

CSA NEWSLETTER



Harvesting is a lot of work, and a lot of fun

VEGGIE LIST

GREEN LEAF LETTUCE

YELLOW POTATOES

CUCUMBERS

ONIONS

SUMMER SQUASH

DILL

CARROTS

EGGPLANT

POBLANO

CORN

STRAWBERRIES

TOMATOES

At GTF, Joe starts the mornings early by consolidating orders from restaurants, stores, and farmers market sales into one harvest sheet. This is then handed to Mariana and Pale, some of our most experienced employees, who distribute the harvest between two harvest crews, and write down which field each crop is growing in. They also plan what projects are completed that day.

Then Merced and Austin, the harvest crew leads, take the harvest sheet out to the fields and harvest a wide assortment of veggies with their team. Each team is about 3 people in the winter and 8 in the summer. Coordinating all this is trickier than it sounds, each team has two vehicles that take the crew, and all the equipment necessary to harvest, like totes, knives, scissors, gloves, water, machetes, etc, all around the farm all day, and also bring veggies back to the farm constantly to get them washed and packed ASAP.

This time of year, the harvest crew, works 6:30 am-4:30 pm, five days a week, and Saturdays 6 am-1 pm. That's a lot of hours in hot, hot greenhouses moving 30lb tomato flats, carefully harvesting delicate basil, and in the fields digging out good beets, bunching carrots, and harvesting lettuce. But when you spend that many hours with a group of people, doing hard work, you have to make it fun somehow, they spend time joking, telling stories, chatting, and encouraging each other to take care of their bodies and keep high spirits. It's quite amazing and I am inspired by all of them every day.

Thanks crew! You're awesome :)

Rosie



From top to bottom; Trini, Eva, Kevin and Austin

Eggplant and poblano curry

Making a curry is a good alternative to a stir fry when you want to chop all your veggies and eat something tasty and healthy all week. Add tofu, chicken, or chickpeas if you'd like to have the protein incorporated, or potatoes for a more filling meal.

Ingredients:

- 1 onion chopped
- olive oil
- 3 cloves garlic
- 1 1/2 tsp fresh grated or powder ginger and 1 1/2 turmeric
- 1 eggplant chopped
- 1 poblano pepper chopped
- 2 summer squash chopped
- 1 cup coconut milk
- 2 cups vegetable stock
- 1/4 cup tomato paste
- 2 tsps coriander
- 1 tsp cumin
- 2 tsps chili flakes (optional)
- Topping: 1 tsp parsley or your favorite herby topping, juice of 1/2 lime, sour cream

Instructions:

1. Add the olive oil and onion to a pan and saute for about 10 minutes.
2. Then add in the ginger and turmeric and saute a couple minutes before adding in the garlic, then add coconut milk, vegetable stock, tomato paste, cumin, coriander, and chili flakes. Stir well.
3. Then add in the chopped eggplant and cook for about 10 minutes.
4. Add in the chopped poblano and squash
5. Garnish with fresh herbs (I would sprinkle some dill on top), chili flakes, and anything else you'd like.
6. Enjoy with rice, roti, naan or on its own.

We'd love to see what you're doing with your CSA box! Tag us [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm)