



WEEK OF SEPTEMBER 11TH 2017 #37/52

Learning To Be A Farmer

Where do I start, how do I begin? It is a daunting and overwhelming challenge for me. As Connie's last project on the farm, she helped me work on structuring an idea for a project Nigel had planned on doing for some years now. We have a 1,000 foot strip at the North end of the farm. Nigel intended to plant two rows of trees, as part of his permaculture project. I have been interested in growing



Pineapple Guavas because they produce a crazy amount of fruit, and you can harvest into December. I also want to add a row of Persimmons. On a farm walk some weeks ago, we discovered Nigel had planted about 6 persimmon trees, three varieties, down the row with the mulberries. They are now producing fruit, which tells me we can grow them on our farm. The idea is to do one row of pineapple guava and one row of persimmons. When the time comes, I plan on enlisting the help of y'all by making this a planting party, actually it will be a couple of planting parties. The nice thing about this project is it is on a small strip, therefore, a rather manageable first attempt. The more I read about the pineapple guava, the more excited I become, and ultimately the closer I feel to Nigel. So stay tuned, I will be writing more on this project as I learn more!

Missing Nigel



One morning last year, I was sitting at my computer writing the newsletter. The sun was beginning to rise, and looking out our sliding doors the world was beautiful. Nigel and the boys had just left for his radiation treatment in SF. "Waiting For My Real Life To Begin" by Colin Hay was playing on the stereo. I remember thinking how we are just waiting for our real life to begin after all the treatments were finished and Nigel was better. A little more than a year later, I sit at my computer doing work, hearing the same song, realizing

never did it occur to me that the real life would be a life without him. I know I have to keep going, I know this is my life now, but to be honest I am just so broken. Nigel and I met rather late in life, but we knew right away that we were always destined to be together, so it is impossible for me to understand how or why he was taken from us so soon. This man who gave so much to all of us, who was so open, and willing to share his knowledge, his passion, his love and his farm. It makes no sense to me. For all of you members who had the chance to meet him, especially those of you who knew him well, you know what I am talking about. How does this make any sense? Seriously, why him? There just is no bright side to this, but it is my life now. So I will take a deep breath, after the tears, listen to more music, and get back to work. Tonight, it's reconciling our checking account. And just to be clear, I have no option but to continue his work. He is in me, this was our life, and I will keep moving forward. Now, it is my life, and honestly, I have so many of you to thank for that. You really do make it worthwhile, you were always the reason Nigel lived this crazy life, and your love and support is why I will live this crazy life, because you have got my back.



I Need Baking Physical Therapy

"Physical therapy attempts to address the illnesses, or injuries that limit a person's abilities to move and perform functional activities in their daily lives."
— Wikipedia

This morning, I am baking the Plum Torte one of our members posted on Slack. It got rave reviews from a couple of you, so I thought I would give it a try. I don't bake much. For some reason when I started cooking a thousand years ago, I got stuck at dinners. I feel completely comfortable in the kitchen around my stove. Everything is an easy flow for me, like a fish swimming in a peaceful stream. This morning I was trying to figure out why I don't have the same experience baking. I realized the movements are a little different. Physically, it isn't the same thing and the thought came to me that I need some Baking Physical Therapy. I need to learn to be comfortable with baking movements like mixing the dry ingredients, scraping down the sides of the mixer bowl, etc. This led me to understanding why others struggle in the kitchen, it isn't just not having a zillion recipes in your head, it is how comfortable we are with our movements. So, if I may offer a couple of tips to help all of us in our culinary journeys and growth:

- #1 Read the recipe all the way through and scan ingredients just to/ This gives me the information I need regarding timing, task order, tools and ingredients
- #2 Get your tools out and in a convenient place to get to when you need them. It is a bummer when you are right in the middle of pouring out a thick sauce and you have to stop to go find a scraper.
- #3 Get your ingredients out and organized. Again read the recipe instructions, quite often it is helpful to prep things like onions, garlic, or vegetables, by chopping before you get to your cooking. I am an enormous fan of pinch bowls in all sizes!
- #4 Remember to preheat that oven if you are putting anything in it, and along the same line if you need a big pot of boiling water, get that going before you start on everything else. If the water comes to the boil before you are ready you can pop a lid on it, turn the heat down to low, and it will wait for you.
- #5 Practice, practice, practice! Don't be afraid of making mistakes, we all do, ALL our lives. I still make (typically really stupid) mistakes, most often it is because I allow myself to get distracted. Embrace your time cooking almost as a meditation, allow your mind to focus on your task and let go of the day, preferably with a glass of nice wine and some good music.

I know your day is long, and often making dinner is not at the top of the list of fun things to do when you are tired, but trust me, if you can take a moment and a good deep breath to let the day go, dive in with a smile on your face, you will most likely find it becomes your special time.

As Jacques Pepin always says, "Happy Cooking!"

Liz's Fresh Tomato Coctel de Camarones

Recipe by Liz Young

Working at the farm changed me and I can no longer let a summer go by without canning at least 60 lbs of Eatwell tomatoes! I don't think I have bought many canned tomatoes or sauce, if any, from the store in the last 7 years because I now religiously dedicate a couple of summer days to canning them. Since I wasn't able to make it to any of the sauce parties this summer (boo!), I ordered a couple of 20lb boxes to come with my CSA delivery. In addition to roasting and saucing tomatoes, I also like to can them whole. I end up running the discarded skins through the food mill and out comes bright crimson/fuschia tomato deliciousness. Since paring with pasta is the obvious and usual choice of what to do with the leftover tomato sauce from canning, I decided to do something different, something cool and refreshing. Mexican-style Shrimp Cocktail sounded like just the right thing!

1 medium onion (or a couple of those purple torpedo onions are great!)
6 cloves garlic, coarsely chopped
2 tablespoons kosher salt, more to taste
1 tablespoon fresh ground black pepper
1 pound large shrimp, peeled, deveined and tails removed OR 1.5 lb frozen bay shrimp
1 cup tomato puree/sauce
1 8oz bottle clam juice
2 juicy limes, reserving 2 wedges for serving
1 juicy lemon
1/2 tbsp Mexican hot sauce, to taste
3 large or 4 smaller radishes, chopped
3 or 4 lunchbox peppers, chopped
1 medium cucumber, chopped (or try with this week's zucchini instead)
2 medium avocados, chopped
1 heirloom tomato, chopped
1/2 cup cilantro, chopped
1/4 cup basil, chopped
Tortilla chips (optional)

Cut onion in half. Cut one half into large chunks and dice the other, setting aside diced pieces for now. Fill a saucepan with water, add large onion chunks and chopped garlic, and salt and pepper. Bring to a boil, then add shrimp and turn off heat. Let sit for a minute until shrimp are cooked (or if using frozen, until they are heated). Drain and let shrimp cool, removing and discarding onion and garlic.

In a separate bowl combine tomato puree, clam juice, lime and lemon juice, and hot sauce. You can start with the 1/2 tbsp of hot sauce (or less if you are sensitive to heat. If you LOVE spicy and have one of those Serrano chilis left from last week, remove the seeds and membranes and dice one and throw it in!)

In another bowl, combine peppers, diced onion, radish, zucchini and/or cucumber, heirloom tomato, and avocado. Pour tomato concoction and chopped herbs over veggies and toss to coat. Add salt, pepper, or hot sauce to taste. Place it fridge for 30 minutes (or stick it in the freezer for 10 minutes to chill quickly).

If you have them, break out the margarita or martini glasses to serve, lined with a lime wedge and eat the coctel alone or with tortilla chips. Enjoy!

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

Potato, Sweet Potato, & Onion Latkes

Recipe from Martha Stewart Living December/January 1994

10 oz Potatoes, peeled
10 oz Sweet Potatoes, peeled
1/4 large White Onion, peeled
1 large Egg, room temp
2 TB All-Purpose Flour
1 tsp Salt, or more to taste
1/4 tsp freshly ground Black Pepper
Vegetable Oil, for frying

Grate potatoes and onion using the largest holes of a four-sided grater. Combine in a small bowl; add egg, flour, salt, and pepper, and stir well to combine.

Heat 1 TB oil in a large nonstick skillet over medium-high heat. Drop batter by heaping tablespoonfuls into the pan, and cook until golden brown around the edges, about 3 minutes more. Continue cooking latkes in batches until batter is used up. Serve with applesauce or sour cream.

Purple Plum Torte

Original Recipe from NYT by Marian Burros. This recipe was shared on our CSA Slack, by member Diego, and mentioned on the other side of this newsletter.

1 cup All-Purpose Flour
1 tsp Baking Powder
Large pinch of Salt

1 cup granulated Sugar, plus 1 to 2 TB (depending on sweetness of plums)
1/2 cup (8 TB) unsalted Butter, softened
2 large Eggs
12 smallish Plums, halved, and pitted - this is tricky with our plums as they do not pit easily, so I am trying to cut as much off of the pit as possible
2 tsp fresh Lemon Juice
1 tsp ground Cinnamon

Heat oven to 350 F. Sift or whisk together flour, baking powder and salt in a medium bowl. In a larger bowl, cream butter and 1 cup sugar together with an electric mixer until fluffy and light in color. Add the eggs, one at a time and scraping down the bowl, then the dry ingredients, mixing until just combined. Spoon batter into an ungreased 9" springform pan and smooth the top. Arrange the plums, skin side up, all over the batter, covering it. Sprinkle the top with lemon juice, then cinnamon, then remaining sugar. Bake until cake is golden and a toothpick inserted into a center part of the cake comes out free of batter, about 45 to 59 minutes. Cool on rack. Once cool, leave it covered at room temperature overnight as this cake is even better on the second day, when those plum juices further release into the cake around it.

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 and use discount code "CS@Member" for 50% off your ticket.

