



Gathering Together Farm

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CSA Newsletter—Week 5, July 6<sup>th</sup>, 2020

## July 4<sup>th</sup> 2020—A Day to Remember at the Farmers Market

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#### • **Solanaceous Surprise: Eggplant or Green Bell Pepper**

This week you'll get whichever item you didn't receive last week. **Green Bells**, although really just unripe bell peppers from our yellow, red, & red plantings, are wonderfully crisp and refreshing. The first **Eggplant** of the season is tender as can be, not a whisper of bitterness to be heard, just full of umami when roasted.

• **Radicchio**— Last week you had Frisee Endive, and this week you have its chicory cousin radicchio, famous for its bright red leaves and crunchy sweet white midribs. See recipe!

• **Basil**— The queen of herbs! I find myself more and more in awe of basil every day. Each leaf has such a potent aroma, is so rich and succulent almost like spinach. People generally think of pesto when they think about basil, but that is but one delicious way to utilize it. Add full leaves into your salads or at the end of a stir fry to bring a fresh aromatic quality to any dish.

• **Rainbow Chard**

• **1 bunch Carrots**

• **Zucchini**

• **Head Lettuce**

• **Cucumbers**

• **Willamette Sweet Onions**

• **Siletz Slicer Tomatoes**

• **Nicola Potatoes**

• **Boysenberries**

Hello veggie lovers. This weekend offered up much to notice and to reflect upon, a longtime celebration of independence that is becoming more and more widely understood as limited a select few. Saturday morning, I drove to the farm at 3 am, loaded up the last pallets onto the truck, gave the driver's side headlight a few smacks until it turned on, and hit the highway up to the Portland State Farmers Market.

Although we have quite the diversified array of sales avenues—CSA, wholesale, restaurants, our own farmstand, etc.—we depend the most on our farmers markets, and for nearly thirty years, the PSU market has been our biggest market of them all. To bring food into a community is to be a part of that community, even if just for one day a week, and this Saturday was an important day in that community.

By 4 am I was somewhere on I-5 passing under signs that read, "*Covid is still spreading. Wear a Mask,*" and the city had declared a riot in Portland from the previous night's protests. By 5 am when I got there, there was a stillness in the air under the big trees in the park blocks, police walking about and helicopters flying around ahead. Amidst the dystopian backdrop of our world, we set to the task of building our eighty-foot long pandemic market set-up. The tomatoes glowed red, ripe and ready. The berries, when you could slip behind the booth to take your mask off to eat one, were so sweet. We arranged the bounty on our shelves, getting ready for operation veggies-to-the-people and started serving the hundred-foot line by 8:15 on the dot.

It wasn't until noon that the market emptied out, and hundreds of people gathered for Indigeneous Solidarity with Black Liberation just uphill from our booth at the PSU Native American Student & Community Center. Not a customer in sight, I walked up through the crowd and found my truck surrounded by people spilling into the street trying to hear the speakers at the center of the park.

The procession wove its way past our booth and through the market, chanting passionately and peacefully. The people power was palpable, a beautiful moment in the Portland community, albeit a bad one to try to sell vegetables. Knowing we wouldn't be able to move much produce, and with the help of a few friends, we were able to get a car-load of food to Pioneer Courthouse Square where the march was headed and give it away to folks who've been marching tirelessly for days. A very, very small token of gratitude in a world that needs so much change, change that we are all responsible for making. But we are here to feed each other, to support each other, to show up and share what we have, and to learn how to do more, all in our search for truly collective independence for all. A day to remember.

—with love, your vegucator, LB [markets@gatheringtogetherfarm.com](mailto: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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## BASIL RADICCHIO CAESAR WITH FRUIT & NUTS



— I make this salad multiple times a week, it's so delicious! For anyone who really just can't stand the bitterness of chicory greens like radicchio, this salad tends to change people's minds. In our society, we enjoy bitter flavors but generally when they're combined with other flavors to balance things out. For example, we love coffee, but most of us like to mix it up with a little cream & sugar. So, when you're making salads with chicory greens, I love to load that thing up with fruit, nuts, cheese, herbs, a raw allium, and even a creamy dressing to tie the whole thing together. —LB

### INGREDIENTS

- 1 head **radicchio**, ripped or sliced up (you can bulk up the salad with some **lettuce** too)
- 1/3 bunch **basil**, whole leaves
- 1 **tomato**, sliced
- 1/3 **onion**, sliced thin
- Fruit (**boysenberries** / strawberries / peaches)
- Nuts (I toasted up some hazelnuts & almonds)
- Croutons (you can rip up the end of some bread to make your own; last night I just used some left-over stuffing bread cubes I had in the cupboard from Thanksgiving and toasted them up in the frying pan with olive oil, salt & pepper)
- Cheese (freshly grated parmesan is lovely; this week I just used a sharp white cheddar)
- Creamy Dressing: I used a garlic Caesar dressing

### DIRECTIONS

I like to toss the chicory greens, basil, and onion up in a big bowl with the dressing. Then I just have all my tomato, fruit, nuts, croutons, and cheese on a cutting board on the side to toss onto the plates individually. You can mix everything all together too, but sometimes all those chunky yummys get lost or just end up at the bottom of the bowl. I love making this as a huge salad, then packing the rest of it for lunch the next day.

## SWISS CHARD & BASIL TOMATO FRITTATA



—Adapted from <https://thefeedfeed.com/lorindabreeze/swiss-chard-garden-tomato-frittata>

### INGREDIENTS

- 8 large eggs
- 1/2 cup of milk
- 1/2 teaspoon of salt
- a few twists of fresh ground pepper
- 2 cups of **swiss chard** cut into pieces
- 2 ripe garden **tomatoes** cut into slices
- 3/4 cup of grated aged gouda cheese
- 1/2 cup of minced fresh herbs (**basil**, oregano, thyme, parsley, chives, whatever you've got on hand)
- 1/4 cup of olive oil

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Whisk the eggs, milk, salt & pepper together in a bowl. Lightly sauté the chard, tomatoes & half the herbs in the olive oil (in a large ovenproof skillet like a cast iron) for a few minutes until softened. Remove a 1 cup of the cooked vegetables & set aside.
3. Pour the whisked "egg mixture" over the sauteed vegetables
4. Sprinkle the grated cheese over this and cook on medium heat for 5 min. Remove from the stove top and place the remaining vegetables on top.
5. Put the skillet into the pre-heated oven for 16 - 20 minutes or until the top is golden and bubbling. Add a little more salt & fresh ground pepper and toss the last bit of herbs over the top before serving. Cut into wedges and serve with some warm crusty bread - enjoy!