



Gathering Together Farm
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CSA Newsletter—Week 21, October 26th, 2021

Thank you for 25 amazing CSA years!
We are so happy you joined us!

TABLE OF BOX CONTENTS

Cabbage, Napa

Carrot*, Bulk

Celeriac

According to Fresh City Farms, celeriac is the oldest known root vegetable in recorded history. The root actually grows above the ground, all parts can be eaten (raw or cooked), and they have a great shelf!

Kale*, White

Leeks x 2

Onion*, Sweet X 2

Potatoes, Nicola

Squash, Delicata

Also called sweet potato squash because of its creamy flavor and texture, these squashes resemble giant, fat cucumbers. An heirloom squash has a creamy flesh with an edible skin. Great for roasting, sauteing, and stuffing.

Squash, Pie Pumpkin*

These pumpkins have the ideal flesh content, sugar content, and texture for pumpkin pie!

** Look for these veggies in included recipes.*



PUMPKIN HONEY-NUT BREAD

Adapted From: Local Dirt:
Seasonal Recipes for Eating Close to Home
By: Andrea Bemis

Ingredients

- 1 1/3 cup hazelnut oil, plus extra
- 1/2 cup honey
- 3-4 pound **pie pumpkin** (or any winter squash)
- 2 large eggs
- 1/4 whole milk
- 1 tsp ground cinnamon
- 1/2 tsp freshly grated nutmeg
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/2 cup chopped hazelnuts

Directions

See page 2.

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

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PUMPKIN BREAD

Directions

Puree: Preheat oven to 400°F. Slice your pumpkin in half, allowing you to scoop out seeds and fiber. You can separate the seeds and save for another recipe of choice.

Place the pumpkin cut side down on baking sheet and bake for 40 - 45 minutes or until a fork easily pierces it. Once cool, scoop the cooked pumpkin out and place in food processor, blend until smooth. In an airtight container, the puree can be stored for seven days in the fridge, or six months in the freezer.

Bread: Preheat oven to 325°F and grease loaf pan with the extra hazelnut oil. Whisk honey and oil together in a large bowl, then add in the eggs, whisking until blended.

Next, add in the puree, milk, cinnamon, nutmeg, baking soda, vanilla, and salt. Whisk to blend.

Using a wooden spoon, stir in all flours. Don't worry if there are a few lumps.

Pour the batter into the greased loaf pans and top with chopped hazelnuts.

Place in oven and bake for 50 - 55 minutes, check with a toothpick. It will be done when the toothpick pulls cleanly out.

After 10 minutes of cooling in the pan, transfer to wire rack to let cool an additional 20 minutes.

Carrot Soup with Kale

Adapted From: Vegetable Literacy

By: Deborah Madison

Ingredients

- 1 Tbsp ghee or sesame oil
- 1 thinly sliced **onion**
- 1 ¼ lb thinly sliced **carrots**
- 1 heaping Tbsp peeled and slivered fresh ginger
- 1 tsp ground cumin
- 1 tsp salt
- 4 cup water
- 1 bunch **kale**
- 1 Tbsp spoon of coconut butter
- A squeeze of Lime to taste
- Dukkah (or make your own – recipe below)

Why not add in your leeks, cabbage, and potatoes for a full-on veggie stew!

Directions

Warm ghee in a soup pot over medium heat. Add onion, carrot, ginger, cumin, and salt. Stir and cook for 6 minutes. Next add in water and bring to boil.

Lower the heat, cover, and simmer for about 20 minutes, until everything is tender.

While soup is cooking, prepare the kale. Trim the stems, stack and roll the leaves, slice thinly crosswise. Bring a skillet of water to boil, add a little salt and the greens, simmer until tender, about 2 minutes. Drain well and toss with hot coconut butter and lime.

When the soup is ready, puree it until smooth. You can add hot water or stock to thin it down if you'd like.

Ladle into bowls and serve with kale atop each serving, and dukkah.

To make your own dukkah:

Heat the oven to 350 F. Spread 1 c. of nuts (hazelnuts, almonds, pistachios, or a mixture) and toast until fragrant, 8-10 minutes. If using hazelnuts, rub them in a towel to remove any skins that have loosened. Let cool.

Combine ½ c. sesame seeds, ½ c. coriander seeds, ¼ c. cumin seeds, and 1 tsp. fennel seeds. Toast them in the oven for 5 minutes, then combine with the nuts to cool.

Transfer the nuts and seeds to a food processor and add several pinches each of dried thyme and marjoram, and ¾ tsp. salt. Pulse until roughly ground, with some good texture and crunch left.