



## GIVING THANKS

I know for many people this holiday has different meanings. For me it is a time of gathering loved ones around the table, and enjoying a feast with all the goodness the fall harvest brings. It is also a time to reflect on the bounty in our lives and give thanks for everything this farm provides. I know most people don't often think much about the food on their table, but for people like you and me, we have a weekly reminder in the form of a CSA box. That simple little box connects us to the land and the crew that feeds us. The Thanksgiving meal is an extra special reminder of all of that. Hopefully, most of you will spend this day enjoying the company of loved ones, whether they are blood family, or adopted family. During the COVID years my Thanksgiving shrunk down to immediate, local family and we found we really enjoyed it that way too. This year my step-daughter Ellie and her significant Perdeep are here from London. It has been Elle's dream for many years to be here for Thanksgiving, and this year it is finally happening. So our group has expanded to all 3 of my step-adults, as Andrew and Eric are joining us too! We will have quite the Brady bunch gathering, my son, his wife, her parents, my grandson David, my ex-husband, his other ex-wife, their two kids, my best friend and his husband, the steps and hopefully a few other friends.

I am grateful each year to spend this day with people I love so much. My favorite part of the day is when I finally get to sit down at the table and quietly watch everyone gathered, talking, eating, and having fun. There is such a satisfying feeling that comes with bringing folks together around the table.

I know farming has many struggles, but at the end of each day I am so thankful to play a small part in feeding people. I consider it an honor to do what we do, work that ultimately becomes a meal on your table. If I can help you eat a little better, enjoy it a little more, and feel just a bit more connected to how, where and why your food ends up in your kitchen, I consider that a job well done. Some of my greatest joys come in the form of messages from you. The other day I got a very sweet email from one of our members, and I wanted to share this bit with you:



*Also, thank you for providing such great food. My boys are both in the picky eating phase and the little one will only eat Stan's apples (no one else's!) and my older son will eat things from Eatwell that he won't otherwise touch.*

This farm is teaching those young children the difference between fresh food and store bought. We have CSA members who were members as children and now, as adults, have their own subscriptions. We are a multi-generational CSA!). As I watch my own grandson grow up helping his Gigi in the kitchen and around the farm, bringing things to the cooler and the chickens, I am acutely aware of the value this kind of connection to land and farming has on all our lives. It is the main reason I make a point of offering so many events. Getting you here, to experience the farm for yourselves is a key reason our CSA so special.

And speaking of visitors, a week ago Sunday, we had a group of chefs and culinary teachers-in-training from Culinary Artistas come for a visit. The goal for the day was to have them walk, taste, pick and then prepare a meal with what they harvested. They brought with them a rice pilaf and brined chicken. To those two dishes they added some raw greens and sautéed Lunchbox Peppers and roasted butternut squash. Side dishes made on the fly were sautéed greens, roasted eggplant with cherry tomatoes. The most exciting thing was when the chef did something to the chicken I would have never thought to do, he finely chopped rose geranium and put that on the chicken before roasting it. OMG that was one of the most delicious things I have ever tasted! So now, when I make a roast chicken I will certainly add a little bit of finely chopped rose geranium. The meal was incredible.



I had so much fun watching them all get creative and have a good time in my kitchen. One of the classes they hope to offer in the near future is cooking from a CSA box, and they will be working with our box. They offer kids programs and family cooking club, plus private and corporate events. Check them out!

[Culinary Artistas](#)

What are you cooking this week? I am in charge of Turkey, gravy, pumpkin pie and a kale/roasted butternut salad. My game plan for the past few years is to have two turkeys, one small one for an extra set of leg/thighs, and for stock. This way I can make my gravy ahead of time. The breast goes into the freezer.

I will pre-roast my butternuts today. I wash them first, then roast long enough to make them a little soft and easy to cut/seed and peel. Then I cube and roast until done. I will probably roast only enough for my pie, which I want to make the day before and roast the rest for the salad the morning of Thanksgiving.

For the pie I am using a recipe I made for our last Dinner On The Farm, "[Pumpkin Pie In A Mason Jar](#)", it was very good. I actually made those in the jars which was fun and easy to transport out to the garden. Of course you can just make your pie in a regular pie dish. And if you prefer a non-dairy/vegan option, here is a [recipe](#) for that as well.

For my kale/roasted squash salad, I will keep it simple and similar to the one I made for Brunch and Olive Picking. You can find that recipe in the [11/06/2023 newsletter](#).

If you like roasted Brussel Sprouts for Thanksgiving, you might consider roasting the cabbage instead. It is so easy and delicious! I cut it in half, take the core out, then cut it into 1/4's. Put them on to a sheet pan and drizzle on some olive oil, salt and pepper. Sometimes I add Balsamic Vinegar over the top too. Roast at about 375 until tender and if the edges haven't browned a little, turn the heat up until they do. Absolutely delicious and the easiest thing you will make all day!

## Sweet Potato & Turnip Mash

Recipe found on [Eatingwell](#)

A nice alternative to regular mashed potatoes that takes advantage of what is in the box this week, sweet potatoes, turnips and sage! Save your turnip tops for a garnish or added to salad or soup.

1 lb Sweet Potatoes, peeled and diced

8 oz Turnips, peeled and diced

3 large cloves Garlic

30 fresh Sage leaves, divided (12 left whole, the rest cut into strips)

2 TB Butter

1 tsp Salt

½ teaspoon coarsely cracked Pepper

Place potatoes, turnips, garlic and 12 sage leaves in a medium saucepan and cover with water. Bring to a boil.

Reduce the heat to medium-low, cover, and simmer until the vegetables are fork-tender, 12 to 15 minutes. Drain. Return the vegetables to the pan and keep covered. Heat butter in a small skillet over medium-high heat. As it melts and turns lightly brown, add the strips of sage and allow them to crackle and flavor the butter, about 1 minute. Pour the sage and butter over the vegetables and smash with a potato masher. Stir in salt and pepper and serve.

## Mushroom, Bok Choy, and Eggplant Stir Fry

Recipe found on [Ang Sarap](#)

So maybe you aren't into turkey and prefer to spend a quiet day at the movies and eating Chinese food. Maybe skip going out and make this dish at home, vegetarian/vegan, serve it over rice or noodles or another grain. The recipe does call for 3 Asian Eggplant and does not give a weight, so I am a bit stuck on quantity for you, use what you have in the box and cut it into bit sized pieces.

Eggplant, sliced

1/2 lb White Button Mushrooms, cut in half

1 big bunch Bok Choy, trimmed

1 TB Sesame Oil

2 Shallots, thinly sliced

6 cloves Garlic, minced

1 tsp grated Ginger

Salt & freshly ground Black Pepper  
Oil

Toasted Sesame Seeds, to garnish

### For the Sauce

1/4 cup Oyster Sauce OR Vegetarian Oyster Sauce

1 TB Soy Sauce

1 tsp Brown Sugar

3 TB Water

In a wok heat oil in medium heat then sauté garlic, shallots and ginger. Bring heat to high then add mushrooms and stir fry for a minute. Add eggplants and continue to stir fry for a minute. Combine sauce ingredients in a small bowl, mix well then pour sauce into the wok. Bring it to a boil then cover your wok, put heat on medium and cook for 2 minutes. Add the bok choy then give it a good stir, cover then cook for a minute. Season with salt and freshly ground black pepper then serve drizzled with sesame oil on top then garnish with toasted sesame seeds.

### This Week's Box

\*Bok Choy

\*Eggplant

\*Sweet Potatoes

\*Winter Squash

\*Radishes

\*Lettuce

\*Turnips

\*Sage

Mustard

Cabbage

Red Kale

\* = Items in Box for 2