



Gathering Together Farm

Phone: (541) 929-4273

Email: [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

CSA Newsletter—Week 10, Aug 11<sup>th</sup>, 2020

## Celriac Wisdom—Lessons on the Long Haul

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**Radicchio**—Our beloved bitter-sweet friend radicchio is back! This is one of my favorite times of year to eat radicchio because we get to enjoy peaches and other fresh stone fruits in our salads. Peaches and radicchio go together beautifully, & the fennel in your box brings a sweetness to complement them both! See recipe.

**Fennel**—Fennel, related to dill and parsley, has a sweet licorice-like flavor similar to tarragon. The bulb is sweet & juicy, best enjoyed raw chopped thinly in salads & slaws, but it's also delicious roasted. The fronds can be added into salads, or used to make tea or kombucha.

**Red Beets**—Sweet and earthy topped with spinach-like greens that are delicious braised with little garlic & oil. Separate the roots & the greens before storing in the fridge to increase shelf life.

1 Green Bell Pepper

Summer Squash

1 Cucumber

Huckleberry Gold Potatoes

1 Willamette Sweet Onion

1 Red Onion

Lettuce

Tomato

Cherry Tomatoes

4 Ears Serendipity Sweet Corn

Hello, veggie lovers!

Welcome to Week 10 of CSA, we're just about halfway through the season and there is still so much left to come! The sea of sweet peppers is only just starting to flow, and we are but mere photosynthetic moments away from the first ripe melons.

August on the farm is always a turning point of the season. We've been at it for over half a year already. We were bundled up on icy mornings harvesting chicories in the fog followed by afternoons clipping onions in the greenhouse. The ground was

tilled, soil was amended, compost was turned, beds were prepped, seeds were selected and planted, transplanted, and irrigated. A pandemic hit and everything changed and while half of society was forced to quarantine at home, we adapted every one of our systems from field to farmers market. We've been running to keep up with it all for months and now, as to be expected, it is hot, the harvests are heavy, and we know that we still have a long way to go before the season will come to an end.

Hot and dirty and sweaty after a long day's rapid harvest last week, I went to my favorite river spot in a back field. Nothing resets the mood like water. Emerging from the bank feeling refreshed, the strong evening breeze cold on my wet hair, I looked out onto what is home to our celeriac and parsnip planting this season. I slowly stepped onto the soil I normally speed walk through in boots and felt its cool soft touch under my bare toes.

Looking at the little baby bulbs, I couldn't help but smile. Here we all are running around like crazy trying to catch summer's bounty, and little celeriac over here is just chillin in the back field by the river, taking its sweet time, not a care in the world, happily awaiting its seasonal debut in the fall.

Whether you're a farmer in August looking at the months of long hours in the elements ahead, or any person in this pandemic looking at what could be years of this new normal, the one thing we do know is that there will always be more to do, so we better pace ourselves for the journey.

We cannot afford to burn out in times like these. Whether we're growing food or growing a movement, we must always take the time to calm the haste, to learn the difference between exhaustion and avoidance, to know when to care for ourselves and when to push ourselves, and ultimately to be nourished by the moment and sustainable for the long haul.

—with love, your vegicator, 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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## RADICAL BEET HUMMUS

WITH BELL PEPPER, CUCUMBER, & CRACKERS



Adapted from <http://www.almostturkishrecipes.com/2019/01/roasted-beet-hummus-pancar-hummus.html>

### INGREDIENTS

- 2-3 small to medium **beets**, tails & stems removed
- 1 ½ cups cooked chickpeas
- 2 tbsp tahini
- Juice of 1-1 ½ lemons
- 2-3 garlic cloves, minced
- ¼ cup yogurt (optional, more chickpeas instead if desired)
- Salt
- 4 tbsp olive oil (3 in and 1 for the top)
- Water (even better water from chickpeas) as necessary
- *Optional:* Paprika, Cumin, Sesame seeds, Nigella seeds, Parsley

### DIRECTIONS

1. The Beet: Cut each beet into four chunks. Toss with a little bit of olive oil, cover with foil & bake at 400F until you can poke through with a fork (or use that simple rice cooker trick if you don't want to heat up your oven in August!). (Try [this beet greens with olive oil recipe](#) to utilize your tasty beet greens.)
2. The Chickpeas: I always buy chickpeas in bulk, soak them in water overnight, and then boil them until cooked for 1-1 ½ hours. It is best to use them right when they're warm since the skins will be soft and easy to be smoothened by the blender (or use canned chickpeas if that's what ya got!)
3. Put tahini, olive oil, and lemon juice in the blender and run until smooth. Add the beet and blend.
4. Add chickpeas, yogurt, and salt. Blend
5. Add water to thin if needed. Hummus should be soft and fluffy. It most definitely should not be like a paste.
6. Taste and add more lemon juice, salt, or water as needed.

Ways to serve: Hummus is usually served in a wide shallow bowl in Turkey, never in a dip bowl. For regular hummus, we usually heat 1-2 tbsp olive oil in a small pan. When it's hot, before it burns, we add paprika and let sizzle for 5 seconds. Then pour it over the hummus on its serving plate. Chopped parsley is another way to serve it. I like to serve beet hummus with chopped parsley or dill on top or with sesame or nigella seeds. All is delicious.

## FENNEL RADICCHIO

SALAD WITH PEACHES & PECANS



Adapted from <https://food52.com/recipes/8723-fennel-radichio-and-apple-salad>

### INGREDIENTS

- 1 head **radicchio**, thinly sliced
- 1 head/bunch **fennel** bulb, thinly sliced
- 1-2 peaches, sliced (apple in fall; peaches in summer)
- 2 tablespoons apple cider vinegar
- 1 teaspoon dijon mustard
- 1/3 red onion, finely minced
- 1 pinch salt
- Freshly ground black pepper, to taste
- ¼ cup extra virgin olive oil
- ⅓ cup chopped pecans, toasted (or walnuts)

### DIRECTIONS

1. Combine the radicchio, fennel, & apple in a large bowl.
2. In another bowl, whisk together the vinegar, mustard, onion, salt & pepper.
3. Gradually whisk in the olive oil, then pour half of dressing over vegetables and stir to combine.
4. Taste, and gradually add more dressing until it's your liking. Garnish with reserved fennel fronds and pecans. (I would also add shaved or grated parmesan cheese!)

## ELOTES MEXICANOS FROM MY LATINA TABLE

<https://www.mylatinatable.com/authentic-mexican-street-com-recipe-elotes-mexicanos/>

When we move on from a corn planting, it's all hands on deck to go through the older plantings and FEAST. As we harvest, we share all our favorite ways to enjoy corn, one common favorite being adorned with mayo, cotija cheese, and tahin. Tahin makes this! It adds more of an acidic lime flavor than a heat from the pepper, which cuts through the savory creamy mayo, cheese, & corn perfectly. Shout out to my badass fellow female farmer Merced for showing me the elote way!

