



2023 Saucing Season Is Almost Over!

With more than 9 saucing parties scheduled for this year, plus two private events, and a dinner smack in the middle of it all, I have had a couple of busy months! It has been a truly pleasurable summer. All of the sauce parties have been really small compared to our early days of 100 people or more. Our first, the Med Fly Sauce Party of 2007, was attended by over 200 members, cooking away well into the night. When I think back over the years of tomato saucing, the evolution of it all for you, our members, and for me, a now avid lover of homemade sauce, this season feels really special. We have had more than enough San Marzanos, and they have been delicious! The weather was gorgeous, and our new space is really lovely and comfortable. Yes, I kind of miss having the masses here for pandemonium saucing, but on the other hand, those of you who made it up, I got to spend some really nice time with you. We have changed peoples' perspectives of what tomato sauce *should* taste like. One member came up on her own this weekend, so we roasted her tomatoes in the farmhouse. When we got hungry I cooked up some spaghetti and used the roasted tomatoes with a bit of rosemary salt and some Parmigiana; it was so good! Just roasted tomatoes, salt and cheese, nothing else was needed to achieve perfection. And that is what happens when you cook fresh, seasonally, locally, the simplest ingredients can be - simply perfect!

But a lot more has happened at these events. Over the weekend I received a text message from one of our most avid saucing families. They were here the same day another of our hardcore cooking families was here, who had just spent the last year on a family sabbatical, taking their three boys to Mexico, Spain, Ireland and Portugal. Joe and Jenny were so impressed with all the stories they shared and the excitement and enthusiasm that bubbled out of those boys, they went home, looked at their life, and decided it would be an excellent time for Joe to take their 2 daughters to Italy for a year. Jenny will get over to visit as much as she can, but her job is keeping her here. The girls will learn to speak Italian and learn so much more than just a new language, living in another country. I just can't get over how amazing that is!

Spending so much time with our members and learning about their passions, hobbies and professions, I am thinking we should bring back the Holiday Market on the Farm. We did this years ago, always the weekend before Thanksgiving. We sold produce and Eatwell goods, and members could set up tables to sell their goods and services. I am envisioning an event in the house, safe from the weather. I would love for you to have items or services available that would make nice holiday gifts. We have some truly talented members, and I believe many of you are like me, I don't want to just buy stuff, I want to spend my money where it matters, with

people I know or at least with people who are getting the money directly.

So I am asking y'all, is anyone interested in vending AND/OR attending? I have not set a date yet, and I know many of you are out of town around Thanksgiving, so not sure if the weekend before would be a good time, or perhaps the first weekend of December might be better? I am looking for artists, crafters, craft teachers to sell classes, let's be creative and share our creativity with one another! Let me know, organic@eatwell.com.

Culinary Artistas

One of our CSA members, Alicia, who has also been one of my solid chef helpers for many events around here, is part of Culinary Artistas which is located in Ghirardelli Square. She reached out to me a few months ago to find out if I would be interested in working with them a bit. Just a couple of weeks back they had a corporate event with a group of LinkedIn folks who took our CSA boxes and, working in teams, created meals with what they had in front of them, plus what was in the pantry. They came up with some amazing dishes, like fresh beet fettuccine with roasted seasonal veggie stack, a ratatouille tart with tomato salad and sautéed chard/beet greens. The third group used everything and made Moussaka, beet hummus, and cinnamon spaghetti squash with candied walnuts and grapes. Pretty darned creative for folks who do not normally work with a CSA box. Last week, Renee, who writes their blog, interviewed me. I will share that when I see it. We spoke a great deal about helping people get comfortable with seasonal eating and intuitive cooking, let the ingredients guide you. In November some of the teachers in training are coming up to the farm for a tour, lunch and talk. The idea is that we teach the teachers how to cook and eat seasonally/locally and to utilize what we have. So far my bit of collaboration with them has been really exciting and positive. They offer classes for kids, for families, and group/corporate events, like the LinkedIn session. If you are interested in seeing what they have going on, you can visit them at [Culinary Artistas](#)

Tips From Members

Warren, one of our CSA members sent me this email a couple of weeks ago:

My one tip would be to use the freezer. Blanched and frozen veggies are a great way to keep them from dying in the frig. I do this a lot with greens, because there are many vegetarian recipes I like that call for multiple bunches. I can freeze one bunch of chard, for example, and then if we get a second bunch the next week, I can use both bunches in a recipe next week rather than finding a recipe every week to use 1 bunch. Some examples of what ends up in my freezer:

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Greens (chard, kale, collards, mustard): I separate the leaves and stems, chopping them and blanching them separately in order to freeze them. Truth be told, I don't always blanch them, but unblanched veggies tend to take up more freezer space. **-Tomatillos** this week: I will roast them and then freeze, saving them for a larger meal of tomatillo green chile. **-Basil pesto**: I blanch the basil leaves quickly (to keep the pesto bright green), make pesto, and then freeze it. We have pesto available year round in our freezer. **-Celery**: One of my least favorite vegetables to try to use up. So I make mirepoix/sofrito, and then freeze it in ice cube trays. Then I have year round cubes of mirepoix/sofrito that I can take out at any time as a base for so many dishes. While it takes time up front to make a mirepoix/sofrito and then freeze it, it is such a time saver when I am in a rush to make a soup or dish that calls for it. My freezer allows me to the flexibility NOT to have to eat every vegetable in the box in one week. Instead, I can avoid throwing out any vegetable AND not have to eat the same things every week during certain seasons. Rather than eating basil pesto for 3 months in a row, my family can instead eat it year round.

This morning Cristina, a CSA member in Vacaville, texted me about her oven roasted Ratatouille. A very easy way to use a lot of what you are getting in the box. In Cristina's Oven Roasted Ratatouille, she used the summer squash, eggplant, tomatoes, onions, basil, garlic, peppers, plus she added some shishitos she had at home. Everything was tossed with olive oil, salt and pepper, then spread out in a roasting pan and baked at 375 for 30 minutes, stir then bake for another 30 minutes or until done. If you would be more comfortable with an actual recipe here is a link to one I found on the website [Alexandra Cooks](#) I strongly encourage you to play with this a bit and not follow a recipe, spread your wings and get a little creative. Cristina jars hers up and freezes extras, and she also purees a jar



to use as pasta sauce. I have other members who make this and go through the canning process to enjoy in the winter.

Sweet Potato Greens in Coconut Cream

Recipe found on [loveandoliveoil.com](#)

I find the stems on these pretty hefty, and would remove the leaves and cook just those.

- 1 large bunch Sweet Potato Greens
- 1 TB Vegetable Oil
- 2 Shallots, minced
- 1 clove Garlic, minced
- 1 tsp minced fresh Ginger Root (from a 1/2-inch piece)
- 2 tsp grated fresh Turmeric root, or 1 tsp ground Turmeric
- 1 Red Thai Chili, finely sliced
- 2" Lemon Grass stalk, trimmed and finely sliced
- 1 to 2 tsp Soy Sauce, or to taste

1 cup Coconut Cream plus 1 cup water (or substitute 2 cups light or regular coconut milk)
 2 to 3 tsp Raw or Brown sugar, or to taste
 Salt and Pepper, to taste
 Bring a large pot of water to a rolling boil. Trim off any thick stems from greens. Add to boiling water and blanch for 60 seconds, then immediately transfer greens to a bowl filled with ice water to stop the cooking. Drain. Heat oil in a large pan or wok over medium heat. Add shallots, garlic, ginger, turmeric, chili, and lemongrass and stir until fragrant, 1 to 2 minutes. Stir in soy sauce. Add coconut cream and water (or coconut milk) and bring to a simmer. Add blanched greens and return to a boil; reduce heat to low and simmer for 2 minutes. Add sugar and season with salt and pepper to taste. Spoon into bowls and serve with rice.

This Week's Box

- *Cherry Tomatoes
- *Heirloom Tomatoes
- * Eggplant
- *Onions
- *Chard
- *Beets OR Summer Squash
- *Basil
- *Grapes
- Bell Peppers
- Sweet Potato Greens
- Chives
- *Box for 2

* = Items in Box for 2

Bell Peppers Stuffed with Zucchini & Herbs

Recipe Martha Rose Shulman NYT Cooking
 There are loads of meat based stuffed pepper recipes, but this one appealed to me because it is vegetarian, and uses a little more from the box. And you can make it in advance!

- 6 medium Peppers, preferably green
- 2 medium Zucchini (about ¾ pound), shredded
- Salt to taste
- ½ cup Extra Virgin Olive Oil
- 2 Garlic cloves, minced
- ½ cup finely chopped fresh Mint

¼ cup chopped fresh Dill or Parsley
 1 scant cup uncooked medium grain Rice
 Freshly ground pepper
 2 TB Tomato Paste dissolved in ⅓ cup water
 2 TB freshly squeezed Lemon Juice
 Prepare the peppers. With a sharp paring knife, cut away the tops, then reach in and pull out the membranes and seeds. Toss the shredded zucchini with salt and let drain in a colander for 20 minutes. Take up handfuls of zucchini and squeeze out as much liquid as possible. Transfer to a medium bowl and add the garlic, mint, parsley or dill, and rice. Season with salt and pepper. Stir in ¼ cup of the olive oil and let sit for 10 minutes. Meanwhile preheat the oven to 375 degrees. Oil a baking dish large enough to accommodate all of the peppers. Fill the peppers about ¾ of the way full with the stuffing, and replace the caps. Place in the oiled baking dish. Mix together the tomato paste and water with the remaining olive oil and the lemon juice. Season to taste. Add to the baking dish. Cover the dish with foil. Place in the oven and bake 45 minutes to an hour, until the peppers are soft. Remove from the heat and allow to cool to room temperature, or serve hot. Remove the tops of the peppers and spoon the sauce in the baking dish over the rice before serving. These can be made a day ahead. Leftovers are good for 3 or 4 days.