

VITALITY SUPPORTED AGRICULTURE

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

TABLE OF BOX CONTENTS

- **1 bu. Swiss Chard**—Chard is in the same family as beets and spinach and has a very similar sweet, earthy flavor and creamy texture when cooked. The stems are like multi-colored celery that can bring a brightness to any dish.
- **1 bu. Cilantro**—Cilantro is so much more than a garnish and can be used from root to leaf! I love putting entire bunches of cilantro into slaws and salads or making pesto out of it, and the roots are wonderful when stir-fried with tamari, carrots, and onions, and served with rice.
- **1.5 lb. Beets***—People tend to either love or hate beets, but the Cilantro Beet Slaw recipe for this week has never failed to convert even the most avid beet-hater. Many of us have only ever had boiled or pickled beets (which are delicious too) but there are so many other ways to enjoy their sweet, earthy, beety goodness.
- **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 lb. Carrots***
- **Mini Head Lettuce**
- **Green Cabbage***
- **1 Large Onion***
- **2 lb. Huckleberry Gold Potatoes***

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

Hello, veggie lovers!

What a beautiful sunny week we've had. Although we're donning masks and gloves and keeping distance from each other, the farming season is ramping up and the hustle in the sun helps us feel almost normal. We're busy harvesting over-wintered crops and early spring greens with the bees buzzing alongside us on the flowering mustards and kales. At the same time, we're transplanting tomatoes, peppers, and a thousand other summer treats while planning our fall plantings going into the winter.

Farming requires us to be constantly thinking ahead while maintaining focus on the ground in front of us, and especially during this time of global uncertainty, we are finding solace in the simplicity of the daily tasks at hand. We do not know what the future will hold, but today the sun is shining, the cilantro is fragrant and perfect as we slip a knife into the soil to cut it just under the root crown, and we know that we are all in this together.

From all of us down at the farm, we really cannot thank you enough for your support at this time. These new VSA boxes are essential to the farm's continued operation and we put the utmost care into making sure that we're keeping all of our employees and customers safe and healthy. We could not do what we do without you!

As always, we hope that you're finding joy in these boxes of food, that for a moment you can feel like you have everything you need in this world and take the time to cook a nice meal with your family.

—All my best, LB, your vegicator

We've got incredible new Add-Ons coming up in Week 6! Even when VSA boxes are sold out, you can always place orders of our Add-On Products when buying \$40 or more. Check out our new online shop [here!](#)

- **Coffee Beans**—*Pacifica Coffee*
- **Raw Honey**—*Honey Tree Apiary*
- **Marinara Sauce**—*Sweet Creek*
- **Enchilada Sauce**—*Sweet Creek*
- **Salad Dressing**—*Nearly Normals*
- **Sunburgers (4-pack)**—*Nearly Normals*

VEGUCATION STATION

Rainbow Chard Frittata

—Adapted from <https://thefeedfeed.com/famtotable/rainbow-chard-frittata>



Ingredients

- 12 eggs
- 2 tablespoons olive oil
- 1 **onion**, diced
- 1 head **fresh garlic**, diced
- 1 bunch **swiss chard**,
- 2 pinch salt

Our house-made Spicy Italian Sausage made in collaboration with Community Cow would be a great addition to this frittata!

Directions

1. Preheat the oven to 400°F. In a mixing bowl, beat the eggs and add a pinch of salt.
2. In a large non-stick skillet gently sauté the onions in the oil until translucent, or ~10 min.
3. Chop your chard leaves into small strips or pieces to make for even distribution. Add the chopped rainbow chard and allow to wilt. Season to taste.
4. Add the eggs and gently mix together. Bake in oven for about 20 mins or until the eggs have set.
5. For an extra touch, place under a low broil for a few mins to lightly brown the top. Be careful though, it will burn quickly if not watched!

Cilantro Beet Slaw with Pistachios & Raisins/Craisins

—Adapted from *Six Seasons* by Joshua McFadden (chef & owner of Portland's own Ava Gene's and Tusk)

*Bulk up your slaw with green **cabbage!***

Ingredients

- 2 cloves garlic, smashed & peeled
- ½ cup golden raisins/craisins/apple)
- 2 tbsp white wine vinegar (or any acid)
- 2-4 **beets**
- 2-3 **carrots**
- 2 tbsp fresh lemon juice
- 1/2 bu. **cilantro**
- ½ tsp dried chili flakes
- Salt & Pepper
- Olive Oil
- Pistachio butter (or any nut butter)

Although nut butter is indeed delicious, use any dressing you fancy for your slaw, whether it be a simple lemon juice & oil, a pesto, or an aioli/mayo based dressing.

Directions

1. Combine the garlic, raisins, and vinegar in a large bowl and let sit for 1 hour (or just mix it up and keep going).
2. Slice the beets & carrots into fine matchsticks by slicing into flat discs and then into sticks as seen in the photo, or grate on a cheese grater if you don't have time.
3. To the garlic-raisin, vinegar mixture, add the beets, lemon juice, most of the cilantro (save the rest for finishing), and chili flakes. Season with 1.5 tsp salt and lots of black pepper and toss. Let it sit for about 5 minutes and then taste—the slaw should be tart, spicy, peppery, and sweet. Adjust the seasoning, if necessary, then add ¼ cup olive oil. Toss & taste again.
4. To serve, plate and top with the slaw. Finish with reserved fresh cilantro and enjoy!

