



WEEK OF SEPTEMBER 25TH 2017 #39/52



### The Beauty of Early Market Mornings

Every week I look through photos to decide what I will write about. Nigel taught me that. I was doing just that when I scrolled over this photo, an early Saturday morning at the market. Many of us often take a moment in the middle of setup and gaze out over the bay to enjoy the sunrise. It is a pretty incredible sight, in an incredibly amazing place.

I am trying to ease my way back into doing the market. It is really hard, seriously hard. Nigel and I met there, he touched thousands of lives there. So many people want to give me hugs, which is wonderful, but it is tough. Eatwell has attended that market since day one, never missing a single Saturday. That is pretty amazing when you consider all the things that can go wrong, trucks breaking down is just one example, illness, babies, weddings. He was very proud of his market record.

If you have never been, it is a pretty beautiful spot, right on the bay, looking at the Bay Bridge. Sadly the print version of this photo does not do it justice, but I had to share it with you anyway.

### Our Last Event of the Season

Get your tickets, and come on up to the farm next month for our Pumpkin Party. I would love to see you. Since last year we had to cancel, I am hoping for a good turn out this year. I will be checking in with Jose to find out the status of this year's crop, but the bit that I have seen is looking good. I would like to do a bit of pumpkin carving, face painting, picnic lunch, with a dessert potluck (I know- kind of a long sentence). I am wondering if any of you know someone who would be interested in face painting? Also, we're including a market this year, so if any of you have something you would like to sell anything, we are hoping to setup tables for people to vend. Eat local, buy local, right? Let me know at 530-554-3971.

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM) TEXT/VOICE 707-999-1150

### Olives

Soooo, the year we moved into the house, Nigel planted a bunch of olive trees along the drive up to the house. Last year we had our first real crop, and this year looks to be just as good. There are far too many olives for us to harvest, the crew really doesn't have the time to take on new projects. I was thinking perhaps some of you might be interested in helping us harvest a large amount that I could take into have pressed for oil. Everyone who helps would get some of the oil. If we harvest lots and get a good amount of oil we would have some to sell to the CSA. I need to do a bit of research on this project, but before I go jumping down the rabbit hole, I would like to know if enough of you would be interested in coming up on a Sunday to pick olives. If you are please text me your name so I can start a list, and take it from there.

### Rogue Corn

I think it was two years ago Nigel planted the Three Sisters, corn, squash and beans. The Three Sisters is a traditional First Nation planting method, of combining three plants that can help each other grow. Unfortunately for us, it did not work out so well. While walking the farm the other day I came across some corn volunteers that have popped up. It is amazing how intensely life wants to happen.



### Join Us For Dinner in Sacramento

Last week, there was a large farm-to-fork festival in Sacramento to showcase where food comes from and honor the folks feeding the region. Thankfully more and more restaurants in our area are utilizing local agriculture as part of this initiative to make Sacramento the Farm-to-Fork Capitol. One of our favorite restaurants in Sac is Hook & Ladder, located in midtown. That's why we're glad to be partnering with them to do a special Eatwell dinner!

Join us next Tuesday, October 3rd, for a farm-to-table experience. Their fabulous chefs will be turning the produce you all are getting in your CSA Boxes into a delicious six-course meal. We hope many of you can join us. The tickets are only \$50 (for six courses!). You can preview the menu and get your tickets here: <http://bit.ly/EatwellDinner>



# RECIPES AND IDEAS FROM LORRAINE

Sometimes I look at the share list and think it is pretty amazing, yet nothing exciting pops into my mind. Today is one of those days. Fortunately the Google never disappoints (at least not when searching for recipes).

## Sweet Potato Stir Fry

Recipe from Vegetarian Times Magazine

1 lb Extra Firm Tofu  
2 medium-sized Sweet Potatoes, peeled  
1 lb Bok Choy, washed and drained  
3/4 lb Broccolini, ends trimmed  
6 Scallions, trimmed  
5 TB Vegetable Oil  
2 T. Dark Sesame Oil  
4 TB Mirin  
3 TB Rice Wine Vinegar  
1/3 cup Soy Sauce, preferable low sodium  
1 1/2 tsp Cornstarch  
Three 1/4" slices peeled fresh Ginger, minced  
1 large clove Garlic, minced  
1/4 tsp Crushed Red Pepper, optional

Slice tofu in half horizontally and place on several layers of paper towels. Lay several more sheets paper towels on top of tofu and press out excess moisture. Cut tofu into 1/2" long slices. Set aside. Cut sweet potatoes lengthwise into 1/4" thick slices. Stack slices and cut into 1/2" long slices on diagonal. Set aside. Trim ends of bok chop and discard. Cut stalks and leaves into 1" wide slices and diagonal. Set aside. Cut scallions (white and about 4" green) into 1" long slices on diagonal. Heat 3 TB vegetable oil and 1 TB sesame oil in a very large skillet or wok over medium heat. Add sweet potatoes and cook, stirring occasionally, for 6 to 10 minutes, or until almost cooked through. Remove from pan. Meanwhile, mix Mirin, vinegar, soy sauce and cornstarch and set aside. Heat remaining vegetable oil and sesame oil in skillet or wok and add tofu. Cook about 3 minutes on each side or until light golden brown. Set aside and keep warm. Combine bok chop, broccolini and scallions, returning sweet potatoes and tofu to skillet and stir fry for 3 minutes more, or until crisp tender. Add ginger and garlic and cook 1 minute and cook about 30 seconds, or until slightly thickened. Sprinkle with crushed red pepper, if desired. Serve vegetable mixture hot over rice or noodles with soy sauce, if desired.

### Cooking Classes With Lorraine

Looking for more food inspiration or ideas? Join our luncheon with Lorraine and learn to cook from the box. You'll engage yourself in the farm, connect to the food you eat, and celebrate the land it comes from. Tickets must be purchased in advance.

Go to [eatwellluncheon17.bpt.me](http://eatwellluncheon17.bpt.me) and use discount code "CS@Member" for 50% off your ticket.

Storage tips and all other recipes be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "This Week's Box" or "Recipes."

## Sourdough Strata With Tomatoes and Greens

Recipe from Food Network

8 Plum Tomatoes, use the San Marzanos, quartered lengthwise  
1 TB chopped fresh Thyme  
2 TB Extra Virgin Olive Oil  
Kosher Salt and freshly ground Black Pepper  
3 cups Whole Milk  
8 large Eggs  
10 oz Italian Fontina Cheese, grated (about 3 cups)  
1 cup grated Parmesan Cheese  
1/4 tsp Cayenne Pepper  
1 1lb loaf Sourdough Bread, cut into 1" cubes (about 8 cups)  
4 cups chopped Greens, chard or arugula from the share, even thinly sliced fennel would be a nice addition

Preheat the oven to 350 F. Toss the tomatoes with the thyme, olive oil and 1/2 tsp each salt and black pepper in a bowl. Spread on a baking sheet and roast, stirring once or twice, until the tomatoes are slightly dried and browned in spots, 1 hour to 1 hour 15 minutes. Cool completely. Whisk the milk, eggs fontina, 3/4 cup parmesan, the cayenne, 1 tsp salt and 1/4 tsp black pepper in a large bowl. Add the bread cubes and greens and toss to coat. Pour into a 3 quart baking dish, then top with the roasted tomatoes. Cover and refrigerate over night. The next day, preheat the oven to 350 F. Sprinkle the strata with the remaining 1/4 cup parmesan and bake, uncovered, until golden brown and almost set, about 45 minutes. Turn off the oven, but keep the strata inside the oven another 10 minutes before serving.

## Rice Pilaf with Basil and Pine Nuts

Recipe from Bon Appetit December 1990

I would add finely chopped chives to this once it is done cooking.

14 oz Chicken Broth  
1 1/2 TB Olive Oil  
1/2 large Onion, chopped  
1 cup Long-grain Rice  
1/3 cup chopped fresh Basil  
1/4 cup toasted Pine Nuts  
Salt and Pepper

Bring broth to simmer in small saucepan. Reduce heat to low and keep warm. Meanwhile, heat oil in another heavy small saucepan over medium heat. Add onion and saute until translucent, about 6 minutes. Add rice and stir 1 minute. Add broth and bring to boil. Reduce heat to low. Cover and cook until broth is absorbed and rice is tender, about 20 minutes. Stir basil and toasted pine nuts into rice. Season with salt and pepper and serve hot.

