



07-15-2025



# CSA NEWSLETTER

*Intentional days creates a life of purpose*



## THIS WEEK'S VEGGIE LIST

- Gold Beets*
- Green Pepper*
- Basil*
- Yellow Potatoes*
- Lettuce*
- Yellow Onion*
- Mixed Summer Squash*
- Cucumber*
- Chard*
- Tomato*

## WEEK 6 - BLESSED INTENTIONS

As summer grooves into it fullest rhythm of long hot days, bustling social events, and traffic as far as the eye can see, we have to learn the steps to this familiar but exotic dance. In agriculture, as in any daily life, the setting of grounded and personal intentions is a powerful tool in the pursuit of our collective and personal successes. Over the winter, we at GTF drew up plans, created schedules, coordinated plans of attack, and set the intentions we needed to succeed amidst the challenging quarter-century year we were entering.

This year, both professionally and personally, I have seen the fruition of intentions grow and fruit everywhere I look. On the farm I have seen team cooperation and collaboration grow much stronger than in years past when we all just felt scrambled by the immensity of it all. Our crops are happy, healthy, well managed and the highest of quality as a result. Our ethos of growing high quality food, engaging with our communities, and supporting both laborers and consumers who may be feeling immense anxiety in these crazy days have all been nurtured intentions that have yielded most excellent fruit.

On the paths of Oregon Country Fair this past week, this writer heard the word 'intention' pass over many lips. Around the word, I heard people setting goals for themselves, express gratitude for receiving, and witness the truest of manifestations. A dear friend of mine, coming off of a cold and an exceptionally busy life of managing a farm full-time, performed lead sound engineering for the biggest acts on the biggest stage of OCF. The joy in his eyes was immeasurable and certainly a result of hard work, cooperative coordination and set intentions.

**-DANIEL RAYNE**



# GOLD BEET SALAD

## Ingredients:

- 1 bunch golden beets
- 1 cup shelled and toasted walnuts
- 2 summer squash of choice
- 4 Tbsp olive oil, separated
- 1 cup rice vinegar or white vinegar
- 3 Tbsp kosher salt, separated
- 2-3 sprigs of fresh parsley

**Prep time 1.5 hours**

## Instructions

1. Start by pre-heating your oven to 375 and bring a medium pot of water seasoned with 1 Tbsp salt to a boil.
2. While the pot is heating up, cut zucchini to a desired shape ( I like bias cut rounds) and toss is 2 Tbsp olive oil, and season with 1 Tbsp salt. Add to oven and roast for 12 minutes - turning once.
3. Once the pot has come to a boil, add all of your beets (greens removed), reduce to medium-low simmer and set a timer for 15 minutes. Checking for soft-but-not-squishy texture. If not quite done, check in 2 minute increments. Remove and let cool.
4. Move roasted zucchini to the refrigerator
5. Once beets have cooled, remove skin with a kitchen rag and cut into 1/2" to 1" cubes as desired. Move to fridge.
6. While the beets and zucchini cool, toast your walnuts at 375 for 8 minutes, and chop parsley to desired consistency.
7. Add beets, zucchini, walnuts, parsley, vinegar and remaining oil and salt to a bowl and toss to serve.

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

*Tag us on FB and IG:*

*@GatheringTogetherFarm*

# CUCUMBER TOMATO ONION SALAD

## Ingredients:

- 1 cup water
- 1/2 cup distilled white vinegar
- 1/4 cup vegetable oil
- 1/4 cup sugar
- 1 teaspoon salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- 3 cucumbers, peeled and sliced 1/4-inch thick
- 3 tomatoes, cut into wedges
- 1 onion, sliced and separated into rings

## Directions:

1. Gather all ingredients.
2. Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth.
3. Add cucumbers, tomatoes, and onion and stir to coat.
4. Cover bowl with plastic wrap; refrigerate for at least 2 hours for best flavor results.
5. Enjoy!



*Recipe from All Recipes*

*Picture - Farmstand sign*