



Gathering Together Farm

Phone: (541) 929-4273

Email: csa@gatheringtogetherfarm.com

CSA Newsletter—Week 3

Summertime Salad Seduction

Table of Box Contents

Lacinato Kale—also known as black kale, is our best-seller at markets. It has a rich nutty flavor, its round leaves are particularly easy to chop, and its rumpy leaves form the perfect nooks and crannies for oils and salts to snuggle up in. These rumples are what make Lacinato Lacinato and are a result of breeding savoy cabbage with kale through decades of meticulous selection. >>>

1 bu. Red Beets—Beets tend to be everyone's favorite vegetable to hate. I know, I used to be a beet-hater myself. But I've been exposed to some pretty amazing beetperiences over the years that have changed my mind. They're amazing roasted/steamed & added to salads with cherries, crumbly cheese, & nuts! Blend a few roasted/steamed beets into any hummus for a bright pink magic dip. And they're delicious in a slaw! Also, beet greens are like chardy spinach, so good! >>>

1 bu. Italian Parsley—We don't tend to use parsley on a regular basis, but it's quite the delicious versatile herb. Make it tangy alongside lemon juice over roasted red potatoes. Make it sweet in a slaw or dressing. And as it gets warmer and salads become the perfect dish, I always encourage people to chop up a solid 1/3-1/2 bunch of an herb into every salad—parsley's great for that too. Its sweet flavor also marries quite with balsamic. >>>

Summer Squash—Grill 'em, roast 'em, fry 'em, slice 'em up raw and enjoy 'em in a salad! >>>

Dark Red Norland Potatoes—Potato salad!

Cucumbers—Cucumber salad!

Red or Green Oak Lettuce—Lettuce salad ☺

1 Green Kohlrabi >>>

1 Bulb Onion, dried

1 bunch Scallions—A Pungent punch for any salad

1 lb. Romano Beans—well, for most of you! The rest of you will get a surprise this week, and beans later.

Many of us grow up thinking that salads are one thing. I grew up thinking salads were crunchy iceberg lettuce, cherry tomatoes, and croutons. They may have been served with the occasional red onion crescent, or perhaps a sliced bell pepper, but aside from this, they didn't fray far.

But salads can be so much more than just lettuce and tomatoes! Salads exist on a spectrum. Anything can be a salad really. It's a big bowl of stuff mixed together. You've just got to figure out what stuff you like to mix together.

For me, I love salads with cheese and nuts. I'll mix together apples, turnips, cheese chunks, crumbly cheese, walnuts, sunflower seeds, craisins, avocado, salami, and lastly, I'll toss in some greens and a ton of fresh herbs. I do buy dressings sometimes, but I try to make my own when I can, which isn't as hard as it seems. I just mix together an oil with an acid and some salt & seasonings in the big salad bowl before adding all the stuff in and tossing it around. It's always good and it's a one bowl meal. That's the dream!

Yes, salads can be meals! At a time of year when nobody wants to spend time inside cooking on a hot day, salads are the perfect meal to make. By adding a protein—beans, meats, cheeses, and/or nuts—to any combination of vegetables (both roasted & raw), greens, and fruits, you can create incredibly filling and diverse, nutritious meals.

Salads embrace diversity. They are one of the few dishes that allow you to get away with mixing a ton of different ingredients together without losing their individual uniqueness in both flavor and texture, but rather all playing off each other like an orchestra. Forest Gump said life was like a box of chocolates, but I like to think of mine as a salad. Eat well, veggie lovers! Best, Laura Bennett

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

 [@GatheringTogetherFarm](https://www.facebook.com/GatheringTogetherFarm)  [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm) [#gtfcsa](https://www.instagram.com/GatheringTogetherFarm) email: csa@gatheringtogetherfarm.com

Beet & Kohlrabi Slaw with Pistachios & Raisins/Craisins

—Adapted from *Six Seasons* by Joshua McFadden (chef & owner of Portland's own Ava Gene's and Tusk)

Ingredients

Remember! Feel things out as you cook, don't fret about specific measurements ☺

- 2 cloves garlic, smashed & peeled
- ½ cup golden raisins (/craisins/any fruit)
- 2 tbsp white wine vinegar (or any acid)
- 1 bu. Beets; mix of colors if you can
- 1 kohlrabi, peeled (if skin seems tough)
- 2 tbsp fresh lemon juice
- 1/3-1/2 bu. Italian Parsley, stems included!
- ¼ cup lightly packed mint (optional)
- ½ tsp dried chili flakes
- Salt & Pepper
- Olive Oil
- Pistachio butter (or any nut butter)

Directions

1. Combine the garlic, raisins, and vinegar in a large bowl and let sit for 1 hour (or just mix it up and keep going).
2. Grate the beets & kohlrabi on the large holes of a box grater or cut into fine julienne. Yes, your hands will get stained, but the color fades quickly.
3. To the garlic-raisin, vinegar mixture, add the beets, lemon juice, most of the parsley & mint (save the rest for finishing), and chili flakes. Season with 1.5 tsp salt and lots of black pepper and toss. Let it sit for about 5 minutes and then taste—the slaw should be tart, spicy, peppery, and sweet. Adjust the seasoning, if necessary, then add ¼ cup olive oil. Toss and taste again.
4. To serve, plate and top with the slaw. Finish with reserved fresh herbs and a drizzle of olive oil. Enjoy!



Zucchini Ribbon Salad

“These are some zucchini ribbons & radicchio over ricotta and they're topped with a warm garlic scape oil, feta, toasted breadcrumbs, and a squeeze of lemon. Cooking in the summer is fun and easy!!!” —Adapted from @saratane, food editor at @thefeedfeed



Kale Caesar Salad with Roasted Garlic Parm Chickpeas

—Adapted from <http://studiobaked.com/2018/12/kale-caesar-salad-with-roasted-garlic-parmesan-chickpeas>

Ingredients

- Caesar Dressing (follow link above for recipe)
- For the Roasted Garlic Parmesan Chickpeas:
 - 1 can (15oz) chickpeas, drained, rinsed in colander in sink, & pat-dried on paper towel
 - 1 Tbsp olive oil
 - 1 garlic clove, minced
 - Salt & Pepper to taste
 - Pinch of cayenne
 - ¼ cup grated parm
- For the Kale Salad
 - 1 large bunch of kale
 - Caesar salad dressing
 - Roasted garlic parm chickpeas
 - Extra parm for topping
 - Lots of freshly ground pepper

1. Wash & dry chickpeas, toss w/ oil, garlic, salt, pepper, & cayenne. Add parm, drizzle more oil if needed, & bake on tray 30-40 min on 400. Shake pan regularly to avoid sticking. Set aside.

2. Either tear kale leaves into bite-sized pieces or squeeze the bunch up and slice into thin strips for easy chewing. In a bowl, toss the kale w/ the dressing & massage into the leaves to tenderize them. Add the roasted chickpeas & top with grated parmesan. Yum!

