



Gathering Together Farm
Phone: (541) 929-4273
Email: info@gatheringtogetherfarm.com

CSA Newsletter—Week 11, August, 17th, 2021

Light dishes for these warm nights.

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Bell Pepper* – Yellow, Green

Carrot, bunch

Carrots are so versatile from juicing, salads, or sautéed. Here's a fun and easy recipe from "Healthy Recipes" for Carrot Chips!

<https://healthyrecipesblogs.com/carrot-chips/>

Cilantro*

Green beans*

Lettuce*

Onion – 1 red*, 1 yellow

Peppers*

– 1 Red Italian, 1 Anaheim

Potatoes - Red

Shallot

Tomato*

Watermelon

In my hunt for recipes, I ran across this spirit and thought best to share:

<https://www.watermelon.org/recipes/bad-moon-rising/>

Zucchini

**Look for these veggies in included recipes.*



STIR FRIED GREEN BEANS WITH CRUNCHY CASHEWS

Ingredients

- 1 lb green beans, each end cut off
- ½ cup crispy cashews, chopped
- 2 Tbsp extra virgin olive oil
- 1 tsp freshly grated ginger
- 2 Tbsp Soy sauce
- ½ cup filtered water, orange juice or chicken stock
- 1 Tbsp arrowroot mixed with 1 Tbsp filtered water
- 1 tsp raw honey
- 1 tsp toasted sesame oil
- 1 clove garlic
- ½ tsp dried rosemary

Directions

Combine ginger, soy sauce, water or stock, honey, sesame oil, garlic and rosemary. Mix thoroughly with a wire whisk. Heat the oil in a skillet or wok. Stir fry the beans until just tender, about 5 minutes. Add cashews and the sauce mixture and bring to a boil. Add the arrowroot mixture and simmer until the sauce thickens and the beans are well coated.

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

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QUICK OVEN VEGGIE TACOS

Recipe adapted from:
Kitchen Gardener's Handbook
By: Jennifer R. Bartley

Ingredients

- Minced **onion/shallots** (use more shallots)
- Garlic cloves
- Sprinkle of salt
- Diced **bell pepper**
- Sliced or diced **zucchini**
- Corn/Flour soft Tortillas (not hard taco shells)
- $\frac{3}{4}$ cup grated cheese of choice
- $\frac{1}{2}$ cup chopped **cilantro**
- 1 cup chopped **tomatoes**
- Olive oil

Directions

Preheat oven to 350°F. Lightly brushed cookie sheet with olive oil. Place 6 soft tortillas on the sheet.

Sauté a combination of minced onion, garlic cloves, and a sprinkle of salt over medium heat 8 – 10 minutes, until onion is soft. Add some diced bell pepper and sliced zucchini and cook another 5 - 8 minutes until the squash is tender.

Cover each tortilla with veggies, $\frac{3}{4}$ grated cheese, $\frac{1}{2}$ c fresh cilantro, and 1 cup chopped tomatoes.

Bake 7 -10 minutes until the cheese is melted and the tortillas begin to crisp.

Remove from the oven and fold each in half to serve.

CHICKPEA AVOCADO WRAP WITH RED ONION & LETTUCE

Recipe adapted from:
<https://www.sincerelylv.com/recipes/2019/1/14/chickpea-avocado-wrap>
By: Victoria Diachkova

Ingredients

- 1 can of chickpeas
- 1 medium avocado
- 1 tsp seeded mustard
- Salt and pepper to taste
- $\frac{1}{2}$ **red onion**, sliced
- $\frac{1}{2}$ sweet pepper (**Italian or Bell**)
- 2 whole wheat tortillas
- About 1 cup chopped **lettuce**
- Optional: **Carrots, cilantro**

Directions

To begin, drain chickpeas into colander and rinse with cold water. In a medium size bowl, smash up the chickpeas to a texture you would desire.

Next, add in the avocado, salt, pepper, and mustard. Mash until mixed to your liking. Lastly, add in the sliced onions, mix well to distribute.

Lay out your whole wheat tortillas and place equal amounts of mixture on the wraps. Add in your lettuce, and any other fresh veggies you'd like.

Optional last step would be to toast your wraps either on a dry pan or a panini grill if you have one.