



06-16-2025

CSA NEWSLETTER



The seasons are changing... and so are the crops!



THIS WEEK'S VEGGIE LIST

Lettuce
Purple Potatoes
Yellow & Red Onion
Scallions
Cucumbers
Zucchini
Chard
Carrots
Mint - Hooray!
Fava Beans -A legume
growing in long, broad
Pods. Typically
enjoyed cooked or
dried. Fava beans are
sweet, earthy, &
buttery. Dried fava
beans are often
compared to chickpeas.

WEEK 2 - SPRING INTO SUMMER...

Another warm welcome to the start of our CSA program for 2025! We hope you enjoyed the first week of CSA. My name is Allie and I work primarily in the Farmstand. It is my first season here at Gathering Together and it has been a privilege to witness how palpable the sense of community is here in Philomath and on the farm. My favorite aspect of farm life is the collective excitement over that first harvest of a new crop! What better way to acknowledge the changing of the seasons than through the dynamic selection we see here on the farm?

The sun is shining down on Philomath once again, as we make our way into the start of summer. Much like many of us, embracing the returning warmth on our faces, the crops, too, are beginning to spring to life in full force. We have a plentiful array of beautiful veggies for you all this week, and amongst the lineup we have fava beans!

A seemingly curious looking bean pod is actually a delicious addition to many home-cooked meals. They can be shucked from their pods, boiled and blanched, popped out of their waxy inner skin, and then added into salads, pasta dishes & more! Though, they can also be enjoyed simply by frying the whole pods and coating them with oil and sea salt—for any edamame lovers out there.

We thank you for all of your continued support of Gathering Together Farm! I personally look forward to sharing these words with you (and all the wonderful stories from our crew) as we dive head first into the start of summer. Stay cool, y'all!

-ALLIE WOOD, FARMSTAND

GRILLED FAVA BEAN PODS WITH CHILE AND LEMON

Ingredients:

- 1 pound fava beans in the pods, rinsed
- 2 tablespoons extra-virgin olive oil
- 1 scallion, thinly sliced crosswise
- 1/2 teaspoon crushed red pepper **
- Kosher salt, to taste
- Lemon wedge, for serving

Directions:

1. Light a grill.
2. In a large bowl, toss the fava bean pods with olive oil.
3. Grill the favas over high heat for about 5 minutes, turning occasionally, until softened and charred in spots.
4. Return the beans to the bowl and toss with the sliced scallion, crushed red pepper and salt.
5. Transfer to a plate and serve with lemon wedge. Enjoy favas whole or pop the beans out of their outer shell and waxy inner shell.

** Can substitute with Chinese chile sauce



Recipe from FOOD&WINE

GARLIC SAUTÉED CHARD

Ingredients:

- 1 bunch of chard
- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1/4 cup water
- Kosher salt, to taste

Directions:

1. Prep the chard by removing the stems at the bottom of the leaves and slicing them up. Roll the leaves into a cigar-like shape and slice across horizontally making one-inch wide strips.
2. Cook the garlic and chard stems. Heat the olive oil in a sauté pan on medium heat. Add the minced garlic and sauté for 30 seconds. Then, add the water and chard stems. Cook for 1 to 2 minutes, until softened.
3. Add the leaves, cooking them for an additional 4 to 5 minutes or until the chard leaves wilt down.
4. Sprinkle with kosher salt, to taste. Enjoy!



Recipe from Downshifology

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

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