and freshly ground Pepper

2 Thyme sprigs

Preheat the oven to 400°. Toss the beets with the thyme, the water and 1 tablespoon of the olive oil.

Season with salt and pepper and spread into one layer on a parchment or foil lined baking sheet. Cook for about 35 to 40 minutes, or until tender. Let cool slightly.

Discard the thyme. Meanwhile, in a small baking dish, drizzle the fennel wedges and carrots with the remaining 1 tablespoon of olive oil and season with salt and pepper. Bake for about 15 to 20 minutes, or until tender and lightly browned. (I put the fennel and carrots into the oven while the beets were baking). In a small bowl, add the juice of an orange and whisk in the vinegar. While the vegetables are still warm, add the citrus and vinegar mixture and toss well. Season with salt and pepper. If you think it needs a bit more brightness, add another splash of vinegar or squeeze more orange juice on top, and toss again. Serve warm or at room temperature.

Optional additions: goat cheese, nuts (hazelnut or pistachio would be great here), capers (I pan-fried mine), citrus segments.

Summer Squash Fritters With Garlic Dipping Sauce

Recipe by David Venable: *In The Kitchen*

found on NYT Cooking adapted by Kim Severson

I love fritters of all kinds, especially zucchini. Think I will make a small batch for my dinner tonight. I am going to use some leeks instead of onion, though.

For The Sauce

20 Garlic cloves, peeled (about 2 heads)

Extra-virgin Olive Oil

1 cup Mayonnaise

3 TB Lemon juice

1 tsp Salt

1/4 tsp ground Black Pepper

1/4 cup Chives, minced

For The Fritters

1 1/4 cups All-purpose Flour

3/4 cup shredded White Cheddar

1 tsp Salt

1 tsp ground Black Pepper

1 tsp Garlic Powder

2 large Eggs

3/4 cup cold Beer

1 cup grated Zucchini (about one 6- to 7-ounce zucchini), drained on paper towels 15 minutes

1 cup grated Yellow Squash (about one 6-to 7-ounce squash), drained on paper towels 15 minutes

1 small Yellow Onion, halved and thinly sliced

1/2 cup Vegetable Oil, for frying

Heat oven to 375 degrees, put garlic cloves in a small baking dish and add enough olive oil to cover. Roast until garlic is soft and golden, about 30 minutes. Cool. Drain garlic, reserving oil. Transfer to a food processor, add 1 tablespoon reserved oil and the mayonnaise, lemon juice, salt and pepper and purée. Transfer to a bowl and stir in chives. Use remaining oil for another purpose. Combine flour, Cheddar, salt, pepper and garlic powder in a large bowl. In a separate bowl, gently whisk eggs with beer. Pour egg mixture into

flour mixture and stir until combined. Stir in zucchini, yellow squash and onion. Heat canola oil in a large heavy-bottomed skillet over medium-high heat. Drop about 1 tablespoon of batter into the oil per fritter and fry 6 fritters at a time until golden-brown, 2 to 3 minutes a side. Remove to paper towels to drain. Serve hot, with the sauce on the side.

Easy Creamy Chicken Potato Curry

Recipe by Alida on [Simply Delicious Food](#)

I know this recipe calls for canned tomatoes, but I never have those in the house, and since we have fresh tomatoes, I would just chop up about a pound of tomatoes, you can even use some cherry toms, and cook them down in the sauce.

1 Onion, finely chopped

4 Garlic cloves crushed/minced

2 tsp Ginger crushed

1 1/2 lbs Boneless Chicken Thighs cubed

2 large Potatoes, cubed

1 tbsp Garam Masala

1 tsp Paprika

1/2 tsp ground Cardamom

400 g (14oz) tomato puree (canned tomatoes/tomato passata/tomato sauce will all work)

400 g (14oz) coconut milk

1 tsp sugar

Salt and Pepper to taste

In a deep skillet/pan, heat two tablespoons oil/butter/ghee then add the onion. Allow to cook until soft and translucent. Add the ginger and garlic and cook until fragrant then add the chicken. Allow the chicken to cook until it starts to brown. Add the potatoes and spices and stir to combine. Pour in the tomatoes, coconut milk and sugar. Bring to a simmer and cook for 15-20 minutes with the lid ajar until the chicken and potatoes are cooked through. Season to taste and serve with your choice of side dishes.

Eggplant Hack

Recipe by Nancy G. found on [Food.com](#)

Some years ago I saw a recipe using mayo on eggplant instead of dredging in flour then dipping in egg. I typically make a pesto mayo, by blending mayo with basil and spread that on the eggplant. This is a very simple way to make crispy breaded eggplant which you can eat with a dip or use in Eggplant Parm.

1/2 cup Mayonnaise

1 TB finely minced Onion

1/4 tsp Salt

1/3 cup seasoned Stuffing Mix, I would use plain Bread crumbs

1/3 cup Parmesan Cheese

2 tsp Italian Seasoning

1 lb Eggplant, unpeeled

Mix first 3 ingredients and set aside. Mix crumbs, Parmesan and Italian seasoning together and set aside. Wash and dry eggplant and slice into 1/2 inch slices. Spread each slice with mayonnaise mixture on both sides and roll in crumb mixture on both sides. Place on a baking sheet and bake at 425° for 15 minutes or until lightly browned.

This Week's Box

*Slicer Tomatoes

*Leeks

*Potatoes

*Beets

*Cherry Tomatoes

*Fennel

*Summer Squash

Chard

Basil

Chives

Eggplant

* = Items in Box for 2