

**Box Contents:**

½ lb Garlic  
1 bu Spinach  
2 lbs Potatoes  
½ lb Arugula  
1 bu Rapini  
1 lb Broccoli  
1 Red Kabocha Squash

**Field Notes:** On Sunday, we enjoyed a beautiful fall day under the shady walnut trees with many of you. Thank you for spending an afternoon on the farm feasting on delicious potluck dishes, selecting pumpkins, and bouncing along the farm roads on the hugely popular hayride. The Linda Deering Cortet, a local jazz band, entertained us with their music while kids scrambled up and down the hay pyramid. Tim was reminiscing about one of the first CSA parties when everyone at the party fit onto the hayride trailer all at once. This year, there were so many people that the hayride did two trips. Along the

way we dug potatoes, found some earthworms, sampled some sweet cabbage right off the plant, and fed the pigs. We appreciate this opportunity to share with you the source of your food and hope that you enjoyed this direct connection with the farm. Thank you for supporting the farm and the employees and their families.

**Box Price Increase for 2009:** The weekly veggie box price will increase to \$20.00 starting January 5, 2009. We encourage subscribers to make an annual payment of \$950.00 for 50 deliveries in 2009 to receive a discount of \$1 per week. The \$950 total reflects a \$50 discount. The decision to increase the box price is based on several factors. It's been three years since we adjusted our box price; the last veggie box price increase happened in 2005. Additionally, the rise in cost of production, such as wages and the price of fuel, over the past year and a half are pushing food prices up. Our commitment is to provide a veggie box that is mutually beneficial to you and to the farm. How do we determine the box contents? We peg the value of a box item to its price at the farmers market. For example, the leafy greens bunches at the farmer's market are \$1.50 per bunch so that is the price we use to determine what will go into your box. The price adjustment will allow the farm to create a fuller veggie box while defraying increasing costs.

**Thanksgiving Week Delivery Schedule:** We will deliver the week of Thanksgiving. Please review the following to see when your box will be delivered.

- **Tuesday, November 25<sup>th</sup>** – Benicia, Concord, Davis Hunt Way, Davis Temple Drive, Sacramento, Vallejo, Walnut Creek Intermediate, Walnut Creek Muller Road, and Woodland.
- **Wednesday, November 26<sup>th</sup>** – All remaining sites in the East Bay, Lake County, Napa County, and Solano County.

**Payment Reminder: The November payment is due by October 31, 2008.**

The monthly payment for four **Wednesday / Thursday / Friday** deliveries in November is \$64.

***Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date. Without timely receipt of payment, deliveries may be interrupted.***

**Pickling Cucumbers Available:** 20 lb case of pickling cucumbers available for \$30.00. Place your order by the Sunday prior to your delivery day. Please send payment for the case of cucumbers at the time of placing your order.

## **Kabocha Amani Recipe - Simmered Sweet Kabocha**

From: [www.japanesefood.about.com/od/vegetable/r/simmeredkabocha.htm](http://www.japanesefood.about.com/od/vegetable/r/simmeredkabocha.htm)

Kabocha is commonly simmered in Japan. Kabocha amani (simmered sweet kabocha) is the most popular kabocha dish. It's often served in a Japanese-style meal as a side dish.

**½ Kabocha (about 1 lb), seeds removed**  
**4 tablespoon sugar**

**1 cup water**  
**1 tablespoon soy sauce**

Cut Kabocha into about 1 and ½ inch cubes. Peel Kabocha skin around the edges. Put water, sugar, soy sauce, and squash in a medium pot. Heat on high heat and bring to a boil. Turn down the heat to low. Put a drop-lid or a sheet of aluminium foil on Kabocha and cover with lid. Simmer for about 15 minutes, or until the liquid is almost gone.

\*Makes 4 servings

## **Conserva de Calabaza (Candied Squash)**

This recipe is from Consuelo Romo-Lopez who works here primarily seeding transplants in the greenhouse. She shared the candied squash with us -it is a very sweet, dessert recipe that takes some time to prepare but it's worth it! When you have a lot of squash on hand, you can use assorted varieties for a full warm color spectrum for this recipe.

**6 medium squash**  
**4 lbs sugar**

**1 bag of calcium powder**  
**3 fig leaves**

Peel the squash and cut into medium sized chunks. Dissolve the packet of calcium in water in a large bowl. Add the squash and stir to coat well. Let the calcium/squash mixture sit for 3-4 hours, stirring occasionally to lift the calcium water onto the squash.

Then rinse the squash well so that all the calcium water is removed. Poke the squash pieces with a fork. Cover the squash with water and cook for 25 minutes on the stovetop.

In a saucepan, pour the sugar into 2 liters of water. Add the fig leaves and boil the mixture until the sugar is dissolved. Then, remove the squash from the water and place the squash in a deep pot suitable for the stovetop. Pour the syrup over the squash and cook on low heat for 1½ - 2 hours until the squash with syrup is a soft candied texture.

## **Roast Squash, Pomegranate, and Pecan Salad**

from: <http://desertcandy.blogspot.com/2006/12/roast-squash-pomegranate-and-pecan-salad.html>

Adapted from Gourmet Nov. 2004

**1 small acorn squash [OR any other variety of squash you have on hand-RDF]**  
**1 head curly lettuce, frisee, or chicory**  
**¼ cup pomegranate seeds**

**1 cup pecan halves**

For dressing:

**1 tablespoon olive oil**  
**1 teaspoon mustard**

**2 tablespoons pomegranate molasses**

Preheat the oven to 450 F. Cut the ends of the squash, then cut in half and scrape out the seeds. Slice the squash into thick wedges and brush the wedges with olive oil and season with salt and pepper. Place the slices on their sides on a baking sheet and roast in the oven until tender, 15-20 minutes, flipping the slices over halfway through.

Tear the lettuce into pieces. Whisk together the dressing ingredients. Toss the lettuce with half the dressing to coat. Combine the lettuce, squash slices, pecans, and pomegranate. Drizzle the remaining dressing over top and serve.