

06-30-2026



CSA NEWSLETTER



WEEK 4

This week we are thrilled to share with you the first fresh garlic of the season! The antioxidant-rich garlic that you are about to consume is very special to us. Its official name is *Allium sativum ophioscorodon* Racambole. Say that five times fast! But, for brevity's sake, you can call it Northern White. Its origin deep back a few thousand years ago was somewhere in Asia. More recently, it was cultivated in Northern Germany. For the last decade or so, we have been carefully selecting the very best cloves from the very best bulbs to plant right here in Philomath.

Northern White is a Porcelain Hardneck variety. Its flavor profile embodies the farmers who have cultivated it: full-bodied, strong, hot, and spicy! With large clove size, it makes for very easy peeling. But why peel garlic when you can roast it whole? Roasted garlic provides several health benefits, including immune support, reducing inflammation, and supporting heart health. My favorite way to prepare it is to chop off the top $\frac{1}{4}$ inch, drench it in olive oil, wrap it in foil, and then place it in the grill or in the oven at 400 degrees for 40-50 minutes. Sometimes it pays to keep it simple! Feel free to incorporate it into mashed GTF potatoes or spread it on delicious GTF sourdough. Thank you as always for supporting GTF through your membership in our CSA! Bon appetite!

-Crosbie Walsh (GTF Farm Planner and Garlic Geek)



This week's Veggie List

- Harvest moon potatoes
- Zucchini and summer squash
- Persian cucumbers
- Basil
- Tomatoes

The **New potatoes** this week are **Harvest Moon**; they are very creamy and nutty. They have a waxy texture (low starch content), which makes them great for boiling or roasting since they hold their shape well.

If you're roasting them, **salt the potatoes after you've baked them**, since this will help them get crispy.

First **Cabbage** harvest! Our "Spring Cabbage" is great for salads and best eaten fresh, in contrast to Fall-harvested cabbage, which is denser and ideal for fermenting and/or long-term storage.



- Green Cabbage
- Yellow and Red Onion
- Lettuce
- Fresh Garlic
- Carrots

Recipe

PESTO

Ingredients:

- Fresh Basil: The primary herb, add carrot tops or Parsley for more greens.
- Garlic: to taste; make it spicy or not.
- Pine Nuts, walnuts, or Sunflower seeds all work to add creaminess
- Hard Cheese: Grated Parmesan and/or Pecorino Romano for saltiness and body. You can substitute for Nutritional Yeast to make it vegan.
- Extra-Virgin Olive Oil: Binds the ingredients.
- Lemon juice: For one bunch of basil, 2 tbsp should do the trick
- Salt: To taste

Directions:

Put it all together! Use a food processor, blender, or mortar and pestle. Add the oil slowly to get your desired consistency

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

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