

VITALITY SUPPORTED AGRICULTURE—Last Week!

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

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- **Zucchini**—Last week's newsletter highlighted some basic cooking tips, one of which was to wait to salt veggies in the frying pan until they're almost done cooking. This is especially something you want to do with zucchini, which has a lot of water and becomes mush almost instantly when salted in the pan. Just wait to salt, and you'll have perfect little slices.
- **Rainbow Chard**— I always like to point out when we have relatives in the box, and this week chard is cozying up with its cousin beets!
- **1 bu. Mint**—Mint and fresh herbs are incredible in salads & slaws or to make simple teas, but if you don't use up your whole bunch, just dry it to use it for tea later! (P.S. We're lucky I didn't run over our mint patch the other day, the grassy field edge was getting tall & I can't wear my glasses with my mask at the same time
- **1 bu. Scallions**
- **1 bu. Beets**
- **1 bu. Spring Carrots**
- **1/2 lb. Salad Mix**
- **Fresh Sweet Onions**
- **Lettuce Surprise**
- **2 lb. Yukon Gold Potatoes***

*Produce from OGC (Organically Grown Company)

THANK YOU FOR YOUR SUPPORT!

Hello, veggie-lovers! Welcome to our 12th and final week of VSA. Some of you have been with us since pandemic-emergency-we're-gonna-make-up-this-thing-called-*vs*a week 1, and others might be getting their first box of food with us this week.

As restaurants and markets closed, this VSA program truly carried the farm through the pandemic, which is to say, all of your support carried this farm. Markets are opening back up and we'll be back on the regular CSA train. But from all of us, thank you so much for your support. We really couldn't have done it without you.

We are all celebrating the completion of our first ever VSA program and are excited about the first trickle of tomatoes coming in from the fields, but our hearts are most definitely heavy this week. The demand for racial justice pulsing through our communities right now is on the front of all our minds down at the farm. And we all find ourselves asking, how can we do more?

As farmers, we get completely lost in the heat of the season, juggling hundreds of different plantings of dozens of different crops and all the social dynamics that make up our multifaceted operation. And during a pandemic, we are even more pressed for time and energy, changing all our processes from field to market to take proper precautions for the safety of all our employees and customers. If there was ever a time to feel like we can't possibly do more, it is now.

But on the other hand, we all have stresses in our lives and we always will. People of color in our communities have all the same stresses as anyone else, just as little energy left at the end of the day, yet they also have no choice but to fight against racism. What's different about me and other members of Oregon's predominately white local food communities is that we have the choice of whether or not we will also commit to taking actions to fight racism on top of the daily stressors of life. We can all learn how to do more, to rededicate ourselves to that lifelong practice of fighting racism within ourselves, in our food systems, and in our political systems. We are all a part of the problem and all a part of the solution, together.

Thank you again so much for your support, we will be forever grateful. We pack each box with care and hope that you've enjoyed them as much as we have. We'll be continuing these conversations around racial equity and our food systems in Oregon in our CSA newsletters. Whether you've registered for our CSA season or not, our newsletters are posted on our website each week for you to peruse.

With that, we will leave you with some suggestions for ways to engage in this moment as we make space for taking more action in our lives. For some solid internal work, check out *So You Want to Talk About Race* by Ijeoma Oluo, and start following, learning from and giving your support to organizations led by people of color working toward making a more equitable food system and society.

[@blackfoodnw](#) [@equitablegivingcircle](#) [@soulfirefarm](#) [@mudbonegrown](#) [@pcunoregon](#)

We're excited about what we can do as a community to help imagine and build a better world. As always, gratitude goes good with food. Be well.

—With love, your vegucator, LB

VEGUCATION STATION

Caramelized Onions & Swiss Chard



—Adapted from <https://dontwastethecrumbs.com/caramelized-onions-swiss-chard-recipe/>

Ingredients

- 2 medium-large **fresh sweet yellow onions**
- 1 bu. **chard**
- 2-4 Tbsp cooking fat (bacon grease, coconut oil, etc.)
- 3-5 cloves **garlic**
- Salt and pepper to taste

Directions

1. Preheat your skillet on low and add your cooking fat.
2. Meanwhile, cut your onions in half and thinly slice all halves. When all the onions are sliced, add to the pan.
3. Stir every few minutes, for the first 5-7 minutes or so, to ensure the onions are thoroughly coated with fat, are not sticking to the pan and are cooking. Adjust the heat if necessary but keep it on low.
4. Meanwhile, thoroughly wash the chard and dry completely. Then thinly slice the chard.
5. When the onions begin to brown slightly and turn translucent, add the chard. Cook, stirring every few minutes, until the chard wilts and the onions turn brown and caramelize.

Mint & Beet Carrot Slaw with Pistachio and Craisins



—Adapted from *Six Seasons* by Joshua McFadden

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**
- 2-3 **scallions**, finely sliced
- ½ bu. **mint**
- 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. Get creative and play around with different flavors!

Directions

1. Combine the garlic, craisins, and vinegar in a large bowl and let sit for 1 hour (or just mix it up and keep going).
2. Slice up the scallions, and then 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-craisin, vinegar mixture, add the beets, lemon juice, most of the mint (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 the slaw, finish with reserved fresh mint and enjoy!