



Gathering Together Farm

Phone: (541) 929-4273

Email: csa@gatheringtogetherfarm.com

CSA Newsletter Week 2: June 20th, 2023

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1 bunch Dill: *A versatile herb... great with cucumbers, potato salad, tuna salad, or paired with fish. If you can't use the whole bunch, put the remaining bunch in a plastic Ziplock bag and freeze it! John lays it on our butcher block (not in direct sunlight) and lets it dry.*

1 bunch Frisée Endive: *A couple of recipes included, as well as our Chef's (Scott) description of his delicious endive salad.*

1 bulb of Fresh Garlic: *As opposed to dry garlic, it is harvested at a young age. The bulb is moist and will last longer if stored in the fridge.*

1 bunch Carrots: *Palemon seeded these carrots in January in an unheated greenhouse. For best storage, remove the green tops, place the carrots in a closed container and keep them in the fridge.*

Red Leaf Lettuce

Red Potatoes

1 Red Onion

1 Willamette Sweet Onion

3 Persian Cucumbers

Zucchini and Mixed Squash

*Cool days bring
flavorful greens!*

*Greetings from Farmer
Sally,*

Frisée (cut-leaf endive) is a crop grown year-round here at Gathering Together Farm. The delicate inner leaves are included in our salad mix. You can use the whole head (like the ones you are getting in your CSA box) to try out some great frisée salad recipes.



My friend, Auna, reminds me that Endive is a rich source of beta-carotene, which benefits eyesight. That's one reason she enjoys eating endives. Our chef, Scott, likes the texture of Frisée, a little crunchy and still light. He likes to compliment the slight bitterness with sweet and acidic components.

We were fortunate enough to eat the amazing endive salad they had on the Gathering Together Farm Restaurant menu this week. I caught Scott for a few minutes after dinner service, and he described how he made it.

He pickles a couple of peaches overnight (or for a few days if you wish) in Champagne Vinegar, sugar, salt, and pickling spices. Combine this brine vinegar juice with garlic, Dijon mustard, and olive oil to make the vinegarette dressing. Wash and chop up the Frisée, add your sliced pickled peaches, slices of fresh onion, cut up tomatoes, sprinkle some feta cheese on top, and add chopped up roasted almonds. Toss this salad with the vinegarette dressing and enjoy this refreshing salad!

Greetings from Farmer John,

This is the first week that sweet and tender baby carrots will be included in your CSA box this season. They will be added to many boxes throughout the season, as they are a great snack. Carrots are a very important crop for us. We grow about 4 acres of carrots every year that are seeded on thirteen different planting dates. The first three rounds of seeding occur in our hoop houses starting in January. The carrots you get today are from our last round of planting in the greenhouses.

Carrots are extremely challenging for organic growers because of weed control issues. Carrots are extremely slow to germinate and almost every weed on the farm will out compete them. Mechanical cultivation will eliminate the weeds between rows, but every year we will find ourselves on our knees, hand pulling

the weeds growing in between plants to try and save the crops. Doing this on more than one or two plants is a sure-fire recipe for losing money on carrots.

This year we are attacking the carrot weed problem with two new initiatives. We are starting field preparation weeks ahead of planting to germinate and kill many weeds before the carrots are planted. We also come back to our seeded carrots and go over the field with a weed burner, just before the carrots start to emerge, to kill any weeds that have beat them out of the ground.

One other interesting fact about carrots is they always taste better in the cold months than the warmer months. Growing fast in the summer, they don't accumulate sugars the way they do when the soil gets cold, and their growth is slowed. The sugars in a winter carrot have natural anti-freeze properties. It is great to have vegetables that shine in the winter when we have less produce to enjoy like tomatoes, sweet corn, and other summer crops.

If you have any questions or concerns, please let me know either by email, csa@gatheringtogetherfarm.com, or call me at 541.619.5490.

Marinated Cucumber Salad with Dill: *Farmer John's Cookbook (serves 6-8)*

- In a large bowl, use your hands to thoroughly (but gently) mix **3 large cucumbers (peeled, and thinly sliced)** with **½ tbsp. coarse sea or kosher salt**.
- Place a plate on top of the cucumbers, then place a 2–3-pound weight on top of the plate to weigh it down. This helps the cucumbers release salt. Set this aside to marinate at room temperature for several hours or in the fridge overnight.
- Drain the cucumbers thoroughly in a colander and pat them dry on a clean dish towel. Rinse and dry the bowl and return the cucumbers to the bowl.
- Mix **2/3 c. white or apple cider vinegar**, **½ c. water**, **½ c. sugar**, **½ tsp. salt**, and **¼ tsp. white pepper** in a small pot over medium heat and bring to a boil.
- Reduce the heat and simmer, stirring often, until the sugar is dissolved (about 3 minutes). Remove from heat.
- Pour the hot vinegar mixture over the cucumber slices. Sprinkle **2 tbsp. fresh dill or 1 tbsp. dried dill (finely chopped)**
- Chill for at least 3 hours. Drain and serve.

For a unique twist, you could substitute the dill with the feathery leaves of fennel.

The best Frisée Salad ever: *Adapted recipe from Bon Appetit by Laura Bennett (Serves 6-7)*

This recipe calls for 1-2 poached eggs – crack 2 eggs into a small bowl, bring a pot of water to a boil, turn off the heat, and gently roll one cracked egg at a time into the water. Allow it to cook for 2-3 minutes, then remove carefully.

- Heat up **3 tbsp. olive oil** in a skillet over medium heat, **add torn bread** and toss to coat. Sprinkle a **couple pinches of salt and cracked pepper**. Stir until golden brown and crisp (4-5 minutes), then transfer to a plate to cool.
- Return skillet to medium heat and toss in **6 thick bacon slices (chopped)**, stirring frequently until just halfway to crispy (3-4 minutes). Add **1 sweet onion (sliced)** and continue to cook for another 3-4 minutes. Stir in about **¼ c. balsamic vinegar**, scraping the bottom of the skillet to collect all everything. Taste, add more vinegar if needed.
- Place the **½ head of Frisée (chopped)** and **¼ bunch of Fresh Italian Parsley (roughly chopped)** into a big bowl. Pour the onion-balsamic-bacon over the frisée, toss until mixed well, then toss in croutons.
- Top with **1-2 poached or soft-boiled eggs**

I really love this recipe, it really allows the sweet crisp, yet slightly bitter, Frisée to shine, balanced perfectly with good fats from the bacon and egg, brightness and sweetness from the balsamic vinegar, and creaminess from the sweet, caramelized onions. – Laura Bennett