



07-22-2025



# CSA NEWSLETTER

*The smallest act of kindness is worth more than the grandest intention*

## A Word From Our Farmers:

*I love farming.* I don't think there are many other things that one could take more pride in. The land we farm, this area between Corvallis and Mary's Peak, is so special, and it blows my mind how much abundance the Earth produces for us. And the plants don't grow and proliferate because we tell them to so that we can sell them and make money. They grow because it's the thing to do, for life to sprout and grow up from the soil. Each and every seed is inspired on its very own to come to life and grow. Even after being harvested, the food is interacting with the energy of the workers who handle it, and with that of the shoppers at the farmer's market. There is a beautiful reciprocity between the produce and the people who think of it, show up to buy it, express appreciation for it, and thoughtfully prepare it into a delicious dish to nourish themselves with.

I am honored to be a part of this process and bear witness to this glory.

**-ALARIA FRANZONI**



## THIS WEEK'S VEGGIE LIST

- Potatoes*
- Lettuce*
- Onion*
- Parsley*
- Jalapeño*
- Carrots*
- Eggplant*
- Green beans*
- Cucumbers*

## WEEK 7 - APPRECIATION

One activity that I have been really enjoying and appreciating this summer is taking my dog Elsa, a 4-year-old Boston terrier, on evening walks in the backfield. It is a nice way for me to unwind, make sure Elsa gets enough exercise for the day and gives her a chance to get some good farm smells in. All our old dogs, Rosie, Sam, and Maggie were blessed with good farm life and walks.

We start by the farmstand and go by the flower beds, which are beautiful right now. Elsa probably gets in some whiffs of leftovers from our customers' lunch tidbits that have fallen on the ground. As we continue onto the backfield, we first encounter greenhouses filled with peppers, tomatoes, and cucumbers. You can almost smell the tomato plants before we see them. The back field has been transformed from Crosbie harvesting collard seed to Palemon seed beets and salad mix. The aroma, at this time of evening, is of freshly tilled land. As we come into a smaller field, we call the park field (because it is directly across from Philomath Park), we find two distinct summer crops, corn and melons. Elsa sniffs with complete focus on the scents of many wild animals that transverse this field beside Mary's River. For the walk on the evening of Thursday July 10th we could also hear the music of the Philomath rodeo, which is just across the river this weekend.

We invite you to visit us for a self-guided tour or a pre-arranged guided tour. Just let us know. If it is a hot day we can point you to dipping pools along side our fields.

**-HAYLEE EVELAND**

# GREEN BEAN GREMOLATA

By "Barefoot Contessa" circa 2013

## Ingredients:

- 1 lb. green beans
- 2 Tbsp pine nuts
- 2 cloves garlic, minced
- 1 Tbsp lemon zest
- 3 Tbsp parsley, minced
- 3 Tbsp grated parmesan
- 2.5 Tbsp olive oil
- Salt and fresh ground pepper, to taste.

## Directions:

1. Bring a large pot of water to a boil. Add the green beans and blanch them for 2-3 mins, until tender but still crisp. Drain the beans and immediately place them into a bowl of ice water to stop the cooking and preserve their bright green color.
2. Sauté the pine nuts in a dry pan on low heat for 5-10 minutes until they are lightly toasted.
3. To make gremolata, combine in a small bowl: garlic, lemon zest, parsley, parmesan, and the pine nuts.
4. When ready to serve, heat olive oil in large pan over medium-high. Drain the green beans and pat dry. Add beans to pan and sauté 2 minutes, until they are coated with oil and heated through. Remove from heat, toss with the gremolata, and sprinkle with salt and pepper.



# POLENTA EGGPLANT GRATIN

By "From Field to Table" circa 2013

## Ingredients:

- 1 cup Corn Meal
- 3 cups salted water, to boil
- 1/2 cup grated cheese
- 2 Tbsp butter
- 1 eggplant (about 1.5 lbs.)
- 1/2 tsp salt
- 1/2 tsp oregano
- 1 medium onion, diced
- Add on: mushrooms, bell peppers, etc., diced
- 2 cloves garlic, chopped
- 1/2 cup red wine
- 2 lbs. tomatoes, diced
- Salt and fresh ground pepper, to taste.
- 2 Tbsp fresh basil, minced
- Additional 1 cup grated cheese, at least half parmesan.

## Directions:

1. To make Polenta: whisk corn meal into boiling salted water. Turn down heat and simmer for 30 min, stirring often. Stir in cheese and butter. Pour into pans 1" thick and cool completely.
2. Preheat oven to 350. Slice eggplant and *brush* with oil (do not dip/soak), then chop it into smaller chunks. Sprinkle with salt and oregano, and bake for 45 min, turning the pieces halfway through.
3. Sauté onion (and additional veggies) in olive oil until soft. Add garlic, stir, and then add red wine and tomatoes, and simmer 40-60 minutes. Season with salt, pepper, and fresh basil.
4. Cut cooled polenta into chunks. Layer sauce, polenta, eggplant, and additional cheese in a large casserole dish. Bake, covered, at 350 for 40 minutes, then uncover and bake 5 more minutes to brown the top slightly.

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

*Tag us on FB and IG:*

*@GatheringTogetherFarm*

This week's recipes are inspired by a beloved CSA Coordinator of the past, the late Hannah McGuire. You are very missed.