



WEEK OF NOVEMBER 20TH 2017 #47/52



### Carrots

Ah the delicious Eatwell carrot, fighting for its life in a bed overrun by weeds. Nigel always said we have great difficulty growing carrot here, and from what we saw in the field, that is indeed the case. However, Cameron and I were talking to some plant experts while wine tasting in Winters a couple of weeks ago, and they asked how deep were we planting the seeds? Hmm, good question. As it turns out our seeder is set to a depth of 1" and carrots are planted at 1/4", basically you don't even have to cover them. Could that be the problem? Seems odd that Nigel would have missed that bit of information. I always assume he must have had a reason for every thing he did. I suppose the next step is to ask Roberto, the man who actually sows the seeds. Maybe we will have more Eatwell carrots in our future!

### Happy Thanksgiving!

It is here, my favorite holiday. I have to be honest; I am going into this week with a mixed bag of emotions. Nigel and I loved having our family and friends to the farm to celebrate Thanksgiving. A big part of our tradition has always been going out on the farm to pick a few special items for the meal. Most often the sky is clear, and the air is crisp. If we are lucky, we can see snow on the mountains up around Tahoe. It is beautiful. Walking and harvesting with the special people in our lives reminds me of what I am most grateful for, but of course this year, my most special person is gone.

But Thanksgiving is a time to focus on gratitude, so here I go. First of all, I am grateful for having had the chance to meet that very special someone who made my life truly complete and gave me this crazy life I live now. I am lucky because I do get to live and work doing things I love. I have had a passion for food since I was a little girl. Organic food has been my life since my early twenties, and now I have this beautiful farm, and that means I play an important role in bringing organic food to many people. Occasionally, I get to teach kids how to cook a few things, and that brings me more joy than almost anything!

I am grateful for our crew. They are dedicated, hard working and loyal. Because of them, we can continue the work Nigel put his heart and soul into. No matter where or what you are eating this Thanksgiving, I guarantee there are some very hard working folks out there who make our meals happen. So a big thank you to all of the people who make our food happen!

One can not go through the process of giving thanks without remembering family and friends, particularly those friends who are as close as family. I am a very fortunate person as I have many friend/family members who take such good care of me. Honestly, I don't know how I would make it through this learning, growing, grieving process without them.

Lastly, **I have to thank all of you! Without you, there is no CSA, no community.** So I wish you all a wonderful and delicious Thanksgiving. I hope your feast is fantastic and made better because you are eating food from your farm.

### Liz Made It Happen

The flowers Nigel planted as a Thank You/Thanksgiving gift for you all are blooming. Liz is here this morning picking to make sure you get them. So one last Happy Thanksgiving from Nigel. I know how much he loved his CSA members, really as much as he loved the farm. You made this farm his home, his community and his life. Because of you Eatwell is what it is, a sanctuary for lots and lots of wild life, a place that grows wonderful food that feeds lots and lots of people, a work place that can keep employees employed year round, a place for us all to come together to experience being on the land, and the place I call home. As much as my heart breaks every time I write about him and his love of this farm, I really want you all to know how important you were to him. Happy Thanksgiving. Love, Nigel



### Turnips

Learning through observing is pretty fascinating. It makes you realize that one observation leads to a multitude of questions. As an example, looking at this bed of turnips it is striking the full coverage of turnip and lack of weeds. Cameron and I both wondered why. Could it be due to the fact that they germinate so quickly, 5 to 10 days, and are ready for harvesting in 37 to 70 days, so they are growing faster than the weeds? Is it because of their rapid growth along with the fact that we direct seed these so the planting is denser? Or maybe weeds don't like turnips, not completely unreasonable, since there are plenty of silly people who don't like turnips :). It will certainly be interesting to watch what happens with the turnip patch.

### Baby Chicks

A new flock of a 1,000 chicks arrived this morning from Vega Farms in Davis. They hatch them early in the morning then drive them out to us. Baby chicks are just so darned cute! Agustin does such a great job of getting the chick house ready, cleaning (LOTS of cleaning), putting up new corregate to keep the sections divided, getting all the heat lamps in, spreading out the bedding. Everything is nice and comfy cozy in there for the little ones arrival. In six months or so they will begin laying their first eggs. We can all look forward to pullets come May or June!



# RECIPES AND IDEAS FROM LORRAINE

Ok, here are some recipes to help you get through Thanksgiving! If you have celeriac I highly recommend using it in your mashed potatoes. Peel, cube and boil a few minutes ahead of the potatoes, they take a bit longer to cook. Then make your mashed potatoes as you normally would. The addition of celeriac lightens it up a bit and adds a wonderful flavor! If you have celery in your box this week, remember that Eatwell celery has a lot more flavor than store bought.

## Swiss Chard Gratin

Recipe from Gourmet October 2000, shared on Eatweller's Slack by Kristina

Every year for Thanksgiving I make Collard Green Gratin. Kristina told me how much she loves this recipe, so I think this year I will give it a try!

5 TB Unsalted Butter  
1 cup fresh White Bread Crumbs  
3 oz Gruyere cheese, grated (1 cup)  
1 Garlic clove, halved lengthwise, and finely chopped (I now use the microplane for garlic!)  
1 TB finely chopped mixed fresh Herbs  
1/8 tsp freshly grated Nutmeg  
1 cup Chicken Broth  
1/2 cup Heavy Cream  
1 TB All-Purpose Flour  
Salt and Pepper  
1 medium Onion, finely chopped  
3 lb Swiss Chard, leaves and stems separated and both cut into 1" pieces  
1 lb Spinach, coarse stems discarded (I only chop off the very bottom), leaves coarsely chopped

Melt 2 Tb butter and toss with bread crumbs, cheese, garlic, herbs, half of nutmeg, and salt and pepper to taste, in a bowl. Boil broth in a small saucepan until reduced by half. Add cream and keep warm. Melt 1 TB butter in a small heavy saucepan over moderate heat and stir in flour. Cook roux, whisking, 1 minute, then whisk in broth mixture and boil, whisking, 1 minute. Season sauce with salt and pepper. Preheat oven to 400 F. Cook onion in remaining 2 TB butter in a wide 8 quart heavy pot over moderately low heat, stirring, until softened. Add chard stems, remaining nutmeg, and salt and pepper to taste and cook, stirring, until vegetables are tender but not browned, about 8 minutes. Increase heat to moderately high and add chard leaves and spinach by large handfuls, stirring, until all greens are wilted. Season with salt and pepper. Transfer vegetables to a colander to drain well and press out liquid with back of a large spoon. Toss vegetable with cream sauce and transfer to a buttered 12" oval gratin or 2 quart shallow baking dish, spreading evenly. Top vegetables with bread crumbs and bake in middle of oven until bubbling and topping is golden, about 20 minutes. Cook's notes: Gratin may be prepared, without baking, 4 hours ahead and chilled, covered. Bring to room temp before baking. Be sure to drain as much liquid as possible from vegetables so gratin isn't wet.

## Roasted Vegetables

Inspiration from the Farmhouse Kitchen

This is what I am planning on doing for one of our side dishes. I love winter veg roasted, and in this week's share we have several to choose from: fennel, turnips, leeks, butternut, even carrots! I like to cube everything into evenly sized bite sized pieces. Toss the vegetable in a little bit of olive oil, enough to coat, and a good sprinkling of Eatwell Farm Rosemary Salt. Spread out on baking sheets, single layer and pop into a hot oven to roast. On my oven I set it to 425 F. The size of your cubes will determine how long you need to roast them, so keep an eye on them, giving them a good toss half way through. Roast until everything is just beginning to brown, more or less depending on

how you like it. There should be a nice bit of caramelization. One of the aspects of roasted roots that I appreciate for a meal like Thanksgiving dinner is they taste fine at room temp, so you don't have to worry about keeping them piping hot.

### This Week's Box List

*\*Items in Box for 2*

Spinach

\*Fennel

Celeriac or Celery

\*Turnips

Chard

Leeks

\*Butternut Squash

\*Dill

\*Broccoli (From Terra Firma)

Persimmons (From Twin Girls Farm)

\*Apples (From Hidden Star Orchards)

\*Bonus: Thyme

## Yogurt Dill Sauce

Inspiration from the Farmhouse Kitchen

On Sunday we had visitors from the SF restaurant, Homage, for a tour of the farm and an early light supper. I made a simple soup featuring our chard, chicken stock and some of my San Marzano Tomato Sauce. Along side we enjoyed some roasted Eatwell Butternut and with lots of fresh Dill I made a simple yogurt sauce.

1 1/2 cups Greek Yogurt  
1/2 bunch Dill, stocks removed, finely chopped  
1/4 cup hot Water  
1/4 cup Extra Virgin Olive Oil  
Salt and Pepper, to taste, I used Eatwell Rosemary Salt  
*\*You could also add just a tiny bit of finely chopped Garlic, a small clove or half clove. When I want finely chopped garlic I grate it on my microplane*

Mix the yogurt, dill, garlic, olive oil, salt and pepper. Taste a bit, then add a small amount of hot water and mix well. Taste again. I found the hot water brought out the flavors quite a bit. Depending on how thick you want your sauce/dip add a bit more hot water or even a little more olive oil. This sauce was great on roasted butternut, you could season it up some or use it as a dip with raw vegetables.

## 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."**