



Gathering Together Farm

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# Understanding Umbels, The Apiaceae Plant Family

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### \*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, as the sugars caramelize and become an entirely new flavor and texture experience. The fronds are a wonderful addition to salads, and can also be used to make tea or kombucha/jun.

### Radishes

These bright beautiful bulbs are the only spring root crop on farm to have sized up by now, such a fresh crisp treat in the middle of winter. The greens are also in great shape, sauté them up & eat them!

### \*Scallions

Such a treat in late winter! Slice thinly at an angle to garnish any dish, whether it be a salad, breakfast, or a dinner dish.

### Arugula

These tender mustard greens come with a lovely peppery flavor, which pairs well in a salad with sweet fruits and fatty cheeses and/or nuts to offset the spice.

**½ lb. Salad Mix**

**1 lb. Carrots**

**2 Leeks**

**\*2 Yellow Onions**

**\*2 lb. Red Potatoes**

**\*4 Oranges**

*\*starred produce is from OGC (Organically Grown Company)*

Hi folks,

Welcome to your penultimate Winter CSA box! We've got lots of wonderful tasty treats for you this week, including Fennel, Fresh Radishes, Arugula, Scallions, and more. We can't believe we only have one week left with you this winter, but with the way that seasonal abundance works, the crops sure are ready for the break even if we aren't!

Late winter to early spring is the leanest time of year in the Pacific Northwest. We're straddling this balance of running out of our storage crops from fall and winter, whilst waiting for the newly seeded spring crops to come on, but they grow slowly in cold weather. It's a bit of a waiting game, but that only makes us appreciate what we have now more!

This week, I wanted to point out that we have some family members in the box this week—Fennel and Carrots. Earlier this season, we learned about the Brassica family tree, and today let's take a deep dive into Apiaceae, previously known as Umbelliferae.

Apiaceae is home to many common foods you know, including carrots, fennel, parsley, dill, celery, parsnips, celeriac, and cilantro, all of which have a similar, sweet and potent aromatic quality. On the far less delicious side of the family, Apiaceae is also home to some wild/feral plants you've probably seen growing outside, such as cow parsnip, that tall plant that grows in riparian areas, and the very common Queen Anne's Lace, whose white flowers speckle our roadsides.

Those white flowers take the form of what is called an umbel, which forms a sort of umbrella-like shape. Plant families are connected by the way that they reproduce and their flowers form, and if you're a plant in Apiaceae, then you make an umbel flower, whether you're a carrot, fennel, cilantro, or a Queen Anne's weed, as seen in the illustration here.

The invasive nature of Queen Anne's Lace, and its close relation to carrots makes it impossible to grow carrot seed here in the Willamette Valley. Queen Anne grows a poison root of a carrot, and if that were to cross with the sweet tender carrots we all know and love, that would be no good! Carrots can only be grown for seed in areas where Queen Anne's Lace does not proliferate, and even then sometimes inside carefully protected hoop houses to prevent genetic contamination. #carrotdrama

As someone who didn't grow up knowing anything about plants or veggies, I love learning more about the connections between the food we eat and the plants growing in the world around us. I hope you enjoyed this week's vegucation, and next time you're out for a walk, see if you can spot an umbel!

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



*Basic Umbel Flower*

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

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## **PAN-SEARED SALMON WITH FENNEL SALAD & ROASTED POTATOES**



Adapted from <https://www.bonappetit.com/recipe/pan-roasted-salmon-with-fennel-salad>

### **INGREDIENTS**

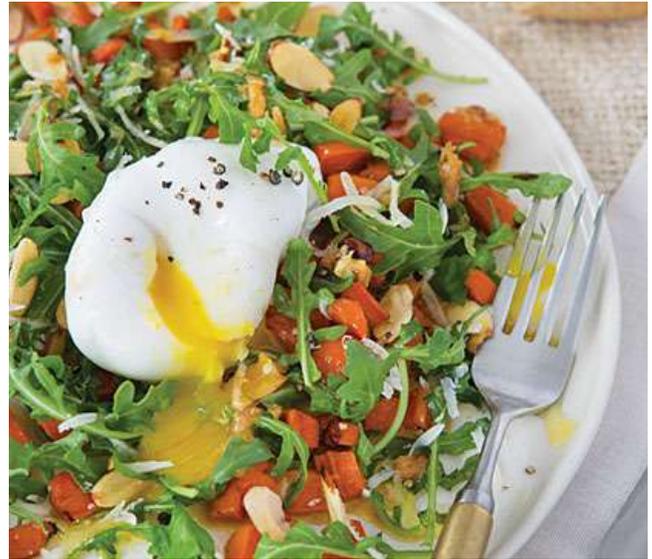
- 1/2 **fennel bulb**, plus 2 tablespoons **fronds**
- 2 tablespoons fresh **orange** juice
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 2 tablespoons grapeseed or vegetable oil
- 1 1-pound skin-on salmon fillet, preferably wild-caught, cut into 4 pieces (REMEMBER: use recipes as guidelines, use whatever fish you'd like and it'll be tasty!)
- Dijon Roasted Potatoes:
  - 5 **red potatoes**, cut into 1-inch pieces
  - 2 Tbsp olive oil, 1 Tbsp Dijon mustard, 2 cloves minced garlic, salt & pepper to taste
- Serve with sliced **Scallions** and **Radishes** sprinkled on top for a crisp fresh and spicy addition to the dish.

### **DIRECTIONS**

1. Preheat oven to 350°. Using a mandoline or some careful knife work, finely shave fennel; transfer to a medium bowl. Add fennel fronds, orange juice, and olive oil; toss to combine. Season salad with salt and pepper.
2. For the potatoes, preheat the oven to 375. Toss potato chunks in oil, mustard, garlic, salt, & pepper, to coat. Transfer to a greased roasting pan, and roast until tender & brown, 40-45 min., shaking pan occasionally.
3. Heat grapeseed oil in a large ovenproof skillet over medium-high heat. Season salmon pieces with salt and pepper. Place salmon in skillet skin side down. Cook without moving, pressing gently on fillets with a spatula to ensure skin is in full contact with pan, until skin is golden and crisp, about 5 minutes. Transfer skillet to oven (do not turn fish over) and roast until salmon is just opaque in center, 3-4 minutes for medium-rare (time will depend on thickness of fish and desired doneness).
4. Divide fennel salad and roasted potatoes among plates. Top with salmon skin side up.

## **ARUGULA SALAD WITH ROASTED CARROTS & LEEKS, TOPPED WITH POACHED EGGS**

Adapted from <https://www.myrecipes.com/recipe/arugula-roasted-carrot-salad>



### **INGREDIENTS**

- 1 lb. small **carrots**, sliced into 1/2-inch chunks
- 1 **leek**, sliced at an angle into rings about 1/2 cm thick.
- 6 tablespoons olive oil
- Salt and pepper
- 2 tablespoons balsamic vinegar
- 1 teaspoon minced shallot
- 1 teaspoon Dijon mustard
- 1 bu. **arugula**
- 1/4 cup slivered almonds, toasted
- 1/4 cup grated Parmesan
- 1 tablespoon white vinegar
- 4 large eggs

*If you're unfamiliar with poaching eggs and don't feel like trying it out this week, just fry 'em! It'll be fine.*

### **DIRECTIONS**

1. Preheat oven to 425°F. Line a baking sheet with foil. Place carrots and leeks on sheet, drizzle with 2 Tbsp. oil, and sprinkle with 1/2 tsp. each salt and pepper; toss. Roast until browned, about 30 minutes, stirring occasionally. Let cool slightly.
2. In a bowl, whisk balsamic vinegar, shallot and mustard. Whisk in remaining 1/4 cup oil. Place arugula, almonds, Parmesan and carrots in a bowl. Toss with dressing; divide among 4 plates.
3. Bring 2 inches of water to a boil in a deep skillet. Reduce to a simmer over medium heat. Add white vinegar. Crack 1 egg into a teacup; slide into water; repeat with remaining eggs. Cook until whites are set, about 4 minutes; transfer to salads. Season with salt and pepper. Serve immediately.