

“Food is powerful. It brings us together, shapes our memories, and empowers our communities.”

- Zach Giordano



IN THIS WEEK'S BOX

October 11th 2018

Topped Red Beets
Braising Mix Bunches
Brussels Sprouts
Green Butterhead Lettuce
Fennel
Flemish Beauty Pears
Carmen Peppers
Padrón Peppers
New Girl Tomatoes
Tokyo Turnips



Oceana High School Youth touring Pie Ranch.

NOTES FROM THE FIELD

Dear Pie Ranch CSA Members,
This week on the farm we not only had our first rain, but we welcomed 28 of Oceana High School's agricultural science students to the farm. The students participated in several farm activities, working alongside our Pie Ranch Farm Team.

As we try our best to minimize our usage of plastics, one of the first steps for the students was to help in preparation of winter and rolling up our plastic drip tape. Plastic waste ends up in our drinking water and oceans, poisoning us and all forms of life. The students spent tedious hours rolling up old drip tape to reuse next year. The youth also cultivated and harvested strawberries and blackberries. Thanks to the many helping hands we will now be able to mow our fields, apply Gypsum and plant our cover crops so our fields can rest and revitalize through winter. After working up an appetite with a long day of hard work, we enjoyed a beautiful meal prepared by Pie Ranch's Chef Educator Orlena.

Inspired to feed the students a farm fresh meal, strictly with only Pie Ranch ingredients, Orlena began splitting wood to prepare the wood stove for pizzas! With the students, we prepared two different types of crust made from our Jammu flour. One was topped with broccoli leaf pesto with walnuts, red and gold beets and feta cheese. The second pizza was topped with caramelized onions, rainbow chard, rosemary and apples. In addition to the delicious pizza, our kitchen team prepared two salads as well. A tomato rice salad made with our dry farmed New Girl Tomatoes and tomatillos. And a green salad, prepared from green little gem lettuce, Islander Peppers, cucumbers, and a fresh herb parsley and basil vinaigrette. Finally, we couldn't forget about desert, a chocolate zucchini cake! The meal was shared in the meadow, along with tons of laughter and smiles. Pie Ranch would like to express an extreme amount of gratitude to Oceana High School and its agricultural science students for bringing light after the rain!

In solidarity, Pie Ranch farm team

FARM NEWS

Welcome to our new Stanford University, Lane B Community Garden members!

Our CSA community is continuously growing.

If you have friends, family or neighbors who work at Stanford please share the good news.

The last 6 weeks of our fall season are also some of our best, we will be enjoying the clash of the seasons! Sun ripened tomatoes and peppers alongside root vegetables and hearty winter crops.

For every person you recommend who gives your name on the registration form, you receive a free pie!

Thank you for your continued support!

RECIPES

Beet Pizza

For the dough

2 ¼ teaspoons of Active Yeast

½ cup of water

1 cup water

2 tablespoons Olive Oil

1 ½ cups of All purpose Flour

2 cups (or more) of Pie Ranch Whole Wheat Flour

1 teaspoon salt

For the Quick Pesto Sauce

1 bunch basil

2 tablespoons olive oil

1 clove of garlic

¼ cup pine nuts or walnuts

¼ cup grated hard cheese

squeeze of fresh lemon

For the Toppings

beets

olive oil

salt & pepper

feta cheese, crumbled



Mix yeast with ½ cup warm water--water should be warm as a gentle bath--not too hot.

Wait 10 minutes for yeast and warm water to activate- you should see yeast bloom in the water.

Add the rest of the wet ingredients (water and oil), then add your flours. Mix together all the ingredients with your hands until you form a shaggy dough.

Turn the dough out onto a cutting board or smooth counter and knead until the dough comes together- until all the ingredients are all evenly incorporated and the dough feels springy. Add more flour if necessary.

Place your dough in a clean oiled bowl; cover your round dough with oil by turning it in the bowl. Cover bowl with plastic wrap or a clean kitchen cloth.

Allow dough to rise/rest for 60-90 minutes depending on how warm it is in your kitchen--(warmer weather will cause the dough to rise more quickly, cold weather requires more time).

Preheat oven to 475 degrees. After 60-90 minutes, once dough has doubled in size, punch it down, divide dough into 2-3 pizzas, and press out into a circle.

Allow pizza circles to rest 10-20 minutes. During this time, slice the beets in ¼ inch rounds and place in a baking sheet with olive oil, salt and pepper. Cover with tinfoil and roast for about 20 minutes.

After 10- 20 minutes, place pizza rounds naked into the oven for 5 minutes to prebake the dough.

Remove from oven and top with tomato pesto, roasted beet slices and feta cheese.

Bake for 8-12 more minutes or until crisp. Serve bubbling and warm.



Illustrations by Lainie Rini