

07/14/2026



CSA NEWSLETTER



WEEK 6

This is another newsletter from John. Last week, I managed to launch myself backward and headfirst off a truck lift gate. Now I'm in a neck brace with a cracked C2 vertebra, on limited duty and writing about the topic I was given—and one dear to my heart: farm lunch. Not much about the farm has stayed the same since the beginning. John and Sally are still here. We still grow tomatoes, cucumbers, and corn. And we still have farm lunch. In the early days, as the farm grew from John and Sally to the Fabulous Five, three of us loved to cook and had restaurant experience, so we took turns making lunch in our home kitchen. When the other two left, I cooked for a crew that had grown to eight. During that phase, Anglo, college-educated, middle-class culture blended with Hispanic immigrant farmworker culture, and we all sat down and ate together. Since then, our diversity has grown to include differences in age, ethnicity, sexual orientation, and education, but we still share the same lunch. I stopped cooking when the crew passed 10 because I had become more cook than farmer. The crew also outgrew our house and kitchen, and our interest in making value-added products led us to build a commercial kitchen. That kitchen now powers our restaurant and serves farm lunch for 40 out the back door. This year, we reduced farm lunch from five days a week to three as part of our effort to make the farm profitable again. Mary and Rose, our lunch cooks, set out a table full of protein-rich food and produce from the farm. Even the smallest members of our crew can polish off eye-popping plates after burning through the calories it takes to get through a morning here. In the end, the sharing and sense of community are what make farm lunch part of our DNA.

My other topic is arugula. Years ago, when I oversaw the daily specials at our family restaurant, Nearly Normals Gonzo Cuisine, one of my favorites was a simple, satisfying dish called Pasta, Beans, and Greens. Arugula was my go-to green, but almost any combination of greens can make this a tasty, quick dinner option. Check out the recipe.

-John Eveland



Gathering together around good food

Veggie List

- Harvest moon potatoes
- Summer squash
- Lettuce
- Arugula
- Carrots
- Cucumbers
- Jalapeno
- Tomato
- Red Onion
- Yellow Onion
- Red Cabbage
- Cilantro

Recipe

GREENS AND BEANS WITH PASTA

Ingredients:

- 1 lb fettuccine
- 1/4 cup olive oil
- 4 cloves garlic
- 1/2 tsp red pepper flakes
- 8 cups arugula or other greens, coarsely chopped
- 1 can of white or red beans, drained and rinsed
- Parmesan cheese to taste

Directions:

Add the pasta to boiling salted water, cook to package directions. Lightly sauté the chopped garlic and red pepper flakes in olive oil. Add the beans and greens; keep them from sticking to the pan. Cook for a couple of minutes until greens are wilted. Toss with the pasta. Top with more olive oil and parm.

You can also use Chard, mustard greens, beet tops, collards, spinach, or kale as your green.



Proud Pale and a bunch of mustard.

Arugula is part of the brassica family, along with kale, mustard greens, and broccoli. Mustard greens and arugula tend to be spicier in the summer, when plants are under more stress. These smart plants produce spicy compounds to scare pests away, but feisty beasts like flea beetles seem not to care, so we usually cover our mustards and arugula in the summer to keep them safe from the beetles and the heat.

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

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