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Basil*

Place cut basil in a room temp jar of water on your counter to keep it fresh.

Boysenberries* (1 pint)

The first batch of the season from the farm. Boysenberries are a cross between raspberries and blackberries.

Carrot*, bunch – purple

These colorful carrots are rich in antioxidants. They get their color from pigments called anthocyanins.

Cucumbers* (4)

Lettuce – red and green leaf

Onion* – (1) red and (1) yellow

Pepper*, Jalapeño

Check out this yummy recipe for jalapeño honey butter:

<https://barefeetinthekitchen.com/jalapeno-honey-butter/>

Potato – red and yellow (1 ½ lbs)

Scallions

Spinach*, bunch

The dark green leafy work horse. A great addition to your morning smoothie!

Tomatoes, Siletz

Zucchini* (4)

**Look for these veggies in included recipes.*



LB'S Inspired Boysenberry Salad

Feel free to add any greens, different fruits, nuts, or cheeses. LB would want you to experiment! This week we are suggesting spinach instead of her original chard.

Ingredients

- Balsamic vinegar
- Olive oil
- Salt
- **Onion**
- **Basil**
- **Spinach**
- **Boysenberries**
- Hazelnuts
- Cheese (optional)
- **Experiment!**

Directions

Mince up some onion and smash with the back of a spoon in a large bowl with some balsamic vinegar, olive oil, and salt to taste. Finely chop up spinach and basil and toss in the salad dressing. The longer the greens sit in the dressing the softer and more delicate they will become. LB recommending serving at least twenty minutes after prepared. Top with sliced boysenberries, chopped hazelnuts and any other tasty tidbits you would like to add in. Make it your own!

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

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Mariana's Cucumber Kimchi

Mariana has worked at GTF for 19 years!

Ingredients

- ~9 cucumbers
- 2 Tbsp salt
- 4 minced garlic cloves
- 1 cup finely diced onion
- 1 – 2 cup carrots (cut into matchsticks)
- ½ cup hot pepper flakes or jalapeños (adjust to taste)
- 1 Tbsp sugar
- ¼ cup water
- 1 Tbsp sesame seeds (optional)

Directions



Wash and cut cucumbers in half (a short cut right in the middle of the length). Put them in a bowl and rub them with salt. Let them sit 10 minutes to allow the water to drain out so the cucumbers will be crunchier.

Meanwhile, mix minced garlic, onion, carrots, hot pepper flakes, sugar, and water, and optional sesame seeds.

Rinse the cucumbers that have been sitting in salt. You can now choose how you would like to cut them. For best flavor and for a convenient hand-held kimchi pocket, take your knife and make two perpendicular cuts, starting at the cross section of each halved cucumber, and slicing down lengthwise until about ½ inch from the base of the cucumber. You will end up with four dangly ends and can stuff the carrot onion mixture inside.

If you prefer to eat it salad-style, it is also perfectly fine to slice up the cucumber and toss it together with the carrot onion mixture. Chill for a bit and it is ready to serve.

Zucchini Latkes with Lemon Basil Guacamole

Recipe adapted from:
Food - What the Heck Should I COOK?
By Mark Hyman, MD pg. 94



Ingredients

Lemon-Basil Guacamole

- 1 ½ medium avocados, pitted, peeled, and coarsely chopped
- 3 Tbsp minced green onions
- 2 Tbsp capers, minced
- 1 Tbsp finely chopped fresh basil
- Grated zest of 1 lemon
- 2 tsp gluten-free tamari
- ¼ tsp freshly ground black pepper

Zucchini Latkes

- 8 medium zucchini, 9 cups
- 1 Tbsp sea salt
- 1 ½ cups almond flour
- 4 large eggs, beaten
- 1 ½ cups baby spinach, finely chopped
- ½ cup tightly packed fresh basil, finely chopped
- ½ cup grated red onions
- ½ cup finely chopped green onions
- 1 Tbsp garlic powder
- ½ tsp smoked paprika
- ¼ tsp chili powder
- 1 tsp baking powder
- ½ tsp sea salt
- ½ tsp ground pepper
- ~2 Tbsp coconut oil or ghee



Directions

Lemon-Basil Guacamole: Using your utensil of choice, combine all ingredients in a medium size bowl. This will be the final touch to the latkes, so set aside where you see appropriate. Rumor is, leaving the pit in will help keep the avocado from turning brown.

Latkes: Thoroughly mix salt and grated zucchini. Make sure zucchini is squeezed of as much moisture as possible. A tip can be to freeze first, then defrost. This will allow you to squeeze any excess out and be left with the nice pulp. If you feel the mixture is on the wet side. Place in a colander and let drain until desired consistency. It should amount to about 7 cups once water has been removed.

-Next, stir together zucchini, almond flour, eggs, spinach, basil, red onion, green onions, garlic powder, paprika, chili powder, salt, and pepper.

-In a large skillet, heat small portion, ½ tsp of oil over medium heat. Add in two ¼ cup scoops of the batter. Cook each side for approximately 2 minutes, adjusting heat to make sure they brown nicely and not too quickly. Transfer to a paper towel and warmer setup.

-Finally, plate your warm latkes with a helping of the lemon basil guacamole.

-This recipe will make approximately 20 latkes, and batter should not be stored for future use, or else it will become soggy.