



OCTOBER 2010

BOX CONTENTS

OCT 4-10

- Radish bunch
- Eggplant
- Turnips!
- Chard
- Sorrel
- Heirloom Tomato (3)
- Sweet Corn (4)
- Sweet Peppers
- Summer Squash
- Head Lettuce
- Green Beans
- Dandelion Greens
- Onion Sprouts
- Honey Dew Melon
- Fennel



JOIN US!

Pumpkin Palooza Days
(every Saturday in Oct
from 10-2)

*The Prado Harvest
Celebration
(10/14)

Mistral On the Farm
Event
(10-16)

-Food & Wine School with
Chef Melissa Mayer
(10/22)

-“Celebrate the Craft”
Food Showcase @ The
Lodge Torrey Pines
(10/31)

More details on our website!

Hello Shareholders!

October is known for a major holiday. You may not be familiar with it.

Navaratri is a nine-day Hindu festival, loosely translated as “The Victory of Truth over Evil”, starts on October 17. During the nine days, Hindus invoke the energy aspect of God in the form of the universal mother, commonly known as Durga, which means “remover of miseries of life”. It is this energy which helps God proceed with the work of creation, preservation and destruction. Hinduism is the only religion in the world which gives so much emphasis on the mother aspect of God because its followers believe that mother is the creative aspect of the absolute.

Navaratri is held twice a year – once in the spring and once in the fall. The Hindus believe that these are important junctures of climatic change and solar influence. With the changes in nature, our minds and bodies undergo considerable changes. They worship the divine, seeking from it physical and mental balance.

Navaratri is divided into three sets of three days to adore different aspects of the supreme goddess. The first three days are devoted to Durga, who destroys all of our impurities, vices and defects. Lakshmi, the Mother, is next adored; bestowing inexhaustible wealth upon her devotees. The last three days are dedicated to worship the goddess of wisdom, Saraswati. In order to have even success in life, you need the blessings of all three aspects of the divine mother.

I love the idea of asking a higher power to destroy my impurities, vices and defects, bestow inexhaustible wealth upon me, and to grant me wisdom. I love the connections to lunar and solar change. I love that the most ancient religion in the world recognizes the powerful and profound influence of climatic and solar changes to our spirits.

Please, don't look at this season as an exhaustive whirlwind of football games and costume parties and Thanksgiving dinner plans and holiday shopping that culminates with the overblown, empty-yet-bloated feelings we try to rid ourselves of at the New Year. Slow down. Pay attention. The mornings are already quiet, grey and late. It's dark right after dinner. The tree on the corner has gone red and is dropping its leaves. These days beg for staying home with your family. They are dying to cuddle up on the couch and read a book with you. Or to you. Ask if they would like a cup of hot chocolate or tea. Get quiet. Try a more complicated recipe. Make soup. Make bread. Make it a communal affair.

You will find your heart fuller, your head saner, your spirit deepen as a result.

Our best to you always,

Robin & Lucila



We've got new Suzie's SWAG!!

If you refer someone and they sign up for a 12-week subscription, you'll get something new and exciting as a thank you. We have over 15 pick up locations around town and are always looking to add more. If we're not in your neighborhood, gather a grip of your friends and neighbors know and to create a new drop off site!



1856 Saturn Blvd
San Diego, CA 92154
Office Phone: (619) 662-1780

Contact Us:

- Farm Tours, and general info
Lucila@suziesfarm.com
- CSA Questions
Rodrigo@suziesfarm.com
- Farmers' Markets
Britta@suziesfarm.com
- Chefs, Restaurants, and Misc
Robin@suziesfarm.com

Find Us:

www.suziesfarm.com
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FARM TOURS

No tours in October.
Come to Pumpkin Palooza
instead!

The next scheduled tour will
be November 6th at 10am.

RSVP to:
Lucila@suziesfarm.com

FARMERS MARKET SCHEDULE

Come visit us all over San Diego
at our various Farmer's Markets.
Here's where you can find us!

- **Wednesday:** Adams Ave and OB
- **Thursday:** North Park
- **Friday:** Mission Hills and Imperial Beach
- **Saturday:** Poway and Little Italy
- **Sunday:** Hillcrest, La Jolla, Encinitas



Pumpkin Palooza

Every Saturday in October from 10-2pm

We're opening up the fields for friends and families to come on down and pick your own pumpkins for the fall season. Whether you want something to decorate with or to eat, we have pumpkins of all shapes, sizes, and flavors for you to pick out. Bring cash and your strongest wheelbarrows to haul the pumpkins off site...

We'll be setting up at our Bear Barranca property, located at 2023 Saturn Blvd, on the East side of the street. Look for signs that point to the pumpkins. Our farm stand will also be open that day for you to purchase other items like our *homemade strawberry jam*, deliciously pickled beans and peppers, as well as brand spanking new *Suzie's Farm apparel*. Come check us out! And look below for a yummy way to use those punkin's!

Fresh, Perfect Pumpkin Butter:

Ingredients

- 29 oz of pure pumpkin
- 3/4 cup apple juice or to cover
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cloves
- 1 1/2 cups white sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg

Directions

- Combine pumpkin, apple juice, spices, and sugar in a large saucepan; stir well.
- Bring mixture to a boil. Reduce heat, and simmer for 30 minutes or until thickened. Stir frequently.
- Transfer to sterile containers and chill in the refrigerator until serving.

Dandelion Salad with Pomegranate Seeds, Pine Nuts, & Roasted Delicata Squash

Ingredients:

- 6 tbsp pomegranate juice
- 1 1/2 tbsp balsamic vinegar
- 1 1/2 tbsp red wine vinegar
- 7 tbsp extra-virgin olive oil
- 2 tbsp butter, divided
- 2 unpeeled Delicata squash- halved, seeded, cut into 24 wedges total
- 1 lb dandelion greens
- 1 1/2 cups pomegranate seeds
- 1/4 cup pine nuts, toasted

Preparation:

Whisk pomegranate juice and vinegars in bowl. Gradually whisk in oil. Season with salt and pepper. Rewhisk before using. Melt 2 teaspoons butter in heavy large nonstick skillet over medium-high heat. Add 1/3 of squash wedges. Cook until browned on both sides, about 5 minutes total. Transfer squash wedges to rimmed baking sheet. Repeat 2 more times with remaining butter and squash wedges. Sprinkle squash with salt and pepper. (Can be prepared 6 hours ahead. Let stand at room temperature.) Preheat oven to 450°F. Transfer squash to oven; bake 20 minutes. Mix greens, pomegranate seeds, and pine nuts in large bowl. Toss with half of dressing. Divide among plates; top with squash. Drizzle with dressing.

"On The Farm" Lunch: October 16th

Hosted by Mistral Restaurant @ Loews Coronado Resort

This is our last event with Mistral for the year, and former participants are raving about it!

You are greeted with a champagne cocktail before going on an informal tour of the fields with Lucila or Robin. During the tour you will harvest part of your lunch! Later, as the chefs prepare your three-course lunch, you are treated to a mixology lesson and passed hors d'oeuvres.

Our final farm-to-table experience is scheduled for **Saturday, October 16th, from 11 a.m. to 3 p.m. at Suzie's Farm.**

The cost is \$75 a person.

Reservations required. Contact Mistral's manager, Paul Goldstein @ (619) 424-4000

Harvest Celebration

The Prado at Balboa Park invites you to their 10th annual Harvest Celebration. **Thursday October 14, 2009** from 5pm-9pm, local winemakers and Executive Chef Jon Hale will participate in a Chef Grill-off where you get to vote on your favorite dish, and savor choice wines.

Suzie's Farm chef, Melissa Mayer will have a demo. Proceeds from the event benefit Meals on Wheels.

\$59.95 in advance and \$69.95 at the door.
RSVP at www.pradoharvestfestival.com

8th Annual Celebrate the Craft-The Lodge at Torrey Pines

Look, you're going to spend Halloween evening dedicated to the kids; dressing them, filling them with pizza while you wait for the sun to set so you can trick-or-treat. Don't you deserve to do something fun during the day? Why not Celebrate the Craft?

Sunday, October 31st from 11:00-3:30pm
at The Lodge at Torrey Pines

Growers, vintners, and culinary artisans from some of California's most renowned farms, bakeries, wineries, and confectioners will be on hand to share their skill and enthusiasm. Suzie's Farm is a featured grower. Robin and Lucila will spend the day on the lawn of the exquisite Lodge at Torrey Pines chatting about the farm. Then, we will go home to trick-or-treat with the girls. Lucila will be a Mummy, as per the girls request. Robin is going as a bunch of grapes. Maybe.

"What's that?! Of-the-month"



The last few weeks you've been getting **Dandelion Greens** in your boxes. I'm sure you are wondering why we are harvesting weeds instead of giving you food, but remember a weed is merely a plant for which we haven't found a use. And we have found wonderful uses for dandelion greens.

Dandelion greens are usually a spring food, but here in San Diego, our seasons aren't so defined by the earth's path around the sun. So, we can grow (as evidenced by your lawns) dandelions all year long. They are one of the most nutritious leafy greens you can consume.

1 cup of raw dandelion greens provides you with 54% of your daily recommended Vitamin A, 188% of your Vitamin K, 10% calcium and 9% iron. Not bad for a weed!

Raw, they are a bitter but elegant addition to salads. They are also popular in potato soups. Dandelions support digestion, and reduce inflammation. It's a sunflower relative,

whose other super powers include laxative and diuretic properties.

In addition to using it as a tea or tonic, try it with our amazing delicious Delicata squash. You'll love them.

Spicy Sauteed Dandelion Greens:

Ingredients:

- 2 lb dandelion greens cut crosswise into 4" pieces
- 1/4 cup extra-virgin olive oil
- 2 large garlic cloves, smashed
- 1/2 tsp dried hot red pepper flakes
- 1/2 tsp salt

Preparation:

Cook greens in a 6 quart pot of boiling salted water until ribs are tender. Drain and rinse in a colander.

Heat oil in a 12" skillet over moderate heat. Cook garlic, stirring, until golden, about 30 seconds. Increase heat to moderately high, then add greens, red pepper flakes, and salt and sauté, stirring, until liquid greens give off is evaporated, about 4 minutes.

Winter Squash and Pumpkin Talk

Now with fall officially on the books, you'll start to receive winter squash. Winter Squash comes in all shapes – round, elongated, scalloped, and curvy. The colors evoke the season – orange, yellow, green and variegated. Typically it takes them 120 days to grow in the field. They grow all summer and are meant to be stored all winter. With a harder husk than their summer squash cousins, acts as protective armor. Only a soft spot on the skin will prove to be their kryptonite. Do as we do, use them as decoration around the house (or in Sylvie and Inez's case, as soccer balls) until the right recipe calls.



Also, you may know that Halloween is happening at the end of this month. But beyond the bags and bags of candy and the \$50 store-bought costumes, pumpkins serve as more than glorified candle holders. Check out these recipes to explore along with those glowing globes you pick from our fields...



KaKai pumpkins make THE best seeds. When you get pumpkin seeds in bulk at the market - you are getting Kakais. Just so you know, we have a couple of rows of really pretty Kakai pumpkins. Get them while they last!!!

Winter Squash Soup with Gruyere Cheese Croutons

Soup

1/4 cup (1/2 stick) butter
 1 large onion, finely chopped
 4 large garlic cloves, chopped
 3 14 1/2-ounce cans low-salt chicken broth
 4 cups 1-inch pieces peeled butternut squash (about 1 1/2 pounds)
 4 cups 1-inch pieces peeled acorn squash (about 1 1/2 pounds)
 1 1/4 teaspoons minced fresh thyme
 1 1/4 teaspoons minced fresh sage
 1/4 cup whipping cream
 2 teaspoons sugar

Croutons

2 tablespoons (1/4 stick) butter
 24 1/4-inch-thick baguette bread slices
 1 cup grated Gruyère cheese
 1 teaspoon minced fresh thyme
 1 teaspoon minced fresh sage

For soup:

Melt butter in large pot over medium heat. Add onion and garlic and sauté until tender, about 10 minutes. Add broth, all squash and herbs; bring to boil. Reduce heat, cover and simmer until squash is very tender, about 20 minutes.

Working in batches, puree soup in blender. Return soup to same pot. Stir in cream and sugar; bring to simmer. Season with salt and pepper. (Can be made 1 day ahead. Chill. Rewarm over medium heat before serving.)

For croutons:

Preheat broiler. Butter 1 side of each bread slice. Arrange bread, buttered side up, on baking sheet. Broil until golden, about 1 minute. Turn over. Sprinkle cheese, then thyme and sage over. Sprinkle with salt and pepper. Broil until cheese melts, about 1 minute. Ladle soup into bowls. Top each with croutons and serve.

Fall Harvest Class with Suzie's Farm Chef Melissa Mayer

Did you know that Suzie's Farm has two chefs to serve your needs? You've heard us talk about Quinn Farrar Wilson who gives CSA classes to our shareholders. Well we now have partnered with Melissa Mayer.

On **October 22, 2010 at 6:00pm**, Owner, Lucila, will talk about the farm's history and practices as well as tour and sample some of our current harvest items. Chef Melissa Mayer will then craft a menu chosen from the harvest and talk about fun and simple ways to prepare the foods.

ON THE MENU: Kabocha squash soup with heirloom tomatoes and white truffle foam -Heirloom melon salad with basil, red frill mustard, Tondo aged balsamic and di stefano burrata -Pan-seared northern halibut with heirloom shelling beans, cilantro, tomatillo salsa and reduced pot liquor -Bruléed pumpkin panna cotta with local avocado honey . Served with house poured wines, limit 2 glasses per person! \$70 per person

To register go to www.balboafoodwine.com



Restaurant Spotlight: Café Chloe and Chef Katie Grebow



I love Paris in the Springtime. I love Paris in the Fall. I love Paris every moment of the year. Unfortunately my jaunts to Paris are on hold for a little while, but when I want a dose of Paris and don't want to rack up the frequent flier miles I head to Café Chloe.

Café Chloe's Chef Katie Grebow can cook the pants off of anyone. The thing about Katie is that she truly loves feeding people. We've had the pleasure of working with her over the past few months at a several different charity events.

Whereas other chefs might craft one unique dish, Katie whips up two or three. Plus an appetizer. And a granita. You know. Because she can. Katie wants you to eat!

So eat with them at breakfast, lunch, tea, dinner or brunch. Don't forget their terrific happy hour menu dubbed "four five six". Their happy hour which runs between four and six pm features small bites priced at either four, five or six dollars.

INDIAN PUMPKIN CURRY

I'm also a sucker for East Indian Cuisine. Nothing warms me up on cool fall nights like curry. The list of ingredients seems long, but mise-en-place as the French say. The exotic blend of spices and the warming pumpkin will transform your entire home. Perfect for ending the fasts associated with Navaratri.

RECIPE INGREDIENTS

- 1 small pumpkin or winter squash, about 3 cups chopped
- 1 cup lentils, brown or split red
- 4 cups water
- 1 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon salt
- 1/2 cup coconut milk (*)
- 1 tablespoon vegetable oil
- 1/4 teaspoon ground fenugreek
- 1/4 teaspoon black mustard seeds
- 1 large onion, thinly sliced
- 1 curry leaf, optional



HOW TO MAKE INDIAN PUMPKIN CURRY (SAMBAR)

- For pumpkin, cut into quarters, scrape out seeds, cut off peel, and chop into 1-inch squares. For squash, first bake whole for 20 minutes on the middle rack of a 400 degrees F oven. Cool, then quarter, scrape out seeds, cut off peel, and chop.
- Place lentils in a colander and rinse thoroughly with cold water. Remove any inedible objects from lentils while washing. (**)
- Put 4 cups of water in a large kettle. Add cayenne pepper, cumin, turmeric, and salt and bring to a boil. Add lentils, cover, and lower heat. Simmer for about 30 minutes, or until lentils are tender. If you are using split red lentils, they will cook in about 15 to 20 minutes.
- Add pumpkin squares to lentils. Cover and simmer 15 to 20 minutes, or until pumpkin is tender.
- Add coconut milk to kettle and stir. As soon as mixture begins to boil, remove from heat and set aside.
- In a skillet, heat oil over medium-high heat. Add fenugreek, mustard seeds, onion slices, and curry leaf and fry for 4 to 5 minutes, or until mixture is brown.
- Add onion-and-spice mixture to kettle. Cover kettle and let stand 5 minutes.
- Stir pumpkin curry before serving over rice.