



WHAT'S IN THE BOX

- *Cilantro
- *Figs (*mixed variety*)
- *Crimson Gold Apples (*from Lamancha Ranch & Orchard*)
- *Curly Purple Kale
- *Yellow Onion
- *Jalapeno Pepper
- *Red Bell Pepper
- *Spinach
- *Sweet Potatoes

RECIPE

- 3 tbs oil (high heat oil preferred)
- 1 tbs cumin seeds
- 1 cup finely chopped onion
- 3/4 cup finely chopped tomatoes
- 1 tbs finely chopped garlic
- 1 tbs finely chopped ginger
- 1 tsp salt (or to taste)
- 1 tbs coriander powder
- 1 tsp turmeric powder
- 1 tsp red chili powder (or to taste)

Heat oil on high. Add cumin seeds and cook for just a few seconds. Add onion and cook until golden brown. Add turmeric, garlic, salt, coriander powder and red chilli powder. Cook for additional 25 seconds until spices are well mixed with onion. Reduce heat to medium-high. Add tomatoes and ginger. Continue cooking until mix appears like gravy. For a finer paste like texture you can use ground onions and tomatoes.

Add this 'Tadka' to cooked lentil, vegetables, or meat.

Portion of spices used is based on the portion of final dish that Tadka will be added to.

WEEK SEVENTEEN

TADKA

For week 13 and week 16 I talked about tomatoes and onions. As I mentioned in the past weeks, these two were almost as essential as water in my mom's kitchen. And here is why: almost everything she cooks includes a base to add flavor and aroma called 'Tadka'.

Tadka, also known as 'tempering', is a common technique to bring out flavors from spices and oils. Some form of Tadka is almost always present in many of the South East Asian dishes from India, Pakistan, Sri-Lanka, Nepal, and other regions. Spices and oils used during Tadka are usually native to the region, but the technique of heating spices works wonders in releasing essential oils and adding flavors and aroma to a dish. Type of Tadka my mom makes uses spices, ginger, garlic, tomatoes, and onions. Once prepared, she adds it to vegetable, lentil, or meat being cooked. Spices are altered a bit and the tomatoes –onions are chopped or ground depending on the desired end product, but the basic technique remains the same. Mandeep and I have watched our mom chop tomatoes and onions at least twice a day to make Tadka. A constant reminder of the importance of these ingredients inspired us to come up with a sandwich filling by lightly roasting finely chopped tomatoes and onions in oil and garnish with salt and yogurt. To this day we both talk about that being the most satisfying meal we used to have during summer breaks from school. The aroma of Tadka still dominates my mom's, and now my sister's kitchen. I am slowly getting there but not sure Tyler can stomach strong spices twice a day.

At the farm, sunlight has been a welcome change and we are slowly getting back to normal. We lost a significant portion of strawberries and tomatoes due to smoke, untimely lack of light, and not picking for a week. This coming week of sunshine might just be what the plants need and hopefully, we will get some recovery. This week's harvest box is filled with fall colors. We finally got some good Figs that we are sharing with you, along with Crimson Gold Apples that came from La Mancha Ranch & Orchards. Enjoy!



Until next week, Stay Safe & Stay Healthy

Ruby