

# CSA NEWSLETTER



Week 13 - September 5th, 2023

This week peppers are popping! We are excited to see them thrive this time a year when other summer crops are starting to decline. This year our peppers plants look extra healthy, I am sure that a lot of practices and good care have contributed to this, but one factor to remark is how healthy and abundant our Alyssum plants are.

Alyssums are a low flowering plant in the Brassica family, their flowers smell like honey, and they host creatures that will make you want to include it in your vegetable gardens. Alyssum is considered an "insectary plant," which means it is used to attract pollinators and other beneficial insects, like syrphid flies, lady beetles, lacewings, and parasitic wasps, all of which are natural enemies of aphids and other plant feeding insects.

From a different perspective, having a bountiful pepper crop means lots of harvest, which the crew has been doing a few times a week. This time of the year, after a long summer, and dealing with kids going back to school, I am particularly grateful and impressed with everyone's hard work, their great attitude and energy. We still get a good laugh out of funny shaped peppers, and we are definitely not tired of the scent of the sweet alyssum. Wishing you all a good start of the academic year if that pertains to your life!

Rosie

## Table of box contents:

Cucumbers

Harvest Moon Potatoes

Cherry Tomatoes

Poblano Pepper

Eggplant

Lettuce

Carrots

Italian Parsley

Green and Colored Bell Peppers



Green Beans

Black Kale

Onion



Merced harvesting red bell peppers by Alyssum.

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## CHIMICHURRI

I grew up in Chile, but my stepmom is from Uruguay, so every barbeque or grilling event included the chimichurri. I go crazy with mine and add cilantro and sometimes a tomato if I want to use it more as a salsa. I thought of including this recipe because it goes super well with potatoes in any form (see next recipe).

### INGREDIENTS

- 1/2 cup olive oil
- 2 tablespoons red wine (or other) vinegar
- 1/2 cup finely (as finely as you can) chopped parsley
- 3-4 cloves garlic, finely chopped or minced
- 3/4 teaspoon dried oregano (or fresh)
- 1 teaspoon coarse salt
- pepper to taste
- Optional: 2 small red chilies or jalapenos deseeded and finely chopped

### INSTRUCTIONS

1. Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows. Chimichurri can be prepared earlier than needed, and refrigerated (or frozen).
2. Use to baste meats (chicken or steaks) or veggies while grilling or barbecuing. You can use it as a marinade if you wish. Also, add a couple of tablespoons over your steak or veg to serve.

*Adapted from Cafe Delites*



Alyssum growing by herbs

## CRISPY BUTTERY SMASHED POTATOES

We send potatoes every week because we have them for breakfast in various ways every week. This recipe pairs well with ketchup (if you've never made your own ketchup I highly recommend trying that too!) and with chimichurri or salsa.


### INGREDIENTS

- 2 lbs yellow-fleshed potatoes, unpeeled (like Harvest moon or Nicola)
- 2-3 tbsp olive oil
- 4 tbsp butter, melted and divided
- 1 tsp minced garlic
- 2 tsp finely chopped herbs of your liking
- Salt & pepper to taste

### DIRECTIONS

1. Add the potatoes to a large pot and cover them with cold water by several inches. Generously salt the water and bring it to a boil over high heat.
2. Reduce the heat to a simmer and cook the potatoes until just before they are fork-tender, about 10 minutes. Drain the potatoes in a colander and let them cool for 10 minutes.
3. Preheat the oven to 425 degrees F and lightly coat a baking sheet with the oil. Evenly space the boiled potatoes out across the sheet and, using a small glass or a fork lightly coated with oil, gently flatten each potato by pressing down until it mashes into an oblong shape.
5. Brush the potatoes generously with 2 Tbsp of the melted butter, sprinkle them with salt and pepper to taste, and bake them for 10 minutes.
6. Add the garlic and herbs to the remaining 2 Tbsp butter, brush the potatoes again, and bake until they are golden brown and crispy, about 8-10 minutes more.

*Adapted from the Portland Farmers Market Cookbook by Ellen Jackson*

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