



Gathering Together Farm

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CSA Newsletter—Week 8, Mon. Mar 22<sup>nd</sup>, 2021

# Spring has Sprung!—Exploring Hope in Action

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### Purple Sprouting Broccoli!

The one and only PSB. This crop gets seeded in transplanted in late summer, overwinters in the field all winter long, and finally comes out bright and purple magic once spring starts springing! And even then, it's just a short window of time to get the flowering stalks when they're tender, before they attempt to finish their lifecycle and go into full flower and make seed. Enjoy this fleeting treat, everyone! Sear/Grill/Roast like asparagus & enjoy!

### Swiss Chard

Related to both spinach and beets, chard can have a mouth-drying feel when eaten raw, but cooked down with a little oil, garlic, and salt, and it becomes melt-in-your mouth delicious just like spinach or beet greens would be!

### \*\*Savoy Cabbage\*\*

This week's beautiful cabbage is from [Persephone Farm](#). The rumply savoyed leaves catch all the juices and dressings in whatever dish you end up making, making it particularly flavorful & tasty.

### Chives

½ lb. Salad Mix

1 lb. Carrots

2 Leeks

\*2 Yellow Onions

\*2 lb. Yellow Potatoes

\*4 Oranges

*\*starred produce is from OGC (Organically Grown Company)*

Hi folks! Welcome to the first week of Spring and the last week of our Winter CSA! We're going out with a bang this CSA season, with the box including PSB, Swiss Chard, Chives, Savoy Cabbage, Leeks, Salad Mix, and so much more!

It's been quite the winter in more ways than one. We've made our way through ice storms, snow storms, and record-breaking floods. But beyond that, the entire pandemic has felt like a winter of sorts, and just as the daphodils are blossoming and the sunshine is returning to our lives, this week all of us on the farm are getting signed up to get vaccinated for COVID-19! We know it will be a long way to go before we're in the free and clear and "back to normal," whatever that means anymore, but the clouds are clearing and we can see the light.

With sunshine on our skin and the sweet scent of spring flowers in the air, I've been thinking a lot about what it means to be hopeful these days. The pandemic has widened the inequities in our society and in our systems that have existed all along, showing us where there is work to be done like an x-ray shows us our broken bones. It's important for us to remember that hope is not a passive sensation, it is not just the warm fuzzy feeling that inspires us to keep going. Hope is an action!

We've all been learning how to grow our food activism beyond simply buying organic or supporting our local farmers. If we want a truly just food system that is accessible to everyone and beneficial to all involved, then we need to change immigration laws, we need pathways to citizenship, we need access to land and loans for BIPOC farmers. We need locally-bred resilient seeds that aren't owned by Monsanto. We need health care and overtime for farmworkers. We need funding for Double Up Food Bucks and other systems that make fresh produce financially accessible. We need to actively build the new world that we hope for.

Like the decaying kale leaf pictured above, it is the decomposition of the past that shows us new colors and possibilities, giving us fuel for whatever comes next. Hope is what will get us from one day to the next, yes, but it also must drive us to action. Together, another world is possible, but it is going to take a lot of work.

We hope you've enjoyed this winter CSA season with us as much as we have, and we cannot express what your support has meant to our farm. As for me, I've been writing your newsletters for the last four years, but the time has come for me to move on to other things. It's been a real joy writing to you all each week, navigating the seasons and a pandemic together. I will miss you! And when our main season CSA season returns this June, another wonderful member of our farm will be here to keep you in touch with the seasons and the goings on of the farm. I'll still be writing and vegucating my way through this world and would love to stay in touch, follow me on Instagram [@slinginveg](#) and I'll see you on the other side. Be well.

—with love, your vegucator, Laura Bennett [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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## **CHARD & CHIVE POTATO LEEK FRITTATA**



Adapted from <https://karalydon.com/recipes/breakfast/swiss-chard-potato-chive-frittata/>

### **INGREDIENTS**

- 1.5 lb. potatoes, cut into 1/2 inch cubes
- 2 tbsp olive oil, divided (or more to taste)
- 1 tsp salt, divided
- 1 tsp pepper, divided
- 1 bunch swiss chard, roughly chopped
- 1 clove garlic, minced
- 12 eggs
- 1/2 cup Greek yogurt (or coconut milk)
- 1/4 cup chopped chives
- 1 cup shredded Gruyere cheese (or whatever cheese)

Leeks were not in the original recipe but would be a buttery delicious addition!

### **DIRECTIONS**

1. Preheat the oven to 425 degrees F. Toss potatoes with 1 tbsp olive oil, 1/4 tsp salt and 1/4 tsp pepper. Roast in a casserole dish or on a baking sheet for 20-30 minutes, or until tender and crispy. Let cool.
2. Add 1 tbsp olive oil to sauté pan over medium-high heat. Add swiss chard and 1/4 cup water and cover for 5 minutes. Remove cover, add garlic, and turn heat down to low and let cook for another 10-20 minutes, or until chard is wilted and water is evaporated. Sprinkle with 1/4 tsp salt and 1/4 tsp pepper. Let cool.
3. In a medium mixing bowl, whisk eggs and Greek yogurt until combined. Add chives and mix together. Season with 1/2 tsp salt and 1/2 tsp pepper.
4. Preheat oven to 350 degrees F. In a 10-inch cast iron pan, add roasted potatoes, swiss chard, and cheese. Pour egg mix over top. Heat on the stovetop over medium heat for 5 minutes.
5. Transfer to oven and bake for 25-30 minutes, or until frittata is set.
6. Let cool for 5 minutes or so before cutting & serving.

## **ROASTED SAVOY CABBAGE WITH WALNUTS & PARMESAN**

From <https://smittenkitchen.com/2019/11/roasted-cabbage-with-walnuts-and-parmesan/>



### **INGREDIENTS**

- 1 medium-large (1 3/4 pounds) or two small heads savoy cabbage
- 7 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper
- Scant 1/2 cup (1.75 ounces) walnut halves and pieces
- 1 large or 2 smaller garlic cloves
- 1 large lemon
- Red pepper flakes, such as Aleppo (optional)
- Grated parmesan, to taste

### **DIRECTIONS**

Heat oven to 475°F. Remove any damaged outer leaves of cabbage and cut it into 8-12 wedges. Coat a large baking sheet with 2 Tbsp olive oil. Arrange cabbage wedges in one layer, drizzling or brushing them with 2 more Tbsp olive oil and sprinkle with 1 tsp salt and freshly ground black pepper to taste. Roast for 8 to 10 minutes, until charred underneath (don't panic if you see a few thin black edges; they're going to taste amazing). Use a spatula to flip each piece over and roast for 5 more minutes, until the edges of the cabbage are dark brown.

Meanwhile, while cabbage roasts, place nuts on a smaller tray or baking dish and roast them next to the cabbage for 4 to 5 minutes. Remove and scatter them, still hot, onto a cutting board and coarsely chop them. Scoop into a bowl and finely grate the zest of half a lemon and all of the garlic over it. Add remaining 3 Tbsp olive oil to walnuts, a few pinches of salt and red pepper flakes and stir to combine. If you've got a couple minutes to let it all infuse as it cools, let it rest. When ready, squeeze the juice of half your lemon in and stir to combine. Adjust flavors to taste, adding more lemon if needed; you want this dressing to be robust.

The moment the cabbage comes out of the oven, spoon the walnut dressing over the wedges. Grate parmesan all over, to taste. Serve immediately, while piping hot. There will be no leftovers.