



CSA NEWSLETTER

WEEK 8 - 07/28/2026



It is an interesting time as we think about the upcoming transition, yet the farm is still in full swing, keeping us busy. A lot of veggies are growing in the fields and our 44 greenhouses for the farmstand, grocery store and restaurant orders, 5 farmer's markets, and 412 CSA members! Just this past week, green beans, green bell peppers, and eggplants started coming on. Corn is growing tall in the fields, getting closer to being ready. As I've said before, corn is very special to my dad.

One of my personal paradoxes is that I am both used to seeing large amounts of vegetables and it still amazes me. One thing I have heard is that if more people ate more of a vegetarian diet, it would help reduce world hunger, and without having really studied it too hard, I believe it upon seeing how many vegetables can be produced on the 50 acres of GTF. I know I said 70 acres in the first newsletter, and in my defense, it was 70 acres for many years, but Crosbie, the greenhouse manager, is starting his own seed business, and some of our acreage is turning from vegetable production into seed production for his new business, Long View Seed.

The cukes you are getting were picked last week, so they're ready to use. These are your "regular" Persian Cucumber, so consider them a "quick" or "fridge" pickle and don't store them for too long.

Haylee Eveland



Veggie List

Harvest Moon Potatoes

Summer Squash

Lettuce

Dill

Cucumbers

Green Cabbage

Red & Yellow Onion

Green Bell Pepper

Carrots

Jalapeño

Tomato

CUKE & ONION QUICK PICKLES

- 1.5 cups hot water
- 0.5 cup rice wine vinegar or white wine/apple cider vinegar if you like tart pickles
- 1 tbsp + 1 tsp salt
- 5 tbsp sugar
- Cucumbers and onion to fill your jar(s)
- Dill, peppercorns, mustard seeds, etc (optional)

Directions: Dissolve the sugar and salt in hot water. Add spices. Add vinegar to finish the brine. Arrange cucumbers, onions, and dill in your jar and top with brine. This *Joshua MacFadden* brine recipe lets the veggies shine; it's not too sweet or acidic, but adjust as you like.

CUCUMBER HERB DRESSING

Ingredients:

- 1 cup of sour cream and/or yogurt
- 1/2 cup dill, mint, parsley (any or all)
- 1 cucumber
- 2 cloves garlic
- salt and pepper to taste

Directions:

Place all ingredients in a blender; blend until smooth. Yields 2 cups. Vary this with different herbs and veggies, like scallions or green peppers. Consider additions such as lemon juice, tahini, tamari, etc.

Use it to dress cucumbers! Or any other vegetable you like to pair with cucumbers and fresh herbs, like tomatoes, potato salad, lettuce, etc.



To cook or not cook your cabbage?

Cabbages have quite a mild, good-natured flavor when raw, and soften a bit when sliced and tossed with dressing. To release its most beneficial qualities, it's ideal to steam, simmer or ferment it.

Making sauerkraut is not hard! But it's even easier to braise your cabbage; to do so, cut it into ribbons and put it in a pan with 1/2 cup of salted water for 10 min. After it's cooked to your desired softness, add butter or olive oil, pepper, crushed garlic, etc.

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

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