

# VITALITY SUPPORTED AGRICULTURE

*Nurturing a Sense of Calm and Inner Peace During Life's Day-to-Day Chaos*

## TABLE OF BOX CONTENTS

- **1 bu. Fresh Spring Beets!** — This week's vegetable debut are the sweetest beets of the season, spinach-chard-like greens included. You'll want to cut your greens off the bunch & store them separately so they don't keep pulling water out of the roots (same goes for carrots).
- **1 bu. Spring Carrots!**
- **4 Navel Oranges**
- **1 head Fresh Garlic!** —At this young stage, cloves have yet to truly form and you can cut through the entire head and stalk easily. Use every last bit, it's all good!
- **1 bu. Mizuna Mustard (petite)** —Green mizuna is a mild mustard green, a lovely addition raw to any salad, with juicy stems for sautés.
- **½ lb. Salad Mix**—Our salad mix is delicately hand-picked every morning and contains a dynamic mixture of lettuces, mustards, Asian greens, kales, and chicories.
- **1 bu. Dill**—First of the season! Fresh herbs are some of the best medicines you can incorporate into your diet. Dill has antispasmodic properties, making it a well-known remedy for digestive issues, gas, and hiccups. Garnish salads & make tea.
- **1 bu. Kale\*\***—The wonderous season of kale is coming to an end; enjoy it while it lasts! We'll miss you, kale! But actually, we'll be far too distracted by summer's treats to be too heartbroken.
- **2 Yellow Onions\***
- **Mini Head Lettuce**
- **2 lb. Yukon Gold Potatoes\***

\*In order to make each box complete, GTF will supplement with produce from OGC (Organically Grown Company) when needed.

\*\*This week, our *kale* is from *Sunshine Organics* in Albany, OR (previously known as *Springhill Farm*)

Hello, veggie-lovers!

We've all been enjoying this slow rainy week after last week's pulse of sunshine and the extra work it brought with it. This week, there are three stars of the show making their seasonal debut—fresh head garlic, spring beets, and fresh dill—but beets reign as queen, regal and strong.

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*"The beet is the most intense of vegetables. The radish, admittedly, is more feverish, but the fire of the radish is a cold fire, the fire of discontent not of passion. Tomatoes are lusty enough, yet there runs through tomatoes an undercurrent of frivolity. Beets are deadly serious... You can't squeeze blood out of a turnip." —Tom Robbins, Jitterbug Perfume*

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Beets are one of those veggies that people either tend to love or to hate, but I've found that most folks who hate beets just haven't yet gotten to know the truly deep sweetness that fresh Oregon spring beets embody.

For beets and other round roots, we are taught to make bunches *como una flor, like a flower*, with one beet in the center and an array of beets around it. Your twist tie cannot be too low or too high, too tight or too loose; the orientation of the leaves and roots must be just so, so that it turns out perfectly every time.

Although that yellow twist tie tells us that the product in hand is Organically Grown, let that twist tie also be a reminder of the human hands that formed it.

Each bunch is hand-crafted by someone with care, someone who likely speaks Spanish and one of many Indigenous languages, by someone who does not benefit from our federal systems of care that are only set up to give protections to certain people, by someone who made sure that this one bunch was perfect and beautiful, *como una flor*.

Don't forget to follow [PCUN](#), Oregon's farmworker union, to learn about what we can do to help change systems in Oregon and extend care to all members of our communities. Voting with our forks is essential, but there is more we can & must do. Together, let's learn how to turn our care into action. —With love, your vegucator, LB

## VEGUCATION STATION

### Dill Digestive Aid Tea

*"This simple tea is probably one of the most well-known herbal formulas for upset tummies and indigestion." — Adapted from Medicinal Herbs by Rosemary Gladstar*

#### Ingredients

- 1 part chamomile flower
- 1 part dill leaf
- 1 part mint leaf

#### Directions

1. Prepare the herbs as an infusion.
  - a. Put 4-6 Tbsp dried herb or 6-8 Tbsp fresh herb into a glass quart jar.
  - b. Pour boiling water over the herbs, filling the jar. Let steep 30-45 minutes.
2. Drink ½ cup of warm tea before & after meals.

### Sautéed Mustard Greens with Garlic & Peanuts

*"I'm happy to eat these greens in a bowl all by themselves," — Adapted from Vegetable Literacy, p 130*

#### Ingredients

- 1 bunch **Mizuna** mustard greens, roughly chopped
- 2 tsp roasted peanut oil
  - toasted sesame oil is a delicious alternative too
- 1-2 cloves **garlic**, slivered
- Salt to taste
- Few drops of soy sauce
- Handful roasted peanuts, coarsely chopped

#### Directions

Heat the oil in a skilled over medium-high heat and then add the garlic. As soon as the garlic starts to sizzle, add the mustard greens and season with a few pinches of salt. Sauté, turning the greens frequently, until the water from the leaves is largely gone and the leaves are tender. This should take about 5 min, depending on the plant Add the soy sauce, cook for another minute, then toss with the peanuts and serve. That's it!

Enjoy as is, or serve these garlicky greens with cubes of golden fried tofu and a side of white rice!

### Seared Beets with Dill & Walnuts over Wilted Kale

—Adapted from *Vegetable Literacy*, p 226

#### Ingredients

- 1 bunch **Beets**
- 3 Tbsp olive oil
- 1 bu. **Kale** leaves, finely chopped
- 1-2 cloves **Garlic**
- Salt to taste
- Red wine vinegar or Apple cider vinegar
- Handful walnut halves/pieces
- Thinly sliced feta or gouda (or cheese of choice)
- Fresh **Dill**

#### Directions

1. Steam the beets until soft when poked with a fork.
2. When cool, either slip off the skins with your hands or peel them neatly with a knife. Cut them into wedges.
3. Heat 1 Tbsp of the oil in a wide skillet over medium heat. Add the beets and cook them, turning as needed, until seared, 10-15 minutes.
4. While the beets are cooking, rinse the kale and drain in a colander but do not dry. Heat 1 Tbsp oil in a second wide skilled over high heat. When the oil is hot, add the kale, garlic, and a few pinches of salt. Turn the greens as they cook, taking care that the garlic doesn't burn. The water clinging to the kale will steam the greens then evaporate. When shiny and tender, add 1 Tbsp vinegar and toss it with the kale. Taste for salt.
5. Loosely arrange the kale on a small platter and cover with the beets, walnuts, and slivers of cheese. Mince some fresh dill and sprinkle them over the salad, then drizzle the remaining oil over all and sprinkle with more vinegar and salt. Enjoy!

### Carrot Beet Slaw with Pistachios & Raisins/Craisins

See recipe from Joshua McFadden's *Six Seasons* on our [Week 5 Newsletter](#) to enjoy your fresh beets raw in their sweetest form.