



CSA NEWSLETTER



Thunder is impressive; but it is lightning that does the work. -Mark Twain



THIS WEEK'S VEGGIE LIST

Tatsoi
Bunch Red Beets
Colored Bells
Corn
Purple Majesty Potatoes
Onion
Cucumbers
Garlic
Green Beans
Jimmy Nardello
Red Pimento Pepper
Cherry Tomatoes
Slicer Tomato



WEEK 12 - TATSOI AND THUNDERSTORMS

As this writer sits in a cozy chair with a cup of coffee listening to a righteous thunderstorm pass overhead, I consider... Has it begun? The transition from the peak of summer into the bounty and resplendence of autumn? I think it has. Despite forecasts of hot weather in the upcoming week, I think that this can be counted as a sign of relief in sight. I love summer, don't get me wrong. But, I LOVE autumn in western Oregon. With September just around the corner, and that cold air starting to swirl overhead, I think we can start pulling sweaters out of storage and thinking about foraging and cozy evening meals.

On that note, let's talk about Tatsoi and the multitude of ways in which to use it. Tatsoi (*Brassica rapa*) is a delicious and tender green deriving from the brassica (Brassicaceae) or mustard family and resembles a cross between bok choy and spinach in both appearance and taste. A beautiful spoon shaped leaf on top of a tender yet hearty stalk, this green makes an excellent addition to both fresh and cooked dishes.

When eaten fresh, this leafy green pairs well with mint and/or fennel for a more floral and grounded flavor profile. Stir fried or steamed, this pairs well with garlic (but what doesn't, honestly), peppers, and mushrooms. Making this an excellent addition to any soup or stir fried meal. The stalks are fairly hearty and will require slightly more cook time than spinach. Somewhere in between how you would cook spinach and kale. With soup weather coming on, tatsoi is a great friend to make.

Sources: seedsavers.org, uprisingorganics.org, wweek.com

-DANIEL RAYNE

TATSOI WITH RAMEN

Ingredients:

- 1 package ramen noodles
- 1 package seasoning
- 1-2 stalks Tatsoi
- 1 soft boiled egg
- 2 Tbsp. green onion
- 1 tsp. sesame seeds

Directions:

- 1) Remove and cut off the tatsoi stems.
- 2) Cut the stems into 1/2 inch sticks.
- 3) Thinly slice the green onions.
- 4) Move to the stove and boil 2 cups of water in a large pot.
- 5) Add ramen noodles.
- 6) Add tatsoi leaf and stem to boiling water.
- 7) Cook for 5 minutes or until noodles are done.
- 8) Remove tatsoi and set aside.
- 9) Add seasoning to pot and mix. Carefully pour the noodles and broth into a bowl. Add cooked tatsoi and soft boiled egg*.
- 10) Sprinkle sesame seeds and green onion.

*For soft boiled eggs: boil water first, add eggs, and time for exactly 6.5 minutes. Run under cold water to stop the cooking process, and peel.

For an added experience, cook a small sirloin steak to medium rare, let rest, cut into strips and add that to your ramen. You won't regret it.

For vegan options, cook mushrooms until moisture has cooked off and they begin to caramelize.

source: [Get Local Manoa.hawaii.edu](http://GetLocalManoa.hawaii.edu)

This tasty and simple ramen recipe will make a delicious weekday dinner with minimal labor or prep. One bunch of tatsoi should provide 4 bowls of ramen for the whole family! Ramen options vary, most stores have excellent and affordable options.

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

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GARLIC PEPPER SPREAD

Ingredients:

- Pimento peppers, Jimmy Nardellos and Bell peppers (whole)
- 1 head garlic (unpeeled)
- 1 onion (halved)
- 1/2 cup olive oil
- salt and pepper

Directions:

Step 1

- Preheat oven to 350 degrees. Place whole peppers, whole head of garlic, and halved onion on a baking sheet and place in oven. Roast for about 20-25 minutes. You can see if they are done by pressing the garlic to see if it is soft, and the peppers should be starting to char a bit on skin, and be nice and soft.

Step 2

- Let cool. Remove seeds from the peppers and toss into a food processor. Squeeze the garlic out of the skin and drop, and peel the onion. Put into the food processor and pulse everything together. Add salt and pepper and pulse again. Stream in the olive oil as the food processor is running. Taste, and adjust seasoning. Serve hot or cold!

source: Food52.com

