

CSA NEWSLETTER



Week 18 - October 10th, 2023

Every week, we try to balance our boxes for you, we want to make sure to have staples, and also new items that are in season or are special. Eating in season and locally makes a big difference in our carbon footprint, and more so, towards our health. We hope that dealing with the random assortment (not so random since they're what's in season and what we planned last fall to plant to have available for you) of veggies each week has allowed you to notice when different items are in season. This is something that most of us didn't learn as kids, and it can permanently change the way we eat. When you have a tomato or strawberries that are in season, you will most likely be able to tell the difference between these and their cousins that traveled from somewhere many miles south of us, and more so, you will only want to eat them when they are in season. But then, we all have our own internal rhythms that do not always align perfectly with the PNW's rhythm. For me, it usually takes a few weeks after a new vegetable or fruit comes in, to want to try it, for example, I couldn't have an eggplant until 2 or 3 weeks after we had started harvesting, and I just had my first delicata yesterday, so good!

Hope that the contents of the box have aligned with your bellies wants! This week the box is pretty fancy, so get your chef hats on and do some googling if you're not sure about how to use the veggies. Also, in the back find some info about Tatsoi and a recipe to use your fennel.

Table of box contents:

Fennel

Buttercup Winter Squash

Tatsoi

Spinach

Rutabaga

Poblano peppers

Bulk Carrots

Lettuce

Potatoes



Cirilo carrying bunched carrots a few weeks ago. Since last week, we mechanically dug out as many root veggies as we could, before the rain came. Once the ground is wet, it gets really muddy, and making bunches is not possible. This is why you're getting bulk carrots instead of bunches, still the same carrot, just no tops.

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TATSOI

Tatsoi is a very versatile green, equally suited to being served raw or lightly cooked. To make it easy, just use tatsoi anywhere you'd use spinach. Lightly steam or sauté it, wilt the leaves with a warm dressing, or add them to a soup at the end of cooking.

It's pretty sweet, and I prefer it over many of the other mustard greens because it's the perfect baby between a hardcore mustard, like Dragon Tongue or Mizuna, and the more mild and earthy spinach.

Bunching it can be tricky if you have small fingers, but Eva (in the photo below) uses her body, and both hands to hug all the stems and twist-tie them together. She's the fastest buncher of the west and also has the best laugh of all farm employees. We're super grateful to have her here!



Tatsoi in Eva's hands.

Owen Roth Photography



Bokchoi is similar but it's always a lighter shade of green.

ROASTED CARROTS, FENNEL AND POTATOES

Ingredients

- 2 tablespoons harissa
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 1/2 teaspoons honey
- 1/2 teaspoon finely grated lemon zest
- 1/4 cup water
- 1/2 pound small carrots, peeled and quartered lengthwise, cut into 2-inch pieces
- 1 small fennel bulb, halved, thinly sliced
- 1 1/2 pounds small new potatoes, quartered
- Salt and pepper


DIRECTIONS

1. Preheat the oven to 400°. Place a large rimmed baking sheet in the oven so it preheats at the same time.
2. In a large bowl, whisk the harissa with the olive oil, lemon juice, honey, lemon zest and water. Add the carrots, fennel and potatoes and toss to coat the vegetables in the harissa marinade and season with salt and pepper. Spread the vegetables in a single layer on the hot baking sheet and roast for 35 minutes, until the potatoes are tender and the root vegetables are browned.

Notes: Add rinsed chickpeas and shredded greens for a next-day wrap or salad.

You can add couscous, currants, and slivered almonds for a more filling side dish, or do quinoa for a GF version. Also, I would add a tahini drizzle at the end for a creamier finish.

Adapted from [Food and Wine](#)

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