

# JANUARY 9, 2012

Dear Farm Friends,

This is a bittersweet moment, our last week preparing CSA vegetable baskets. Thank you so much for your warmth and support over the last 3 and a half years. Mark and I count the CSA has one of our most satisfying endeavors. I cherish the opportunity to get to know and connect with all of our shareholders. Who would guess good veggies could be so meaningful?

Mark is responding well to treatment. We're all learning to take one day at a time and learning to find the blessings in each day. It's definitely a dynamic situation. Mark has reached some level of physical homeostasis. Words can't express the path we've traveled the last 8 weeks. We are so appreciative and thankful for the warmth and support of our friends! Truly our community has made the entire process manageable. Thanks for being part of that!

We will continue to have the honor stand open on weekdays for a few more weeks or so. If you are looking for another CSA, may we suggest Ellwood Canyon Farms run by two young men, Jack and Jeff. Mark grew up with Jack's family in the Imperial Valley east of San Diego. Jack was an intern at Avalon Farms and was instrumental in helping us get our CSA going before he began his own farming venture. We hope you will continue to support local farms!

Thank you all for your kindness, generosity and support!

## Avalon Farms

Mark & Laurie Constable  
(805) 680-1218  
[www.sbveggies.com](http://www.sbveggies.com)

Onward and Upward!



This week's basket includes baby romaine lettuce, arugula, sugar snap peas, baby broccoli, Swiss chard, fennel, Kabocha squash, Medjool dates, and tangerines.

I found the following from New York Magazine. Enjoy...

Of all the edible gourds on riotous display at the Greenmarket, kabocha squash is one of the sweetest. Motorino chef-owner Mathieu Palombino exploits that flavor by roasting the dry-textured flesh, then garnishing it with a sticky balsamic reduction and shavings of salty cheese. Once you manage to peel off the plant's tough skin with a sharp, sturdy knife, the recipe couldn't be simpler.

### Mathieu Palombino's Roasted Kabocha Squash

1 kabocha squash, 2 1/2 to 3 pounds  
1 garlic clove, chopped  
1/2 cup extra-virgin olive oil  
Salt and pepper  
2 cups balsamic vinegar, reduced to 1/2 cup  
2 ounces Parmigiano-Reggiano cheese  
1/2 bunch fresh oregano

Preheat oven to 400 degrees. **(1)** Split the squash lengthwise, remove seeds and skin. Slice the squash into 1/2-inch-thick pieces. Place them in a large bowl. Add the garlic and half the olive oil, and season with salt and pepper. **(2)** Toss until well coated. **(3)** Arrange squash on a sheet pan so that the pieces aren't touching, and roast them for about 20 to 30 minutes or until lightly browned on top and well browned on bottom. Let cool for about 15 minutes, then arrange on a plate. Drizzle with balsamic reduction, and shave the Parmigiano-Reggiano on top. Garnish with a few oregano leaves and a drizzle of olive oil. Serves 4 to 6 as an appetizer or side.

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