



Gathering Together Farm

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CSA Newsletter—Week 8, July 28<sup>th</sup>, 2020

## Putting things in Context—education & action in this moment

### TABLE OF BOX CONTENTS

- **2 Poblano Peppers**— My personal favorite, poblanos have an incredibly rich warm flavor. They get hotter as the season goes on but don't approach their chocolate red stage until early autumn. Either way, the heat is in the seeds, not the pepper itself. Delicious with potatoes & eggs in the morning.
- **Willamette Sweet Onions**— Slowly cooked & caramelized, these onions are so so sweet! I find I like to cook onions on their own these days & then add them back into a dish to preserve their pure sweet onionness.
- **Nicola Potatoes**— The classic potato, similar to a Yukon Gold, with a mild, earthy flavor.
- **1 bu. Dill**— Time for a batch of pickles! Or if you're tired and lazy like me, time for a quick tasty cucumber salad with dill, and a yogurt dressing or just a little vinegar, oil, and salt.
- **1 bu. Arugula**—Soft tender greens that pack a peppery punch! I love arugula salads with fruit, garlic, honey, lemon juice, feta, and nuts.
- **First of the Season Treat**, either:
  - **Crockett Green Beans**—We wait all year for these tender sweet treats.
    - -OR-
  - **Temptation Sweet Corn**—A Bicolor corn with a mosaic of white & yellow kernels; first harvest of the year!
- **Garlic**
- **1 bu. Carrots**
- **Summer Squash**
- **Cucumbers**
- **Tomatoes**

Hello veggie lovers,

Hope you've all had a good week. This is a doubly exciting week on the farm with the seasonal debut of both sweet corn and green beans. It is hot hot hot out in the fields right now, and we're grateful to be working on a farm where we are encouraged to listen to our bodies and walk off when we need to for breathing breaks from our masks and stay plenty hydrated.

Although I spend all week on farm, my one day in Portland a week has been standing out more and more as Portland receives national attention for its protests and the response made by local police and the feds. This past Saturday was the busiest market we've had yet, and while people flocked to the market for food during the day, people flooded the streets later that night for justice on the two month anniversary of George Floyd's death. OPB did a great job reflecting on that night in Portland in their recent [article](#).

The conversation around defunding or reforming the police is a controversial one, and even within the Black Lives Matter movement, how to move forward is a conversation, but the basics are clear. Black and Indigenous People of Color (BIPOC) are abused and criminalized by the police. The history of our policing and jailing system needs to be understood in context. For our education this week, I highly recommend watching *13<sup>th</sup>* directed by Ava DuVernay, "an in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality." Even if you've already seen it, see if you can watch it and discuss it with a friend.

The 13<sup>th</sup> amendment abolished slavery in the United States, but as the documentary rolls on, it is clear to see the loophole left in. Sure, slavery is "gone" but the second you become a criminal, you lose your rights again, and if there is a concerted effort to criminalize people of color, then it is as if the 13<sup>th</sup> amendment never passed. As Brother Ali says in his song Uncle Same Goddamn, "Only two generations away from the world's most despicable slavery trade, pioneered so many ways to degrade a human being that it can't be changed to this day, legacy so ingrained in the way that we think; We no longer need chains to be slaves."

For farmworkers in this country, the criminalization of immigration issues is utilized to the same end. None of this information is new, and the point must not be missed that many of us are only just now having these conversations that are long overdue. So wherever you fall on this issue, this week consider taking a deeper look into the context of how we got where we are today & learn about what we can do about it.

—with love, your vegucator, LB [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

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

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## COUSCOUS SALAD WITH CUCUMBER, DILL, TOMATO, AND CARAMELIZED ONION & CARROT



Adapted from <https://www.inspiredtaste.net/12689/lemon-and-herb-couscous-salad-recipe/>

*“This is delicious when eaten straight away, but you can also make the salad, cover it and refrigerate for up to 4 hours. This way all the flavors marry & mingle, making for an even more delicious salad. If you are planning to make a day or two ahead of time, keep the tomatoes and the walnuts separate until you’re ready to serve so they remain crisp.”*

### INGREDIENTS

- 1 ½ cups dried couscous (*this recipe calls specifically for Israeli or pearl couscous, but you can use any couscous you have on hand too*)
- Salt and freshly ground pepper
- ¼ cup olive oil & a splash of toasted sesame oil
- ½ tsp honey
- ½-1 lemon, juiced
- 1-2 cucumbers, diced
- 1-2 large tomatoes, diced
- 1 bu. Fresh dill, coarsely chopped
- ¼ cup walnuts
- ¼ cup raisins (*or at this time of year, fresh fruit!*)
- 1 large sweet onion, sliced
- 3-6 carrots, finely sliced at an angle
- 2-3 cloves garlic, roughly minced

### DIRECTIONS

1. Sauté your onion in some oil in a pan, slowly so as to caramelize, adding your carrots in halfway through, and garlic in the last couple minutes. Set aside.
2. Bring a large saucepan of salted water to a boil. Add couscous and cook until tender, 8-10 minutes. Drain. (If using regular couscous, just boil water, pour it over the couscous, and leave lidded 10 minutes to cook thoroughly.)
3. While the couscous cooks, in a large bowl, whisk the oil, honey, lemon juice, salt, & pepper. Add the drained couscous to the dressing and mix well. Toss in sauté & mix.
4. Stir in the cucumber, tomato, dill, walnuts, and raisins. Taste for seasoning and adjust with salt and pepper as needed. Enjoy warm or cover then refrigerate until cool, about 1 hour.

## PASTA WITH ARUGULA, ONION, ZUCCHINI & SAUSAGE



Adapted from <https://www.bonappetit.com/recipe/pasta-with-sausage-and-arugula>

### INGREDIENTS

- 1 large sweet onion, sliced into ½ inch wedges
- Olive oil
- Salt & freshly ground pepper
- 2 sausage links, sweet Italian
- 1 package pasta, fresh if you can
- ½ lemon, juiced
- ½-1 bu. arugula, roughly chopped
- 1-2 zucchini, sliced into thin disks (*LB suggestion*)
- 3-4 cloves garlic, roughly minced (*LB suggestion*)
- Finely grated parmesan cheese for serving

### DIRECTIONS

1. Cook your sausage links in a pan until just cooked, set aside.
2. Add another splash of oil to the pan & toss in the zucchini disks, cooking without salting to keep them crisp on the outside without getting mushy. Stir in minced garlic & cook a couple more minutes. Salt, remove from pan & set aside.
3. Add another splash of oil to the pan and start caramelizing your onion.
4. Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until done to taste. Drain, reserving 1 cup pasta cooking liquid.
5. Combine vegetables, sausage, and pasta in a large bowl. Add lemon juice, about 4 Tbsp. oil, a splash reserved pasta cooking liquid & toss to coat, (*adding some butter in if you’d like, I certainly would*), until sauce comes together and coats pasta. Toss in arugula. Adjust salt & pepper if needed. Enjoy!

## POBLANO POTATO HASH



Adapted from <https://thelemonbowl.com/vegetable-hash-breakfast-skillet/>

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