



Farms & Kids

Over the years, I have hung out with a lot of kids on the farm. Seen many a strawberry stained face and hands, and countless big smiles. Kids help their parents sauce tomatoes, pick olives, braid garlic. Some of them have gotten up really early to help me in the kitchen on biscuit duty for our farmhouse breakfasts. The past couple of years, a bunch of your kids have gone on to college, kids who have celebrated birthdays here, and kids who came up for camp, or special cooking classes in the farmhouse, even a few who helped us build the pizza oven. It is one of my greatest joys getting to know your children because I see them year after year, and I know this farm plays a part in their lives.

Now that my grandson David is old enough to run around with me, I see up close how much he learns from his time here. He has a keen interest in tractors and loves to “ride” on the one in front of Gigi’s house. He knows in the evenings we have work to do. We bring the driver’s file box out to the egg cooler, and move the van, parking it in front of the coolers. David loves to help me get this “work” done. This past weekend he and his dad came out to pick peppers, eggplants and tomatoes to make Lyutenitsa, a kind of Bulgarian relish dish. Of course he was excited to be out on the farm, but it amazed me how seriously he took his job. And I am sure he was going to help his dad make the Lyutenitsa when they got home.

This summer it was great watching all the kids playing in the garden while their parents worked on tomato sauce. The garden is open, yet relatively contained, so parents didn’t worry too much about their little ones. Kids could run around and have fun, a rarity in today’s world. But even those young ones did their jobs of washing tomatoes. They took their work very seriously, even if they had a lot of fun doing it.

As much as I love being a part of feeding all of you each week, it is the role this farm plays in your children’s lives that really matters to me. When they come here, they have a chance to run freely, be creative without an electronic device, let their imaginations soar, eat fruit they just picked. They get to work but have fun doing it. We have many young members who take their strawberry picking duties very seriously, filling buckets to the very top. They get dirty, some end up covered in mud, and they go exploring, chase chickens who escape, trying desperately to get them back on the right side of the fence. Simply, there



is a lot of joy, and that is something so precious. As our event season has almost come to an end, I hope you carry your memories of sunny days on the farm with you through the winter and bring your family up next year.

Holidays Are Quickly Approaching

Thanksgiving is always a tricky delivery week for us because, obviously, we can not deliver on Thursday. And now that we delivery on Tuesdays it isn’t as easy as the past few years when we simply moved Thursday boxes to Tuesday. So the plan for that week is to move Thursday deliveries to Tuesday, and move our San Francisco Tuesday boxes to Wednesday. Sacramento & Davis, you will still get your boxes that Tuesday. Wednesday San Francisco, Berkeley, El Cerrito, Albany, Vallejo & Fairfield, you will get your boxes on Wednesday. Depending on how many boxes we have to deliver that Wednesday, we may rent a van, but if we don’t need to do that, we will combine the routes. That will mean the delivery times will be a little different, but we can keep you updated with emails as they go along the route. And we will let you know if we do combine the routes or not.

I wanted to mention again you now have the ability to switch the week you get your box. So perhaps you will be traveling the week of Thanksgiving and maybe you would like a box the week before but you aren’t scheduled for one. You can move it to the week before or the week after. ALSO, you can change the size of box you are getting for a week or two. All of these options are easily done by going to your dashboard. If you want to move a delivery day, click on the date you want to change on the calendar on the right, it will bring you to another window where you have the option to “move” or “hold” or “donate” your box. If you would like to change the size of your box, in the dashboard, click on “View/Edit Subscription” and there you will find the option to switch your box size. The system will automatically adjust the credits up and down, and when you are ready for your normal box again, just go in and switch it back. If you can’t get to it yourself, email me all the details and I will take care of it for you. Honestly, it isn’t that much work and if it means you get a box rather than putting one on hold, it is well worth a couple of minutes of my time. As we get closer to the holidays, it might be nice to have a bigger box, or even and extra one. You can do that by ordering an “additional box”.

SPICEY PEANUT SOUP WITH SWEET POTATO & KALE

Recipe found on pinchofyum.com

This recipe was sent to me by CSA member Daya, who made it and loved it! Since we don't have kale in the box this week switch in chard or tatsoi.

2 TB Olive Oil
half an Onion, *diced*
1 Jalapeño, *minced*
2 cloves Garlic, *minced*
3 large Sweet Potatoes, peeled and cubed
1 - 14-ounce can Fire Roasted Tomatoes
1 - 14-ounce can Light Coconut Milk
2 cups Water
1 teaspoon Salt
1 teaspoon Curry and/or Turmeric
1/2 cup chopped Peanuts
1/4 cup Peanut Butter
1-2 cups Kale, stems removed, chopped
Heat the olive oil in a large soup pot over medium heat and add the onion, garlic, and jalapeño. Sauté until soft and fragrant. Add sweet potatoes. I like to brown them a little bit with the aromatics to get them nice and flavorful. Add tomatoes, coconut milk, water, spices, and peanuts. Simmer until sweet potatoes are fork-tender. Add peanut butter and kale. Simmer until everything is thick, creamy, and delicious. Top with more peanuts and a little cilantro if you're obsessed like me.

VEGETABLE TEMPURA

Recipe by Mark Bittman NYT Cooking

This past weekend I had a serious craving for tempura. In the house I had sweet potatoes, onion, eggplant and zucchini, perfect! So I whipped up a batter and made myself a nice lunch on Saturday, enjoyed it so much I made it again on Sunday. Tempura has always been one of those favorite dishes to get when I am eating in a Japanese restaurant, not really something I make at home. But honestly, it is pretty easy, a bit messy, and a real treat. It's also a nice way to use up some bits and bobs left from the box.

Neutral Oil, for frying

1/2 cup Flour, plus more for dredging

2 egg yolks

24 or more vegetable pieces: slices of sweet potatoes, squash, strips of bell peppers, slices of onion, eggplant, even turnip slices!

Salt & Black Pepper

1 Lemon, cut into quarters, optional

Soy Sauce, optional

Heat two or three inches (more is better) of oil in a deep-fryer or deep saucepan. The oil is ready when it

reaches 350 degrees, or when a pinch of flour sizzles immediately. Combine 1 cup water and 1 cup ice; let sit for a minute, then measure 1 cup water from this. Beat lightly with the flour and egg yolks; the batter should be lumpy. Dredge the vegetables very lightly in the flour, tapping to remove excess. Then dip them in the batter and immediately put in the oil. You can cook 6 to 8 pieces at a time, depending on the size of your pan. Cook 1 to 2 minutes, no more. Sprinkle with salt and pepper and serve immediately, with lemon wedges and soy sauce if you like.

SAUERKRAUT

Nigel loved making Sauerkraut and it is such a great way to "put up" cabbage if you think you aren't going to eat it this week. I always thought of kraut as something you do in large batches, but over the past couple of years, I realized that was a silly concept. Make a jar here and there and enjoy the fact that you don't have to dedicate a lot of time or effort to the process.

Your first step is to take off the outer leaves, then cut in half and remove the core. Shred and weigh. To the bowl of shredded cabbage, add 1 to 2% salt and massage a couple of minutes to break-

down the leaves a bit. Pack it into a mason jar, and using the back end of a wooden spoon, pound until juices cover the cabbage. If you can't get enough liquid add a little salt water. I typically like to use a wide mouth jar, and then use the disc from a regular mouth mason jar to place right on top of the cabbage and weigh it down with something. You want the cabbage to remain submerged under the juices. You can put a lid on the jar but don't tighten it, or you can cover it with a cloth. Everyday check to make sure the cabbage stays under the liquid, if a lid is on it, open it to release the gas. Depending on how warm/cold your place is, will determine how quickly it will ferment. Best to keep it out of direct sunlight. You can add some caraway seeds or juniper berries if you like, or hot peppers. I find our cabbage ferments rather quickly, usually sours up in a couple of days, but you will have to determine how sour you like it, once you hit your mark, seal it up and put it into the refrigerator. Save the brine and add it to your next batch of kraut or to a batch of other pickled items like turnips or beets. It is also really healthy to drink kraut juice. And you can use it in soups and stews. Fermenting at home is inexpensive and pretty easy, especially if you do small, quick batches.

This Week's Box

*Sweet Potatoes

*Arugula

*Green Cabbage

*Chard

*Mustard OR

Bell Pepper

*Turnips

*Tatsoi

* Potatoes OR Zucchini

Garlic Chives

Onions

Eggplant

* = Items in Box for 2