

CSA NEWSLETTER

June 10th, 2024



Hi, welcome to the 2024 Gathering Together Farm CSA season!

We are excited to have you as a CSA member! This is the 28th year of our CSA program and I have been the CSA coordinator for 3 years now. We are also excited to provide you with fresh, organic produce for 5 months this year and that we were able to offer an additional month during the Fall!

I thought it would be fun to look at some of Gathering Together Farm's history. My parents, John Eveland and Sally Brewer, started GTF in 1987, along with a few friends. After the first year, my parents continued this dream on their own. In 1987, GTF consisted of 7 acres and now, we have 65 acres! There was only 1 greenhouse compared to the 44 we are currently using and turning over. The main crops that we grew at the beginning were lettuce, tomatoes and cucumbers. We have been able to expand this list to feature at least 40 different types of vegetables!

Change is definitely apart of life and not all change is equal, some changes are easier and others have been challenging. For my parents, it has been amazing to watch their farm grow and flourish for almost 4 decades of hard work.

One recent change for my family, is that my mom's childhood house and farm, back in New Hampshire, is in the process of being sold. After her mom passed away, at the age of 99, our family knew it was time to sell the house and family farm. This farm has been in my mom's family for the last 8 generations, going back to the 1700s! Life looked very different in the 1700s and 1800s, with most of the farm work being done by horses and oxen.

The newsletter this year will feature three main authors: myself (Haylee), Rosario, and Daniel. Please enjoy the variety in style and topics, just as our CSA box and farm offers variety.

Haylee



Brewer Family Farm House



Brewer Family Wagon



Brewer Family Barn

Table of box contents:

New Red Potatoes
Persian Cucumbers
Garlic Scape
Red Onion
Yellow Onion
Spinach
Carrots
Fava Beans
Cilantro
Lettuce

GTF 2024 CSA Recipes

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

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How to prepare Fava Beans:

1. Shuck the beans from their pods.
2. Boil the favas in salted water for 2-3 minutes. Strain and transfer the favas to an ice-water bath and let them sit for 1-2 minutes.
3. Remove the outer coating of each fava by pinching one end of the bean and popping the skin off. This will allow the two halves of the bean to separate.



Moroccan Fava Bean and Vegetable Soup

Ingredients:

- 2 lbs fresh fava beans (shelled, blanched, and peeled)
- 2 tbsp extra virgin olive oil
- 2 leeks (sliced)
- 1 large onion (chopped)
- 2 medium carrots (peeled and diced)
- 1 celery stalk (chopped)
- 2 medium turnips (peeled and diced)
- 1 small potato (peeled and diced)
- 2 qt water, vegetable stock or chicken stock
- salt to taste
- a bouquet garni - couple sprigs of parsley, a bay leaf, and several sprigs of cilantro
- 1/2 tsp ground white pepper
- 1/2 tsp turmeric

Instructions:

1. In a large soup pot or Dutch Oven, heat 1 tbsp of olive oil over medium heat and add leeks, onions, carrots, and celery. Cook and stir vegetables for about 5 minutes or until they are tender.
2. Add the turnips, potatoes, fava beans, water or stock, salt and bouquet garni. Bring to a boil, reduce the heat, cover and let it simmer for 45 minutes or until the vegetables are very tender. Remove and discard the bouquet garni.
3. Purée the soup using a hand blender, food mill, or in a blender (work in batches, please be careful to not fill it too much and use a towel to cover the top to avoid hot splashes).
4. Return the purée to the pot, add pepper, turmeric, and cilantro and bring to a simmer over medium-low heat. Turn the heat to low, cover and simmer, stirring often for 30 minute.
5. Taste and adjust salt and pepper. Service in wide soup bowls, garnish with cilantro leaves and drizzle olive oil over each serving.

Recipe from New York Times

Sautéed Fava Beans with Garlic, Green Onions, and Basil

Ingredients:

- 2 tbsp extra virgin olive oil
- 3 cloves garlic (thinly sliced)
- 2 lbs fava beans (shelled, blanched, and peeled)
- 5 green onions (chopped)
- 1/4 tsp salt
- 1 tbsp basil (dried or freshly chopped)

Instructions:

1. In a large 12" skillet, heat the olive oil and garlic over medium heat.
2. When the garlic is beginning to brown, add the fava beans, green onions, and salt. Sauté until the green onions are wilted (about 3 minutes).
3. Add the basil and sauté for another minute, turn off the heat and serve.

****Garlic scapes can be a substitute for garlic cloves***

Recipe from Lefty Spoon Blog