



Gathering Together Farm
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CSA Newsletter—Week 20, October 19th, 2021

Soup, salad, and bake – all the fall colors.

TABLE OF BOX CONTENTS

Beet*, Red bunch

Cabbage*, Red

Chard*, Rainbow

Dill*

Onion* – 1 Red, 1 Sweet

Pepper, Poblano

Poblanos are similar in taste to a bell pepper but carry just a bit more spice to them.

Commonly found in the classic chile relleno dish, try adding it to your favorite recipes for a comforting kick in flavor.

Potatoes, Purple

Quince*

This fall fruit is best when cooked. High in fiber, antioxidants, and in pectin which make it an excellent jam or marmalade fruit.

Radish, Watermelon

Squash*, Butternut

One of the most common winter squash, this foot-long, bell-shaped variety has thin, butterscotch-colored skin and sweet, nutty flesh. Its smooth, thin skin make it easier to peel than many other squash varieties. Dense and creamy, it pairs well with a variety of flavors, including smoky bacon, cinnamon, and balsamic vinegar. It also has the highest doses of vitamins A and C. Great for roasting and soups, and the best for pumpkin pies.

** Look for these veggies in included recipes.*



RED CABBAGE AND QUINCE DUTCH OVEN BAKE

Adapted From:
The Cookery Maven

<https://www.thecookerymaven.com/cookery-maven-blog/2014/01/braised-red-cabbage-with-quince-apple-cranberries>

Ingredients

- 2 Tbsp Butter
- 1 medium **red onion**, chopped
- 1 ½ heads of **red cabbage**, sliced into ½ ribbons and rough chopped
- 1 tsp coarse salt
- ½ cup maple syrup
- ½ cup apple cider
- ¼ cup apple essence
- 6 Tbsp apple cider vinegar
- 2 cup whole fresh cranberries
- 1 tart apple
- 1 **quince**, peeled and rough chopped

Directions

Over medium heat in a Dutch oven, combine butter and onion. Cover and cook for about 10 min. Remove lid, cook for another 5 minutes, stirring occasionally. Next, add cabbage and salt. Cook between 5 -7 mins, until cabbage is wilted. Add in the maple syrup, apple cider, essence and cider vinegar. Simmer, uncovered, for 20 minutes, stirring occasionally. Finally, add in the chopped apple, quince, and cranberries. Stir to combine. Cover and cook for another 20 minutes until the cabbage has softened. Serve immediately.

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

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GTF BUTTERNUT GINGER SOUP WITH KALE

From the kitchen of John Eveland and Sally Brewer

Ingredients

- 1 c uncooked white beans
- 10 c water
- 2 lbs **butternut squash** (6 c after peeled, seeded and diced)
- 2 Tbsp of preferred oil
- 1 cup chopped **onion**
- 2 Tbsp minced fresh ginger root
- 4 cloves garlic, minced
- 1 Tbsp salt
- Black pepper to taste
- 1 bunch kale washed, chopped (or **chard**)

Directions

Bring white beans to boil 8 cups water and then simmer, covered, for 1 ½ hours or until tender. Pre-soaking the beans for a few hours in warm water will hasten the cooking time.

Meanwhile, prepare vegetables. Peel squash with vegetable peeler, then seed and dice.

In a separate pot, cook squash in remaining 3 c of water, covered. When tender, puree in a blender and add to the cooked beans.

In a fry pan, heat the oil and sauté the onion, ginger, and garlic. When tender, add to the soup pot.

Add the chopped kale (or chard) at the end and cook until the kale is wilted. Serves 8.

MARINATED BEETS AND FRESH HERB SALAD

Adapted From: Local Dirt:
Seasonal Recipes for Eating Close to Home
By: Andrea Bemis

Ingredients

- 1 ½ lb **beets**, sliced into ½ inch pieces (peel left on)
- Salt
- 1 small **red onion**, thinly sliced
- ¼ cup balsamic vinegar
- Honey
- 6 Tbsp olive oil, plus extra for drizzling
- Pepper
- ½ loaf of sourdough bread torn into 1-inch pieces
- 4 ounces goat cheese, crumbled
- 1 cup torn fresh herbs (**dill**, parsley, basil)

Directions

Turn oven to 425°F.

Cover beets with 1 inch of water in a large pot. Add a meaningful amount of salt and bring to boil. Once water is boiling, reduce heat, and let simmer for 12 – 15 minutes or until beets are tender to poke with a fork. Then remove from heat and drain.

In a large bowl, combine beets and onions. In a second bowl, combine vinegar, honey, olive oil, and salt & pepper (to liking) and whisk together. Once mixture is combined drizzle onto the beets and onions and toss well to thoroughly coat.

Using a baking sheet, spread out the torn bread and drizzle with olive oil, salt, and pepper. Place in oven and let brown for about 8 – 10 minutes, giving the bread a nice crisp to it. About halfway through, mix to ensure even browning.

Next add the bread to the beets and onions, top with fresh torn herbs and crumbled goat cheese. Adjust to taste by adding more salt, pepper, or olive oil