



# Fresh Thoughts From the Farm

Newsletter for the Farm, Orchard & GRUB  
programs of the food bank

September 30, 2020

*From the Director:* As we watch the weather change, the fields are changing too. We never know what the harvest production will be any given year but I've been pleased by the GRUB Farm crew and as of last week we have harvested over 44,000 pounds. A few tomato plants are finally putting on fruit but a little too late for the bulk of a harvest. Who knew we would be overflowing with Armenian cucumbers, yellow squash, and zucchini for as long and as well as we did. We are at the end of the harvest bell curve and will try to squeeze another week or two. Thank you for all your support in this rewarding venture. I will be sending out a survey next month and would value any insight you may be able to share with us.

As SPFB is continuing to work on the frontlines of this pandemic we are also gearing up for our annual Harvest of Hope fundraising event October 29, 2020 at Noon, which will be all virtual this year. I'm very excited that this special program will include GRUB as a major highlight. Two of our GRUB-grown youth, Corey and Chris, were even selected to play a special role in the event. I'm very proud of the exceptional job they did, as I'm sure you will be. If you choose to attend the event, you'll get to see some of the passion and emotion that goes into "your share of the harvest" every week.

As a GRUB CSA shareholder, I'd like to personally extend to you an invitation to host a table at this event. As a Table Captain, all that would be required of you would be to invite at least 8 attendees to the event, to share with them the link to the virtual luncheon, and to let them know why supporting the South Plains Food Bank is important to you. If you're interested in becoming a Table Captain, please contact Meagan Bratton at [mbratton@spfb.org](mailto:mbratton@spfb.org).

Reverisco- Matthew

## **CSA SHARES AVAILABLE THURSDAY AND FRIDAY 7am-4pm 302 76th Street.**

Lettuce or Swiss Chard

Hot peppers, sweet peppers, jalapenos

Eggplant eggplant eggplant

Yard looooooong green beans, carrots

Orchard Apples

Watermelon or Muskmelon

Mexican tarragon, basil, spearmint

Limited: ornamental squash, winter squash and tomatoes

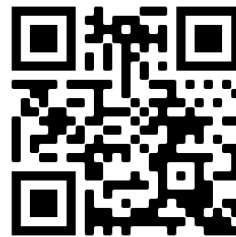
AND EDIBLE YUCCA GOURD BY REQUEST! And GRUB SCRUB \$5.





*"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another."- Erma Bombeck*

We had an incredible turnout last Saturday at the Orchard Harvest, and many thanks to all the groups, families, individuals. We had so much fun and with enough apples left on the trees we will harvest again on Saturday October 10th 9am-12pm. See the QR Code to Register and we'll see you there. Thank you.





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## **GRUB FARM VOLUNTEERS: Thanks for sharing your time and talents!**





If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life. ~Author unknown



GRUB SCRUB is an added value product that the youth produce. We harvest the loofa plants, form the molds and then market . We have an abundance available so please support our youth, plus they make great gifts and stocking stuffers.

They will be available at the share pick up or by contacting Sandy Garcia 806-368-1333. There are several scents and only \$5.



"But now in September the garden has cooled, and with it my possessiveness. The sun warms my back instead of beating on my head ... The harvest has dwindled, and I have grown apart from the intense midsummer relationship that brought it on."

- Robert Finch

**Authentic Baba Ganoush** From Feasting at Home [www.feastingathome.com](http://www.feastingathome.com)

Ingredients:

2 extra-large eggplants	2 garlic cloves, finely minced
4 tablespoons tahini paste	1 tablespoon lemon juice
1 teaspoon salt	2 tablespoons full-fat yogurt, optional

Garnish: olive oil, zaatar spice, fresh herbs, toasted pita bread

Instructions:

1. Preheat grill to medium-high.
2. Make a foil packet with wood chips for smoking. Wrap 1/2 cup of wood chips (mesquite, alder, apple) in heavy-duty foil and pierce the top, creating an opening in the foil so smoke can escape. Place this on the grill.
3. With a sharp paring knife cut 1 – 2 inch deep slits all over the eggplant, especially around the bigger bottom end. This will allow them to cook more evenly, and help the smoke penetrate the eggplant.
4. When the foil packet is smoking, place the eggplant directly on the grill, and close the grill lid. Turn eggplant every 10 minutes or so and let the skin char. Grill until eggplant has collapsed and feels tender on the inside. This will take about 20 minutes.
5. Place the eggplant along with the smoking foil packet in a large bowl or large pan and cover tightly with foil. Let sit until cool enough to handle, about 20 minutes.
6. Save all the smoke liquid that is under the eggplant in the bowl. Peel the charred skin off the eggplant and using a knife, chop up the tender flesh. Place the eggplant in a strainer and strain the eggplant flesh for 10 minutes. Discard this liquid.
7. Place the drained eggplant in a mixing bowl. You should have 2 to 2 1/4 cups of eggplant flesh. Add the tahini paste, garlic, lemon, salt, and 1 to 2 tablespoons of the smoky liquid reserved from the bowl.
8. Mix, taste, adjust salt, lemon, and smoky liquid.
9. For a delicious richness, add 2-3 tablespoons plain yogurt (optional). Stir with a fork until smooth.
10. Place in a shallow serving bowl, make a circular "well" with the back of a spoon and drizzle with olive oil, and sprinkle with your choice of seasonings or fresh herbs. Serve with warm pita bread and/or veggies.

Here are some other eggplant recipes:

<https://www.crunchycreamysweet.com/baked-eggplant/>

<https://www.realsimple.com/food-recipes/browse-all-recipes/eggplant-rollatini>

<https://www.realsimple.com/food-recipes/browse-all-recipes/eggplant-caviar-recipe>

<https://www.bonappetit.com/recipe/bas-best-eggplant-parmesan>