



WEEK OF OCTOBER 16TH 2017 #42/52



## The Sweet Smell of Soil

by Lorraine

I was out on the farm this Sunday morning checking on the chickens. Right next to them is a field that must have been cultivated yesterday. It was relatively early, so the sun hadn't yet heated the day. As I walked out onto the field, the smell of fresh, fertile soil was so strong and sweet. To me, that smell now represents fertility, health, and a promise of good food to come.

It is interesting how we acclimate to our environment. Cities smell so completely different to a farm. When I walk down the canal road I realize there is no smell coming from our neighbor's field, which will lie fallow until next spring. As I walk further down the canal, there are mornings when I smell the application of RoundUp, or some other type of chemical. In the summer, as they harvest the tomatoes, we are often blessed with the smell of fermenting tomatoes. That smell is the signal that the flies will get bad really soon.

One of the most interesting smells on the farm is a particular day in summer, usually late July. The sky looks different, the sun looks different, and the air smells different. For me it is always a signal that summer is speeding past us and fall will be here soon. I can't really describe it, but it happens every year. Autumn is here, the leaves are beginning to turn, and the soil smells wonderful.

## "Antifragile," He said.

by Cameron

That's how Nigel wanted to develop the farm as an organization. Thinking it was just a fancy word for "resilient," I didn't understand what he meant until years later. I was constantly being overwhelmed by the sheer volume of his ideas. It forced me to explore task and project management - a skill set that's helped me every day since. The Medfly quarantine years ago was similar. We couldn't send tomatoes off-farm for a season, so we had the first tomato canning events, which have since become a highlight of the year and deepened the roots of our community. Our choices in response to catastrophe are what can turn lemons into lemonade - going beyond bearing the bad, and instead being reinvigorated by the fires of life.

Losing Nigel was a catastrophe and we're responding with a sprint-marathon or learning, adaptation, systems building, and outreach.

The fires here in Nor Cal, still blazing as I write this, are one as well. We're responding by donating food and sheltering family who live near the fires. You can donate direct to relief efforts via Redwood CU's relief fund here:

[www.redwoodcu.org/northbayfirerelief](http://www.redwoodcu.org/northbayfirerelief)

Let the fires challenge us to grow stronger as a Bay Area community.

## Sweet Potatoes

by Lorraine

Last Spring, after the Sweet Potatoes went into the ground, the folks from Terra Firma asked how our planting was doing. They were only getting about a 30% take of their planting. Jose said that was about where we were also. I looked at the field about 2 months ago and saw beautiful, full, lush plants. Sweet Potatoes started coming in (always a very exciting time for me because I LOVE our's) and they were huge!



As a 'non-farmer' farmer, it looked like the crop was great, but then I started wondering why they were so giant. I called Paul at Terra Firma to ask him how their's were doing. They had plowed their field some months ago; it wasn't worth keeping them. He explained that when there is the space, the plants on top will grow big and lush and fill out the field. The sweet potatoes also grow too big and you end up with a bunch of honkers.

A bit of a "duh" moment since that makes perfect sense. I realize there are so many things we take for granted, and there is just so much to learn. But the fact is with every bit of information we do learn it means we look at other things around the farm a little bit differently, and as time goes on, the learning becomes easier. In the meantime, I am grateful we have our delicious sweet potatoes, honkers or not, and am really looking forward to some Sweet Potato Pie.



## A Lone Shadow

by Lorraine

Standing at the chicken fence, I was thinking about how our Eatwell Farm-bred chickens, the Australorps, were coming close to their end. It was project the farm took on with the greatest of intentions, but it just didn't work out as we had hoped. By next year, most of these beautiful black Australorps will be gone. It saddens me to think about that.

When I got back to the house and looked at my photos it struck me that I am now a single shadow out there taking pictures. As sad as our failed chicken project makes me feel, that lone shadow feels so much worse.

# RECIPES AND IDEAS FROM LORRAINE

## Lilly's Pepper/Onion/Tomato Sauté

Lilly has been sautéing the Lunchbox Peppers with onion and tomatoes. We keep a container of this in the fridge, and we add it to eggs or enjoy it as a side dish. Last night I included it as one of the toppings on our pizza. It can be eaten cold or hot, it's versatile, and a delicious leftover. If you don't eat all of your peppers raw (stuffed with tuna salad is my personal favorite!), then I highly recommend using these share ingredients this way. Simply use the amounts provided in the CSA Share:

Lunchbox Peppers  
Leeks or Onions  
Tomatoes

Heat a sauté pan with some oil of your choice, add leeks or onions, sauté until they soften a bit. Slice or chop tomatoes and peppers how you would like them, then add to the onion/leeks in the pan. You can add a little grated garlic and or basil or other herb. Sauté on medium low until everything is soft and almost melty.

## Roasted Tomato Mac and Cheese

Recipe by Maureen Callahan from Cooking Light

Cooking Spray or Oil  
5 San Marzanos, cut into 1/2" thick slices (about 16 slices)  
2 TB All-Purpose Flour  
2 TB Butter, softened  
4 cups Chicken Stock  
3 cups Milk, divided  
3/4 tsp Salt  
3/4 tsp Dijon Mustard  
18 oz Elbow Noodles  
4 1/2 (1/2 package) frozen Artichoke Hearts, thawed and halved  
6 oz Sharp Cheddar Cheese, shredded (about 1 1/2 cups)  
3 oz Fontina Cheese, shredded (about 3/4 cup)  
2 1/2 oz Parmesan Cheese, grated and divided (about 10 TB)  
1/2 tsp freshly ground Black Pepper

Remove top oven rack, and cover with foil; lightly coat with cooking spray. Preheat broiler to high. Arrange tomato slices on prepared rack; lightly coat with cooking spray. Broil 8 to 10 minutes or until tomatoes are lightly browned. Transfer tomatoes to a plate; set aside. Combine flour and butter in a bowl until a paste forms. Place a large high-sided sauté pan over medium-high heat. Add stock, 2 cups milks, salt, and mustard, stirring with a whisk. Add pasta to pan; bring to a boil. Cook 12 minutes or until pasta is done, stirring frequently. Stir in remaining 1 cup milk and artichokes; cook 2 minutes. Add butter-flour paste, in pieces, stirring constantly to blend and thicken. Remove from heat stir in cheddar, fontina, 6 TB Parmesan, and pepper. Arrange broiled tomato slices on top of pasta. Sprinkle with remaining 4 TB Parmesan. Broil 2 minutes or until cheese begins to brown.

## Miso Noodle Soup

Recipe from [earlymorningfarm.com](http://earlymorningfarm.com)

I love miso soup. It is such a great go to during the colder months, and the perfect way to use up many vegetables that come in the CSA Share for the next several months.

In this recipe you can use the Stir Fry Mix, Mizuna, Bok Choy, Chard, even cubes of Butternut Squash, which would add a nice sweetness and would make a good substitute for carrots.

### This Week's Box List

*\*Items in Box for 2*

Chard  
Bok Choy  
Stir Fry Mix  
Lettuce  
\*Green Kale  
\*Leeks  
\*Mizuna  
\*Butternut Squash  
San Marzano Tomatoes  
Heirloom Tomatoes  
Lunchbox Peppers  
\*Pomegranate (from Twin Girls Farm)  
\*Raisins (from Capay Canyon Ranch)

4 to 6 cups thinly sliced vegetables (see veggies above)  
4 cloves Garlic, minced  
2 TB grated Ginger  
2 to 4 quarts Water  
Rice Stir Fry Noodles  
Miso Paste, 1 TB per serving  
Condiments: You can add/include if you like: Tamari or Soy Sauce, Rice Vinegar, Sriracha Hot Sauce, Ume Plum Vinegar, Sesame Seed or Gomasio.

Fill a large stockpot 3/4 of the way with water. Bring to a boil. While the water is heating, prep the vegetables. Once the water is boiling add garlic and ginger, then vegetables in order of cooking times. So add whatever takes the longest to cook first, give it a couple of minutes, then add the next items, etc. When the vegetables are done, add the rice noodles and cook according to package directions. Remove soup from stove. Place about 1 TB miso paste in each bowl. Ladle some cooking water over the paste to dissolve. Once paste is dissolved ladle soup into each bowl. Bring a variety of condiments to the table for serving. From this basic recipe you could add bits of leftover meat if you have some in the fridge, like steak or chicken, or fish. Small cubes of tofu would also be delicious.

## Warm Wilted Greens

Recipe by Tyler Florence

1/4 cup honey  
1/2 cup balsamic vinegar  
1/2 pint walnuts, for garnish  
2 bunches assorted greens (such as chard, lettuce or kale), washed, stemmed, and torn into pieces  
1 tablespoon grainy mustard  
Extra-virgin olive oil  
1/2 cup pomegranate seeds, for garnish  
Parmesan shavings, for garnish  
1 shallot, chopped, for garnish

Cook honey and balsamic together over medium-high heat in a large sauté pan, about 5 minutes. Toast walnuts in a small skillet; set aside to cool.

Pile greens on a platter. Stir mustard into balsamic-honey dressing, then whisk in about 1 cup extra-virgin olive oil; pour over greens. Season greens with salt and pepper and garnish with walnuts, pomegranate seeds, shavings of Parmesan, and shallot.

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."