



Gathering Together Farm

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CSA Newsletter—Week 13, Sept 1<sup>st</sup>, 2020

Summer in September—a season within a season

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### **Purple Carrots**

Beautiful purple carrots with an orange burst in the center, gorgeous roasted whole or sliced lengthwise to see the color contrast.

### **Lacinato Kale (it's back!)**

There's always kale out in the field in some growth stage or another, but we always haul our harvest on kale in the heat of summer.

Kale shines in the cooler shoulders of the season, and its return is to be expected on the first of September. See recipe for *Kale Caesar Salad with Roasted Garlic Parm Chickpeas* in the [Week 3 Newsletter](#) on our website.

### **Shallot**

We spent our afternoons a few weeks ago pulling all the shallots out of the field and laying them out to dry in the shade to achieve that strong garlic punch, incredible raw muddled into dressings or calmed down and caramelized to add a savoriness to any dish.

### **Cantaloupe**

### **Yellow Bell Pepper**

### **Sweet Red Italian Pepper**

### **Cilantro**

### **Green Cabbage**

### **Green Beans**

### **Superstar White Onion**

### **Lettuce**

### **Nicola Potatoes**

### **Heirloom Tomato**



*Our future brassicas, including multiple kales and cabbages. I love the way the plants glow against the soil at the twilight hour out in the field, with the sun going down and the full moon ducking below the greenhouse. It's such a beautiful time of year!*

Hello, veggie lovers, welcome to September! As we begin our descent away from summer and get ready for the next push of fall, we're doing a little bit of everything down on the farm. Watermelon and cucumbers are no more, peppers and tomatoes are still in their prime, and at the same time we've already started harvesting winter squash to cure. They're sittin' pretty under the shade of oak trees, slowly curing to develop all their sugars & rich flavors.

During this month, we will experience cross-over of both summer and fall crops, a unique window of time where we get to mix flavors and textures of kale and sweet peppers, poblanos and soon enough winter squash. Broccoli and cauliflower and just coming on, while the tomatoes are starting to ripen higher and higher up the vine, signaling their impending end—soon, but not too soon. Summer still has so much to give! But fall is impatient, as it will only have a moment to shine before winter.

September is one of my favorite times of the year in the Oregon. The leaves are just hinting at turning, the evenings are getting chilly enough to put on a cozy sweater, yet the sunshine is still shining strong through clear skies. And most importantly, September is a month that we'll be eating good! Enjoy these summer goodies while we can—the cantaloupe, sweet peppers, green beans & tomatoes. The taste of summer is fleeting, but there's always more to look forward to as seasons change.

—with love, your vegicator, LB [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

We'd love to see what you're doing with your CSA box! Tag us on social media @gatheringtogetherfarm!

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## ROASTED CARROTS

### TOPPED WITH NUTS AND CILANTRO YOGURT



Adapted from <https://cooking.nytimes.com/recipes/1019632-roasted-carrots-with-cilantro-yogurt-and-peanuts>

### INGREDIENTS

- 1 bu. **carrots**, halved lengthwise (quartered if large)
- 2 Tbsp olive oil
- Salt and Pepper
- **For the Cilantro Yogurt:**
  - 1 cup full-fat Greek yogurt
  - ½ cup finely chopped **cilantro**
  - ¼ teaspoon ground coriander (optional)
  - 1 Tbsp lime juice, (about 1/2 lime), plus more for serving (optional)
  - Pinch pepper flakes (optional)
  - Salt to taste
  - ¼ cup chopped roasted, salted peanuts
  - 3 Tbsp onion, finely minced
  - Flaky salt, for serving

### DIRECTIONS

Heat oven to 400 degrees. Make the carrots: In a large bowl, toss the carrots with the olive oil. Season well with salt and pepper, and toss the mixture to evenly coat. Place the carrots cut-side down on a rimmed baking sheet and roast, flipping about halfway through, until the carrots are golden brown and tender, about 25 to 30 minutes. Allow to cool slightly.

While the carrots roast, make the cilantro yogurt: In a medium bowl, combine the Greek yogurt, cilantro, ground coriander, lime juice and Aleppo pepper or red-pepper flakes, if using. Stir well to combine and salt to taste.

Spread the cilantro yogurt on the bottom of a plate or platter and arrange roasted carrots on top. Scatter peanuts and scallions on top, and finish with flaky salt and a squeeze of lime juice, if using.

## THAI PEANUT SLAW

Adapted From <https://www.asaucykitchen.com/thai-peanut-coleslaw-palco-option/>



### Thinly Sliced or Shredded Veg:

½ head cabbage, 2 carrots, 1-2 sweet peppers, ¼ raw onion, 1/3 cup fresh cilantro, ¼ cup chopped roasted peanuts.

**Dressing:** ¼ cup creamy nut butter, 1 clove garlic, ¼ tsp ginger, 2 Tbsp tamari or coconut aminos, 1 Tbsp lime juice, 1 Tbsp sugar/honey, 1 Tbsp toasted sesame oil. Whisk until smooth, adjust seasoning as needed. Combine.

## TAMARI SHALLOT GREEN BEANS



--From LB's Veguation Station

### INGREDIENTS

- 1 lb. **Green Beans**, with stems snapped off
- 3-4 large cloves Garlic, roughly minced
- High-heat oil (coconut, safflower, avocado, etc.)
- Tamari (or Soy Sauce)
- Salt to taste
- White rice, cooked however you usually do it
- Optional: I often sauté chicken breasts in a skillet with garlic, salt, and turmeric to go with these beans and rice. The combo is amazing!!!

### DIRECTIONS

1. In a medium-large skillet, put enough oil in to cover the bottom of the pan and heat to medium-high.
2. Snap your green bean stems. I often snap mine in half as well to make for easier stirring.
3. Add the beans into the hot oil and cover. Sauté covered for about five minutes to get the beans up to temp and steamed a bit.
4. Roughly mince a hefty amount of garlic and toss it into the pan.
5. Add a few heavy splashes of Tamari in and stir the beans up amidst the loud sizzles. Replace the lid and sauté covered another min or two.
6. Remove lid and add more Tamari and stir. Do this every few minutes, so that the tamari keeps reducing and creating a delicious glaze over the beans.
7. Once the beans seem sufficiently wilted whilst still retaining a bit of their crispness, turn the pan off and sprinkle the beans with salt last. Toss around, taste, add more salt and tamari as needed.
8. Serve with white rice and chicken if desired.