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CSA Newsletter—Week 18, October 5<sup>th</sup>, 2021

Fall foodies, your time has arrived!

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### Basil

### Celery\*

*Celery is a Mediterranean veggie that is part of the parsley family (same as parsnips and carrots). It is high in fiber, as well as anti-inflammatory. It used to be a status symbol in the Victorian Era. (The Grilling Cuisine, August 2020).*

### Carrot, bunch\*

### Delicata\* x 2

*Delicata is particularly versatile, being incredibly sweet and easy to cut into a variety of shapes. You can bake them as boats or roast them in stuffed halves.*

### Onions\* – 2 sweet

### Pepper, Colored

### Potato\*

### Radish\*

*Pickled Radishes: ¼ cup apple cider vinegar, 2 Tbsp packed brown sugar, ½ tsp salt and ½ cup thinly sliced radishes. Place all ingredients, besides radishes, in a bowl. Whisk together until all the sugar is dissolved. Next, add in radishes, and stir until thoroughly mixed. Let mix rest at room temp for 30 mins. Then drain before serving. Adapted From: Better Home and Gardens Veggie-full Issue – 2016 pg. 63*

### Spinach\*, bunch

\*Look for these veggies in included recipes.



## Gazpacho Verde

Adapted From: [Better Home and Gardens Magazine Veggie-full Issue – 2016 pg. 14](#)

### Ingredients

- 3 cup **spinach**
- 2 avocados, diced
- 1 cucumber, diced in 1-inch pieces to equal 2 cups
- 3 stalks **celery**, cut into 1 – inch pieces
- 2/3 cup salsa verde
- ¼ cup lime juice
- 1 cup of ice cubes
- 1 cup cold water
- Salt and pepper and/or red pepper flakes to taste

### Directions

Place all ingredients in food processor, and blend until smooth. You can add in more water until a desired consistency is achieved.

Place in fridge to chill for 5 – 10 minutes.

When ready to serve you can garnish with diced avocado, cucumber, and/or celery leaf.

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

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## Chicken and Veggie Soup

Adapted From: Local Dirt:  
Seasonal Recipes for Eating Close to Home  
By: Andrea Bemis

### Ingredients

- Carcass and bones from one 4 to 5 lb roasted chicken, with some meat still on
- 4 cups chicken stock, and 4 cups water
- 2 medium **onions**, peeled, thinly sliced
- 2 **celery** stalks, cut into  $\frac{1}{4}$  inch thick slices
- 2 medium **carrots**, sliced into  $\frac{1}{4}$  inch thick rounds
- 1 medium parsnip, sliced into  $\frac{1}{4}$  inch thick rounds (or **radish**)
- 3 medium **potatoes**, cut into  $\frac{1}{2}$  inch pieces
- 3 thyme sprigs
- 1 bay leaf
- Salt and pepper
- Crushed red pepper

### Directions

Place chicken bones/carcass in a large pot. Pour in chicken stock and water to cover carcass. Bring to boil over medium-high heat, then reduce heat, and allow to simmer for 20 minutes. Fat and foam may rise to surface, skim away as best possible.

Carefully remove the chicken bones and set them aside to cool. Next add in all cut veggies, thyme, and bay leaf. Heat to a boil, then reduce to a simmer for approximately 25 minutes, or until all veggies are tender.

While the veggies are simmering, pull as much meat from the chicken bones, shred to desired size.

Next add the meat into the veggie broth, remove thyme sprig and bay leaf. Lastly, to your liking, season with S&P and red pepper flakes.

Recommended to be served with some toasted sourdough bread.

## Mushroom, Delicata, & Basil Bread Pudding

Adapted From: Sunset Magazine  
<https://www.sunset.com/recipe/mushroom-squash-bread-pudding>

### Ingredients

- 3 cups **delicata**, cubed (no need to peel)
- 1 Tbsp oil
- 1 tsp salt and pepper (S&P), divided
- 4 Tbsp butter, divided
- 2 Leeks, white and light green parts, thinly sliced
- $\frac{1}{4}$  tsp salt
- 2 mince garlic cloves
- $\frac{3}{4}$  lb sliced mushrooms
- 1 Tbsp fresh **basil leaves** (or more 😊)
- 6 cups good quality bread chunks, that have been lightly toasted
- 3 cups half and half
- 4 eggs
- 1 Tbsp flour
- $\frac{1}{4}$  cup shredded parmesan
- 1 cup shredded gruyère cheese

### Directions

Preheat oven to 375F.

Place delicata on a baking sheet, drizzle with olive and  $\frac{1}{2}$  tsp S&P. Toss to coat. Bake 35 minutes.

In a large pan over medium heat, melt 2 tbsp butter. Next add in leeks and  $\frac{1}{4}$  tsp salt and cook until softened. Follow with garlic cloves. Cook 2 minutes, then add in baked delicata.

Melt the additional 2 tbsp of butter in a different pan over medium heat. Add mushroom and  $\frac{1}{4}$  tsp of salt and pepper, each, increase to medium high, cook until the mushrooms release their liquid, about 6 minutes. Remove from heat and stir in basil leaves.

Return to the leek and delicata mix, stir in mushrooms and bread chunks. Transfer to buttered 9 x 13 baking dish.

To create custard, whisk half n' half, eggs,  $\frac{1}{2}$  tsp S&P, flour and parmesan together. Pour custard over the baking dish mix and let stand 10 minutes. Top with gruyère and bake uncovered, until custard is set and cheese melted. 30 – 35 minutes.