



07-01-2025



CSA NEWSLETTER

Something fresh is in the air...



The Farm Crew takes a quick break on the Farm's Tour Truck!

THIS WEEK'S VEGGIE LIST

- | | |
|---------------------|-----------------|
| <i>Red Potato</i> | <i>Lettuce</i> |
| <i>Yellow Onion</i> | <i>Garlic</i> |
| <i>Cucumbers</i> | <i>Carrots</i> |
| <i>Squash</i> | <i>Zucchini</i> |
| <i>Tomato</i> | <i>Friseé</i> |

Friseé, also known as endives, are a leafy salad green in the chicory family. Good source of Vitamins A, C, and K, as well as folate and fiber!

WEEK 4- AN ABUNDANCE OF GRATITUDE

Since its inception in 1996, this year is the first time we have ever had to close down CSA registration and start a waitlist, as we have so many new people. However, there are also a lot of returning people and some people have been with GTF a very long time. I thought it would be fun to introduce 3 of the longest participating members and hear what they have to say about our CSA.

Deanna who has been a CSA member since 2001 has reflected, “We started with the CSA when our 3 children were very young and we would bring them to the Beaverton farmers market for a fun Saturday morning activity and to play in the fountain. We met Farmer John shopping at GTF for organic produce and we signed up for the CSA right away. I grew up in Oregon and love vegetables and wanted to feed our family with local organic food. Jerry was sold when Farmer John made potato donuts at one of the farm parties. He was raised in Chicago and really appreciated the way your dad was balanced in that way using potatoes from your farm to make something that represented home to Jerry. We really appreciated and looked forward to being invited to GTF for strawberries in the spring and in the fall for pumpkins and pony rides. It was a highlight of our kids’ upbringing, and we have many pictures from both of those events over the years. I loved seeing where our food is grown and meeting the people who picked it. On a sidenote, we could have chosen other farms to join with a CSA but truthfully what we loved about GTF was the down-to-earth and non-judgmental vibe of Sally and John. Last thing I would like to share is that I challenge myself to use all of the produce in our box in some way and it really makes me feel like I'm cooking and eating in-season and stretches me to try some new things. Also, I add spinach and other veggies to dishes that I normally wouldn't and I just feel healthier and more grounded because of it. I don't really feel any challenges, it is my pattern to come very early to the market on Saturday mornings so I can park easily and I love being able to use the trade box also. I just love GTF and being a CSA member, thank you for asking me to share.”

Hilary is another long time member (since 1996!) that has shared her experience, “The GTF CSA in many ways defines summer for us. It is so much a part of the rhythm of our lives. It’s hard to remember the beginning, but I know that it was a super fun treat for the kids to pull up to the packing shed, walk through the vast array of veggies in crates, and carry the big box of food to the car. A trip to the farm meant a delicious drive home! Peas, berries, carrots, and anything else immediately consumable was munched and sometimes completely gone by the time we arrived back in Corvallis. Even our carrot loving dog got super excited for the weekly veggie run.

A fond memory of the GTF CSA is stopping for the CSA box on our way out of town to go camping. We’d just bring the whole box along. We felt lucky to have amazing fresh potatoes and onions for a morning fry up, crispy lettuce and cukes and carrots on day hikes, and then beyond lucky to come back to a rustic campsite and enjoy GTF’s incomparable melons and corn. The very best!

Over the years, and to this day, when I pick up veggies at GTF, the highlight is running into Haylee and Sally and catching up with both of you! That is a delightful treat. I also enjoy seeing the hardworking crew in the shed in what looks like a very complicated and productive dance of activity. I can feel how much good energy goes into everything.”

Julie who has been a CSA member since 2006 shares, “I LOVE the fact that Gathering Together Farm plants, weeds, lovingly cares for, harvests, washes, and packs my beautiful vegetables week after week. All I have to do is show up to the Farmstand and claim the bounty. Now that we are empty nesters sometimes the abundance overflows but so many things store well and we get the opportunity to share and make sure our grandchildren are offered the same quality of goodness that our children were.”

We want to thank Deanna, Hilary and Julie both for supporting GTF for a very long time and sharing! We are planning to have some farm tours this summer probably some Saturday afternoons, so stay posted!

-HAYLEE EVELAND

ITALIAN ROASTED FRISEÉ

Ingredients:

- 1-2 heads of friseé
- 1/4 cup olive oil
- 1 teaspoon kosher salt
- 1/4teaspoon black pepper

Directions:

1. Preheat the oven to 450 degrees.
2. Slice each head of friseé into quarters with the core intact.
3. Place the quartered friseé into a steam rack or colander inside your pot. Pour 2 cups of boiling water over the friseé. Put the pot over medium heat and cover with a lid. Steam until it is just tender, 4-6 minutes. Drain and pat it dry with a towel.
4. Toss the steamed friseé in olive oil, salt and pepper. Place onto a baking sheet with the core side down.
5. Roast for 20 minutes, until the friseé is golden and crispy on the outside and tender on the inside. Serve immediately



Recipe from <https://www.jewishfoodsociety.org>

Picture: Fresh friseé from GTF

We’d love to see what you’re doing with your CSA box!

Tag us on FB and IG:

@GatheringTogetherFarm