

06-23-2026



# CSA NEWSLETTER



WEEK 3

Summer has arrived, and with it, the first real heat and the first few tomatoes. This year, the transition of seasons feels a little more emotional to me because I'm not sure how next summer will be experienced at GTF. We're pretty confident that the farm's new chapter will be positive, but sometimes it's hard not to wonder what is to come. But in the vegetable scene, we do not have to worry about what is to come, we're always looking ahead and doing succession plantings of lettuces, carrots, scallions, and everything else - almost - that grows under the sun at GTF. Last week, we planted Kalettes, which will be harvested next December and through the winter!

This week, your box has a mix of staples and eccentric vegetables. Don't worry, the exotic ones can be easily dealt with! Frisee or curly endive is the star for a warm salad with a fancy name, "Salade Lyonnaise", and it's actually easy to make and filling for a perfect summer dinner. Or just toss it with potatoes and a balsamic vinaigrette. Kohlrabi is a relative of broccoli and cabbage; its name comes from the German words for cabbage and turnip. You can peel it and grate it into a salad, or sautee, or roast as you would with a broccoli stem or a turnip, which is also in your box cause we thought they were Hakurei Salad turnips, but turns out they were Purple top turnips, a fun surprise! Sometimes you choose the variety, and sometimes the variety chooses you. As long as it adds to the rainbow of veggies, we're happy and grateful for it.

-Rosario Allende



## This week's Veggie List

- Nicola potatoes
- Zucchini and summer squash
- Persian cucumbers
- Italian Parsley
- Kolhrabi
- Frisee
- Carrots
- Lettuce
- Fresh Onion
- Purple top Turnip

**New potatoes** are different than the typical store-bought potato or storage potato; they're harvested early in the season when their skins are still paper-thin and soft. They are more perishable because of this! They have a higher water content and a waxy texture. Because of this, they keep their shape when boiled, which makes them great for potato salads! If you still have last week's potatoes or dill, this is an easy way to enjoy them.

*Carmela carefully crating potatoes*



## Recipe

# ZUCCHINI CARROT MUFFINS

My friend freestyled something like this last week; she added sweet potato. Go crazy and add nuts, seeds, or chocolate!

### Ingredients:

- 1 1/2 cup granulated sugar
- 2 eggs
- 1 cup oil
- 3 cups flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 cup shredded zucchini
- 1 cup shredded carrot
- 1 cup shredded apple or about one apple

### Directions:

1. Preheat the oven to 350 degrees and line a muffin tin with cupcake liners.
2. In a large bowl, mix the sugar, eggs, and oil. In another large bowl, whisk together the flour, salt, baking soda, and cinnamon. Slowly add the flour mixture to the sugar and egg mixture. The batter will be very thick.
3. Mix in the zucchini, apple, and carrot.
4. Fill the muffin tins 2/3 full and bake for 20 to 25 minutes or until the muffins are golden brown and a toothpick stuck in one of the middle ones comes out with a crumb or two.

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

*Tag us on FB and IG [@GatheringTogetherFarm](#)*