



Scenes From The Farm

We have had a few chilly mornings here on the farm. The air feels good though, and that moon in the morning sky is just spectacular. What you see in the middle of the photo, up to the line of trees, is our lavender, both the Super and the Grosso. They look so sad in the cold months. It is time for those plants to sleep. But over in the orchard, the citrus is starting to look bright and beautifully orange.

We grow a variety of citrus, oranges, tangelos, mandarins, grapefruit, lemons and pomelos. We also have a few Seville Orange trees. Those are not usually ready until sometime in January. Hopefully, we will have some citrus for the boxes soon.

Now that we are properly in the holiday season, I hope you will remember we have a lot of products that make fantastic gifts. If you would like to order, we are happy to ship them for you. Send us an email with all the details needed for that. And along those lines I wanted to let you know we have a new website for all of our value added products, Eatwellbotanics.com. We could use your help spreading the word about this new site.

We have a lot of talented members and I would love to promote your work. If you are having an event or open house, or a website you would like me to share with our members, please let me know. This coming Saturday our Outer Sunset host, Georgia, is having an open house & sale at her pottery studio. Here is a [link](#) for more information. Sunday December 10th, Elianna and I will be vending at the Dandelion Chocolate Holiday Market. I hope to see some of you there, last year it was a fantastic event and this year promises to be even better. You can get tickets [here](#).

Bees

A few weeks back, I spied in my inbox an article from the NY Times about the fact that there are too many honey bees. My initial reaction was, 'how crazy are they?' And why would they write such a ridiculous article! It bothered me



so much, I decided to take the time to read it:) After reading the full article, I realized what they said did make a lot of sense. With everyone jumping on the band wagon wanting to save bees, putting up hives all over the place, there are areas where there are just too many honey bees competing for a limited amount of food. And truth be told, honey bees are not native to the US, they came over from Europe; and apparently, they often out compete our native bees and other pollinators for food.

Living on the farm I have learned a bit about bees, particularly native bees. We have quite the population here, so much so, a beekeeper told me a few years back, after setting up hives in our lavender, that there was too much competition for his bees and he just didn't get enough honey to make it worth his while. One summer we had a researcher come out looking for squash bees. He was elated to find so many of these little bees in our squash blossoms. They generally come out earlier in the morning before other pollinators arrive.

Native bees are quite happy here. We have a lot of undisturbed land, which is important because they live underground. We also offer them a diverse diet because we usually have something blooming most of the year. As I drive down our road, watching another orchard falling to the violent shoves of a bulldozer, I see hundreds of acres of empty fields, freshly tilled soil, all ready to blow away in the wind. It is pretty tragic seeing what is going on around us and knowing

that leaving the soil devoid of vegetation is just so damaging. Weeds may not be pretty, and certainly are a pain, but they hold the soil in tact, and help feed a universe of living creatures down below. Here on our weedy, year round farm, there is always something for our pollinators to thrive on. It's not easy managing so many crops for a year round CSA, but the diversity that comes with it helps keep our farm teeming with life above and below ground. When you think of the reasons why you should belong to a farm, this is a really goo one, so cheers to you!

Since everyone was in town, the ladies in my family got together Friday for a lunch to celebrate my daughter-in-law Lilly, who is having another baby in January. But what the heck do you cook the day after Thanksgiving? Especially with a fridge filled with leftovers! Shrimp Louie was my answer to that question.

Growing up in San Francisco in the 60's I remember when we could get Bay Shrimp from our own Bay. Shrimp Cocktails, Shrimp or Crab Louies, fried prawns and fresh Dungeness crab have been at the top of my favorite food list for as long as I can remember. Big Louie Salad is a lot of fun to make, and we had so much in the box to contribute to the salad, it was pretty perfect. Lettuce, of course, thinly sliced turnips, and some diced bok choy stems, along with Mustard or Mizuna, all would be great additions to a big Louie Salad. Fennel fronds make a really lovely garnish on top, and they taste good too! Louie Dressing is pretty easy to make, but you can also top it with a Green Goddess dressing if you prefer. There are a lot of recipes on line, but here is a link to one in [Food & Wine](#) that looks pretty spot on. I opened a jar of roasted San Marazano tomatoes to put on the salad as well, and boy are those good!

Vegan Cabbage & Rice

Recipe from [Eatsomethingvegan](#)

After eating so much potato and stuffing over this last week, I am really craving some rice. I love the combo of cabbage and rice, which I usually cook with a lot of veggies, basically everything in the fridge that is getting a little old, with a small amount of some kind of sausage meat for fat and flavoring. But I wanted to offer up a Vegan version this time around and found this great recipe. I would add more veggies, like some diced turnips, chard and fennel, season with some fresh thyme.

This is when those jars of canned tomatoes come in handy!

2 TB Olive Oil

1 medium Onion, diced

2 medium Carrots, shredded

1/3 tsp Red Pepper flakes optional

1/2 medium Cabbage head, shredded

3 medium Tomatoes, diced

1/2 TB Paprika

1 tsp Salt or to taste

1/3 tsp Pepper or to taste

1 cup short or medium grain Rice, rinsed

2 cups Vegetable Broth

1/4 cup chopped Parsley

In a large skillet or Dutch oven, saute the onion, carrots, and red pepper flakes in olive oil for about 5-6 minutes over medium heat. At this point, add the cabbage, tomatoes, paprika, salt, and pepper. Cook for 10-15 minutes, stirring occasionally. Now add the rice and veggie broth. Bring everything to a boil, reduce the heat to low, stir, and cover the pot with a lid. Cook for 15 minutes. Turn off the heat and let it rest for 5-7 minutes. Garnish with fresh parsley and serve. Enjoy!

From Our Members

Rose wrote on our slack recipe page:

"I make a frittata almost every week. i love how it changes w/ the seasons. this week, butternut squash, eggplant, zucchini, and caramelized onion. fresh garlic and feta when i added the egg. delish! served with tomatillo salsa verde! thank you eatwell!"

Well the zucchini is done, but we do still have eggplant and have the Carnival Squash in the box for you this week too.

Roasted Stuffed Delicata Squash

Recipe by Suzy Karadsheh from [The Mediterranean Dish](#)

This recipe is made with Delicata Squash, use that cute Carnival Squash instead. If it won't stand up on the baking dish, get creative and use a muffin tin or just cut a little off the bottom to create a flat surface. I would suggest adding cooked eggplant to this dish to give it a bit more oomph.

1 cup Farro

Salt

1 Shallot chopped

2 Green Onions white and green parts,

trimmed and chopped

2 Garlic cloves minced

1/3 to 1/2 cup Walnuts

1/3 to 1/2 cup Hazelnuts

1/3 cup dried Fruit such as Cranberries or

Raisins

Heat the oven to 425 degrees F and position a rack in the middle. Wash the squash and dry well. To make it easier to slice, place them

(whole) in the microwave and warm for 2 to 3 minutes. Carefully remove them from the oven and slice each in half length-wise (use an oven mitten or wait until the squash is cool enough to handle). Using a spoon, scoop out the seeds making a cavity for the filling (discard the seeds or you can clean and roast them for later use). Brush the flesh, cleaned inside of the squash with olive oil. Season with salt. Mix the ground cinnamon and nutmeg in a small bowl, and season the squash with 1/2 of this mixture. On a large baking sheet, arrange the squash halves, flesh-side down. Roast in the heated oven for 25 minutes or until fully cooked and tender. Using a pair of tongs, flip the squash over and return to the oven for just 5 more minutes. While the squash is roasting, prepare the filling. First, cook the farro in boiling salted water according to package instructions (mine took 2 cups of boiling water and 20 minutes of cooking time. Farro should absorb the cooking liquid. It is ready when it is tender and somewhat chewy). In a large skillet heat 2 tablespoons extra virgin olive oil, cook the shallots, onions and garlic over medium heat, tossing for a bit, until softened (3 to 5 minutes). Season with kosher salt and the remaining nutmeg and cinnamon. Add in the nuts and dried fruit, and cook until warmed through. Add the cooked farro and toss to combine. Assemble the stuffed squash. When the squash is ready, transfer the squash halves to a serving platter. Spoon the farro filling into each squash cavity. Serve!

This Week's Box

*Lettuce

*Turnips

*Bok Choy

*Carnival Squash

*Fennel

*Eggplant

*Thyme

*Cabbage

Mustard OR Mizuna

Sweet Potatoes

Chard

* = Items in Box for 2