

CSA NEWSLETTER



Farm to Table

VEGGIE LIST

LETTUCE

POTATOES

CUCUMBERS

ONIONS

GARLIC

SUMMER SQUASH

RED BEETS

SPINACH

BASIL

GREEN BEANS

GREEN BELL PEPPER

RED TOMATOES

COLORED TOMATO

Food is a universal and basic need. As human beings we all need to nourish our bodies to survive. We once ran around rainforests clubbing quadrupeds over the noggin to survive together as small communities or tribes. But as our evolution (and social division) moved forward, so did our discovery of a wide range of edibles. With that deer meat can be paired tubers, alliums, fruits, greens, and herbs. Don't forget the salt.

We as a farm are honored and privileged to provide the freshest ingredients possible to our local eateries. From the GTF restaurant; to Ken's Artisan Bakery and Pizza in Portland; to Oceana Natural Foods in Newport; and our beloved local pub, Squirrels, we love to feed the people. Bringing fresh organic ingredients to the plates of those who continue to crave the gathering of bodies and minds around the proverbial deer.

From those tribes huddled around that deer, we in the West have "evolved" into a society that encourages independence over community. But food is often a motivator to gather together and share experiences. To swap stories, laughter and even cry as a tribe once again. The increase in complexity keeps our attention and curiosity hungry for more. The collective community thrives together and stagnates apart. So let us come together and break bread! And carrots. And potatoes. And Corn. And cucumbers. And....

DWE



Different perspectives of cucumbers

Cucumber, Tomato, Onion and Basil Salad

Ingredients:

- 3 Diagonally sliced cucumbers
- 1 Tomato cut to desired sized pieces
- 1/2 an onion - radially sliced
- 1/4 bunch of Basil
- 1/4 cups neutral salad oil
- 1/4-1/2 cup of rice or champagne vinegar to taste (any vinegar will work but a sweeter profile works well here)
- 1.5 TBS sugar
- 1 TBS salt (more to taste if desired)

Instructions:

1. Get a medium mixing bowl to combine ingredients
2. Diagonally slice cucumbers
3. Cut tomato to desired size (I prefer to cut the stem top off the tomato, lay cut side down, cut in half, and cut in 12 or so pieces from there)
4. Remove skin from onion and cut radially into thin strips (cut smaller if desired)
5. Gently Tear apart 1/4 bunch basil (don't cut as Basil is very delicate and will bruise from being chopped or cut)
6. Add 1/4 cup of neutral salad oil such as canola
7. Add Vinegar to taste (I enjoy a very sharp taste to this salad and add the 1/2 cup - if not more)
8. Add salt and sugar and adjust to taste
9. Enjoy

This salad can be easily modified to different flavor profiles to accompany various dishes. Use Sesame oil in addition to salad oil and add sesame seeds and a dash of soy sauce for a delicious side salad to a stir fry or ramen dinner. DWE

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