

CSA NEWSLETTER



Frisee and radicchio at the Corvallis Farmers Market

VEGGIE LIST

NEW PURPLE POTATOES
CHARD
BUNCHED CARROTS
BASIL
RADICCHIO
SUMMER SQUASH
PERSIAN CUCUMBERS
SCALLION
YELLOW ONIONS

Staying cool

I'm sure you all know how hot it's been, we've been starting work extra early and leaving early to try and escape the heat of the greenhouses and the blazing sun in the fields.

When the weather starts turning too hot for most of our veggies in greenhouses, we try to mud, lime, or put shade cloth on top of the houses. Shade cloth is expensive, so we use it only on the most important houses, the propagation houses, every other greenhouse gets dirtied with mud or lime, which makes it shadier, and hence, cooler.

A couple of weeks ago, when it was time to shade greenhouses, someone found a "really good looking dark mud!", so two brave GTF farmers, scooped it up, mixed it with water, and off they went to slap, sling, and slop it onto greenhouses filled with valuable crops. It's fun but only because we are right by the river and you can jump in to wash off when we're done. I love how resourceful farmers have to be.

Hope you stay cool, and that your veggies help you keep your electrolytes up!

Best, Rosie

Note on radicchio

Chicories, including radicchio, are a very low-input crop and they grow exceptionally well in the Northwestern US. Here, we can overwinter them, and they'll only get sweeter as the weather gets colder. To have an option for a regional leafy vegetable all winter long saves fuel (from shipping) and other resources, especially when leafy greens are coming to the Northwest and Northeast from dry and hot places like Arizona and California, or sometimes Mexico or farther.

So please give local chicories a try!

Other varieties of chicories that we grow and will be available at the farmer's markets and farmstand throughout the year are Treviso, Sugarloaf, and Frisee.

[Here's a link on "what's radicchio and how do I use it from Simply recipes."](#)



Variegated rad!

We'd love to see what you're doing with your CSA box! Tag us [@GatheringTogetherFarm](#)



Cucumbers are on! This is from one of three greenhouses, we harvest them 3 times a week!

Quick pickles

I have been making quick pickles since I discovered Joshua McFadden's recipe, you can pickle almost anything in it—onions, carrots, squash, radishes, green beans, and cucumber, or a mix of them.

Choose whatever veggie/s you'd like to pickle and slice, and pack into 3 pint jars. Brine: From Joshua's book *Six Seasons*: This makes enough brine for about 3 pints of pickles, packing your veggies tightly.

- 1/2 cup rice vinegar
- 1 tablespoon white wine vinegar
- 1 1/2 cups hot water
- 5 tablespoons sugar
- 1 tablespoon plus 1 teaspoon kosher salt
- spices (peppercorns, garlic, dill, mustard seed, etc.)

I like using just apple cider vinegar because it's what I always have in stock at my house. Feel free to use any vinegar you like.

- Mix all the brine ingredients until dissolved (pro tip: put salt and sugar in a bowl and top with boiling water, this will help dissolve the crystals, you can also put in any spices you're using to get more flavor out of them.
- Fill your jars with the brine to cover, and screw on the lid.

You are done! Put in frig for up to 2 months.