



Gathering Together Farm

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CSA Newsletter—Week 19, Oct 16th, 2020

Squash Season on the Farm with Bridget the Cultivation Queen

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Pie Pumpkin!

If you've yet to make a pie from scratch in your lifetime, I highly suggest using this cute little pumpkin to try it out! It's really quite simple (especially if you want to buy a pre-made crust, no shame) and so rich and delicious. See recipe.

Radishes

These bright bunched radishes are just coming back into season now that its getting colder. Crunchy and fresh ☺

Bok Choy

Beautiful little bunches of baby bok choy. Slice in half or in quarters lengthwise to cook evenly, so crisp and nourishing sautéed with a little tamari and garlic.

Cilantro

Radishes, Bok Choy, Cilantro, Carrots, I mean this box is begging to become either a bowl of ramen or a stir fry... See recipe.

White Russian Kale

Kale is always lovely chopped rough & thin and lightly sautéed or braised with onion and garlic in the morning, served with a couple fried eggs on top. Simple as that! And delicious (cook with ample oil)

Nicola Potatoes

Wonderful waxy potato with a buttery rich flavor; perfect flavor and texture for roasting and holding up their shape.

Leeks

Jalapeño

Carrots

Red Onion

Willamette Sweet Onion

Hello veggie lovers,

I can't believe it's already Week 19! These boxes are getting more and more autumnal each week, although a little jalapeño summer bomb still snuck in there. We've been rotating a variety of squash through your boxes each week. First it was Buttercup, then Delicata, Kabocha, last week Butternut, and this week you've got a beautifully bulbous Pie Pumpkin! I first heard that pumpkins would be in the box this week when I suddenly received a barrage of pie pumpkin pics from the one and only Squash Mama, Bridget, followed by a message that read, "CSA pie pumpkins be lookin fly."

Bridget's running our Squash Washing Station this year and spent this past Wednesday washing, grading, and packing all of your pie pumpkins. We start harvesting squash, she explained, in early September, starting with the Kabochas and then the Delicata (which I remember we clipped while wearing respirators during the smoke), and so on. We first go through the field and clip the squash from the vine, and then we come back through with a tractor and toss the squash to someone loading it into a big bin. We stack the bins of squash in a hoop house and fork them out one bin at a time to wash, grade, & pack as needed.



Bridget washing Buttercup squash

At the Squash Washing Station, Bridget described how we first spray the squash off with a hose by hand to remove larger clods of dirt and wipe it down with a scrubber before sending each one through "the car wash," complete with foam rollers and water being sprayed from every direction. The clean squash pops out the other end onto a rotating table where two to three people are hand-drying each squash with a towel and grading it into different destinies.

But squash washing season isn't the first time that Bridget spends her days with our squash friends, as during the summer she is the squash Cultivation Queen! "Squash cultivation is a big seasonal landmark," she explained. Winter Squash takes up the single largest acreage over any other crop at a single time, as it is planted in fairly far spacing and is planted all at once rather than in successions. June through early July mark the days that she spends the majority of her time doing one thing: cultivating winter squash, and our other patchwork fields. So whether she's washing it or cultivating it, Bridget is one with the squash at this farm. "Squash washing dovetails well with the end of cultivation season," she explained, and is a nice social break from working solo on the tractor all summer listening to podcasts.



Bridget started working on the farm in 2018, though she's been in the farming community for over a decade. Originally from the Portland area, she came down to Corvallis to study Botany and Soil Science, and over the years she's done everything from working as a Soil Conservationist with NRCS, as a Botanist doing rare plant surveys and native seed collection, and as a farm owner herself. We are so

lucky to have this bright gem of a human on our team! Love you, Bridget!

—all the love, your vegucator, LB markets@gatheringtogetherfarm.com

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

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PUMPKIN PIE



https://www.simplyrecipes.com/recipes/suzannes_old_fashioned_pumpkin_pie/

INGREDIENTS

- 2 large eggs plus the yolk of a third egg
- 1/2 cup packed dark brown sugar
- 1/3 cup white sugar
- 1/2 tsp salt
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/8 tsp ground cardamom
- 1/2 tsp lemon zest
- 2 cups pumpkin pulp purée from a pie pumpkin
- 1 1/2 cup heavy cream or one 12 oz. can of evaporated milk
- 1 good pie crust, chilled or frozen (see [pâte brisée recipe](#) or our [no-fail flaky pie crust recipe](#))

One pie pumpkin will yield more purée than you'll need for one pie. Freeze in Ziplock's and save for later!

DIRECTIONS

1. **To Make Pumpkin Purée from Scratch:** cut a pie pumpkin in half. Scrape out the insides (reserving the pumpkin seeds to roast) and discard. Line a baking sheet with foil. Place the pumpkin halves cut side down on the lined baking sheet and bake at 350 until a fork can easily pierce them, about an hour to an hour and a half. Remove from oven, let cool, scoop out the pulp.
2. **Preheat your oven to 425 degrees.**
3. **Make the Filling:** Beat the eggs in a large bowl. Mix in the brown sugar, white sugar, salt, spices—cinnamon, ground ginger, nutmeg, ground cloves, cardamom, and lemon zest. Mix in the pumpkin purée. Stir in the cream. Beat together until everything is well mixed.
4. **Pour into pie shell and bake:** Pour the filling into an uncooked chilled or frozen pie shell. Bake at a high temp of 425 for 15 minutes. Then after 15 minutes, lower the temp to 350. Bake for 45-55 minutes more. The pie is done when a knife tip inserted in the center comes out wet but relatively clean. The center should be just barely jiggly. About half-way through the baking, you may want to put foil around the edges to keep the crust from getting too browned.
5. **Cool on a rack:** Cool the pie on a wire rack for 2 hours. Note that the pumpkin pie will come out of the oven all puffed up (from the leavening of the eggs) and will deflate as it cools.
Serve with whipped cream.

HOMEMADE RAMEN WITH BABY BOK CHOY



<https://www.theproducemoms.com/2019/01/19/vegetarian-ramen-soup/>

INGREDIENTS

- 2 tsp sesame oil
- 4 **baby bok choy** cut in halves, lengthwise
- 32 oz / 4 cups broth of your choice
- 2 inch piece of ginger
- 5 cloves garlic smashed
- 3 tbsp soy sauce or tamari (gluten-free soy sauce)
- 1 tsp red pepper flakes
- 1 tsp Chinese Five Spice
- 4 pads ramen noodles (or fresh noodles from the store; if you're in Portland, [Umi Organic Noodles](#) are the best around!)
- 1 **jalapeno** sliced thinly (or half depending on your tastes)
- 4 **radishes** sliced thinly
- 1/2 cup **carrots** shredded
- 4 soft boiled eggs cut in half
- 3-5 green onions sliced (you could use **leeks** chopped thin)
- **Cilantro**, roughly chopped
- Serve with sriracha.

DIRECTIONS

1. Heat sesame oil in a medium-sized saucepan. Add ginger and 3 cloves garlic and cook for 2 minutes.
2. Add vegetable broth, 2 TBSP soy sauce, red pepper flakes, and Chinese Five Spice to the saucepan. Bring to a boil and then simmer until ready to serve.
3. In a large saute pan, cook baby bok choy and 2 cloves garlic in sesame oil over medium heat until bok choy is brown on both sides (3-5 minutes per side). During the final minute of cooking, add 1 TBSP of soy sauce and toss to coat. Remove from heat and cover.
4. Bring a large pot of water to boil. Add ramen noodles and cook according to package instructions. Drain.
5. While ramen is cooking, make soft boiled eggs. Bring a pot of water to boil over medium-high. Gently add your eggs & cook for 6 1/2 minutes. Remove eggs from water & place directly in ice water bath. Let cool and peel (peeling underwater is easy, soft or hard boiled). Cut in half to plate.
6. Build your ramen bowls. First add the noodles. Then add carrots, radishes, jalapeno, and bok choy. Cover with broth. Add soft boiled eggs. Garnish with green onions or cilantro.