

10-21-2025



CSA NEWSLETTER



Fall: the best part is when the leaf changes start!



THIS WEEK'S VEGGIE LIST

- Zepplin Delicata*
- Spinach*
- Yellow Potato*
- Onion*
- Shallot*
- Radish*
- Carrots*
- Rutabaga*
- Lettuce*

WEEK 20 - HERE IS WHAT ROMAINE...

Things have been feeling extra autumnal lately, with the return of rainy Oregon weeks and foggy morning drives. We see the changes in our harvest as well as our surroundings. It can be a bittersweet feeling knowing we will soon welcome (somewhat unwillingly, most reluctantly) shorter days and barren trees as far as the eye can see, but it serves as a gentle reminder to reorient ourselves and focus on what matters most.

The slow moments, the times with family and friends (and even friends we don't *as* family), and what little fragments of winter sun we get sure feel like a reward in an already dwindling time of year. Let these last few weeks of the season bring abundance to your tables--to your parties and your plans--and we will try alongside you to savor the wonderful things that late October and early November brings.

There is no denying, a central thing that can unite us all is food. Food is a wonderful luxury in which we can bond over and discuss with gratitude over the course of many generations. We see that bond take shape in the form of sharing meals, continuing cooking traditions, and swapping recipes. The intersection of food and family rings especially true as the holiday season approaches.

Whether you are gathering with siblings for a brunch, meeting a friend to bake cookies together, or sitting at an open window with a home cooked meal, watching the leaves fall with your furry companion... the same universal truth arises: food unites us all. And we are so very grateful to play a part in that.



-ALLIE WOOD

RUTABAGA & THYME HOME FRIES

Ingredients:

- 1 rutabaga, cut into cubes
- 2 Tablespoons olive oil
- 2 teaspoons paprika
- 2 teaspoons fresh thyme
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. Remove thyme leaves from the sprig and chop finely.
3. Sprinkle the rutabaga fries with oil, paprika, thyme, garlic powder, salt and pepper on the prepared sheet pan, and toss until evenly coated.
4. Arrange the rutabaga fries on the baking sheet in a single layer leaving space in between them.
5. Bake for 35-40 minutes, flipping the rutabaga fries halfway through; until they are crisped on the outside and cooked through on the inside.



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

Tag us on FB and IG: [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm)

Source 1: *Feel Good Foodie*
Source 2: *Eating Bird Food*

FALL QUINOA SPINACH SALAD

Salad Ingredients:

- 4 cups fresh spinach, chopped
- 1 1/2 cups **cooked** quinoa, equivalent to about 1/2 cup dry quinoa
- 3/4 cup delicata squash
- 1/2 small onion, slivered*
- 1 medium apple, peeled and chopped
- 1/3 cup pumpkin seeds
- 3 tablespoons dried cranberries

Tahini Apple Cider Vinegar Dressing:

- 2 Tablespoons tahini
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons lemon juice
- 2 Tablespoons low sodium aminos (soy sauce)
- 4 Tablespoons nutritional yeast
- 2 teaspoons minced garlic, about 2 cloves
- 2 teaspoons maple syrup

Directions:

1. Prepare the squash by peeling it, cutting it in half and scraping out the seeds.
2. Cut the squash into bite-size cubes, place on a lightly oiled baking sheet and roast at 400° for 30-40 minutes, turning once or twice, until all the pieces are tender and you have a few small brown spots.
3. Add pumpkin seeds to the oven with the squash for the last 5 to 10 minutes or until the seeds are golden and crunchy, then remove from the pan to cool. Be sure to watch the seeds carefully because they can burn quickly.
4. While roasting the squash, toss together spinach, cooked quinoa, onion, apple and cranberries in a large salad bowl. Add cooled seeds once they've been toasted.
5. Prepare dressing by placing all dressing ingredients in a blender or food processor and blend until smooth.
6. Once the delicata squash is done roasting, allow it to cool and then place into the salad bowl with the other ingredients. Pour the dressing over the salad and toss to coat. Serve immediately.

* **Onions:** to temper the strong flavor of the onions a bit, soak the onion slices in cold water with a bit of baking soda (about 1/2 teaspoon baking soda). Let them sit for 15-20 minutes, then rinse and drain well.