



Gathering Together Farm

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CSA Newsletter—Week 3, June 22nd, 2021

Happy Solstice ~ Tips to Store Your Summer Bounty

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Beet, Red bunch *

Cabbage, Green

The heart of any slaw. Thinly sliced cabbage is a wonderful base to start with, from there, it is all up to personal taste.

Chard, Rainbow

Chard is as versatile as colorful. Eat raw or sauté into your favorite dishes.

Cucumbers

Eat raw, on a salad, marinate them, or add to a pitcher of lemon water for a refreshingly cool summer quencher.

Endive, Friséé

A mild peppery lettuce, the individual crisp leaves make for great “boats”. Load them up with your favorite chunky spread.

Lettuce, Green leaf

Mint

Onion* (1 yellow, 1 red)

1 ½ lb Potato, Harvest Moon

**Look for these veggies in included recipes.*



Roasted Beets and Beet Green Salad

Ingredients

- **1 bunch beets with greens**
- ¼ cup olive oil, divided
- 2 cloves garlic, minced
- **2 tablespoons chopped onion**
- Salt and pepper to taste
- 1 tablespoon red wine vinegar
- a sprinkle of feta cheese (optional)
- a sprinkle of chopped **green onion tops** (optional)
- a sprinkle of **mint** (optional)

Directions

Preheat the oven to 350 degrees. Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens and set aside. Place beets in a small baking dish or roasting pan and toss with 2 tablespoons of olive oil. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion and cook for a minute. Tear the beet greens into 2 to 3 inch pieces and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Cut beets into bite sized pieces, mix with greens and vinegar, this is great warm or cold, garnish with a sprinkle of feta cheese, onion tops, or even mint!

We'd love to see what you're doing with your CSA box! Tag us on social media @gatheringtogetherfarm!

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VEGETABLE: <i>storage time</i>	SHORT TERM STORAGE (Fridge, Counter, Pantry)	LONG TERM STORAGE POSSIBILITIES (Freezing, Canning, Pickling, Dehydrating)
GREENS & HERBS: <i>Tender greens</i> <i>1 week</i> <i>Hardy greens</i> <i>2 weeks</i>	Store wrapped in a paper towel (or a mesh greens-bag, if you have one) inside of a container or bag in the fridge. Greens with their roots keep well in a bowl of water.	<ul style="list-style-type: none"> ▪ Many types of herbs can be dried by hanging upside down with twine in a dry space with good airflow. ▪ Many greens can be chopped, blanched and frozen, or make greens-pesto and freeze it. ▪ Hardier greens like kale can be coated with oil, S & P, and baked to make chips.
DRY ROOTS: <i>potatoes, onions, garlic, etc.</i> <i>1-2 months</i>	Keep them cool and dry. Keep in the dark as the sunshine will turn them green and encourage sprouting.	<ul style="list-style-type: none"> ▪ Potatoes do NOT freeze well. ▪ Make vegetable stock! Throw in almost any veggie and herb, simmer 30 min, strain, and freeze until you need it.
FRESH ROOTS: <i>beets, carrots, radishes, onions, etc.</i> <i>1-2 months</i>	Break off tops so the greens do not continue to draw sugar out of the roots. Store in a closed container in fridge. Do not scrub or peel until you are ready to eat them, or they will get soft faster.	<ul style="list-style-type: none"> ▪ Many roots make good refrigerator pickles. Slice and cover with a mixture of your favorite vinegar, a spoonful of salt and sugar, and spices (like mustard seed, dill, coriander, etc.). After about 3 weeks the flavors will start to meld. ▪ Slice, coat with oil and dehydrate for chips.
TOMATOES: <i>1-2 weeks</i>	Store at room temperature. Do not put them in the fridge or they will get watery! Keep them dry.	<ul style="list-style-type: none"> ▪ Tomatoes are superstars for canning or dehydrating. Sauce can also be frozen, but the texture and flavor will not be quite the same.
VEGGIES: <i>broccoli, fennel, cabbage, etc.</i> FRUITS: <i>Any “veggie” with seeds inside, like zucchini, peppers, cucumbers, etc.:</i> <i>1-2 weeks</i>	Most veggies like to be kept dry in the fridge with limited air exposure. Fruits keep best if they do not get wet at all. Plastic or glass containers are great; plastic bags are not quite as good because they limit air circulation too much. Melons, eggplant, tomatillos, and peppers can stay at room temp a few days, but they prefer it cooler for longer storing.	<ul style="list-style-type: none"> ▪ Many veggies can be blanched and frozen. ▪ Grate carrots or zucchini into muffins and freeze to pull out for breakfast later. ▪ Refrigerator pickles (see above). Pickled peppers and cucumbers are especially popular, but there is no reason not to get creative with veggies like broccoli, green beans or fennel! ▪ Make sauerkraut out of extra cabbage by shredding and mixing with plenty of salt. ▪ Brush thinly sliced veggies like squash or eggplant with oil and salt. Dehydrate for chips. ▪ With tomatillos, make salsa verde for canning.

Tips: Be sure to date everything you long term store. Be true to what works best for your food and lifestyle. We know fresh is typically best, but a frozen or dried veggie is better than a ‘fresh’ rotting one! 🌱😊🌱