

CSA NEWSLETTER



Week 8 - August 1st, 2023

It's August and we love having all the summer veggies available to share with you!

At GTF we like experimenting with new varieties, new practices and systems. As the world changes, we do our best to be prepared and adapt. This year we are grew our own Kale seed for the first time, we seeded some crops earlier/later, we changed varieties.

This week, you'll find SunBolt in your boxes this week, this special, newly released, and beautiful summer squash was bred in Corvallis by Carol Deppe, author and freelance plant breeder. This variety is in its v.2.0 stage of development, and is still being improved each year by traditional genetic selection methods under organic growing conditions. This variety is pledged to the Open Source Seed Initiative (OSSI) which is an organization that developed and maintains a mechanism through which plant breeders can designate new crop varieties they have bred as open source. This mechanism is an alternative to patent-protected seed sold by large agriculture companies.

SunBolts are adapted to the local climate, the fruit reaches maturity at a larger size than regular squash, and it's firm and flavorful! Use it as any other type of summer squash (spiralize it, roast it, grill it, etc.)

Thank you for your continued support and visiting us each week to gather together around good food!

Table of box contents:

SunBolt Squash

Cucumbers

Yellow Nicola Potatoes

1 Yellow and 1 Red Onion

Slicer Tomato

Eggplant



Dill

Green Cabbage

Carrot Bunch



SunBolt harvest for CSA members

We'd love to see what you're [@GatheringTogetherFarm](#)  doing with your CSA box! Tag us [@GatheringTogetherFarm](#) 

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EGGPLANT, TOMATO AND SUNBOLT GRATIN

- 3 tablespoons extra virgin olive oil, divided
- 2 cups sliced yellow onion (about 1 large onion)
- 1 cup sliced red, orange, or yellow bell peppers
- 1 eggplant, about 1/2 pound
- 1 large summer squash (like SunBolt!)
- 2 medium tomatoes
- 3 cloves garlic, peeled and smashed
- 1 1/2 teaspoons salt
- 2 tablespoons chopped fresh parsley, dill or basil
- 2 ounces provolone cheese, sliced or grated
- 3 tablespoons grated Parmesan cheese

Directions:

1. Preheat the oven to 350°F. Place the oven rack in the center position.
2. In a large sauté pan heat 2 tablespoons of the olive oil on medium high heat. Add the sliced onions and cook until lightly browned, stirring frequently, about 10 minutes. Add the sliced bell peppers and continue to cook with the onions until the bell peppers are softened and the onions are well browned, about 5 to 6 minutes more.
3. While the onions and peppers are cooking, slice the eggplant and zucchini in 1/4-inch thick round slices. Also slice the tomato into 1/4-inch thick slices, but depending on how big your tomato is, you may need to cut the tomato in half or in quarters first. (If all sliced vegetable pieces are the same size it'll be easier to layer them in an attractive manner).
4. Spread the cooked onions and bell peppers at the bottom of the gratin dish. Place the mashed garlic on top. Arrange the slices of the eggplant, zucchini, and tomato on top, alternating the vegetables, stacking and fanning them across the surface of the dish.
5. Sprinkle with salt and parsley. Top with provolone and Parmesan cheeses. Drizzle the remaining tablespoon of olive oil around the perimeter, where the vegetables meet the side of the dish.
6. Cover with foil (it helps to grease the underside of the foil with a little olive oil so that the cheese as it melts does not stick to the foil).
7. Bake for 40 minutes. Remove the foil. Turn on the broiler and broil for 5 minutes or until nicely browned.

Adapted from Simply recipes




COLESLAW

Ingredients

- 4 cups green cabbage (shredded (about 1/4 cabbage head))
- 2 cups carrots (julienned (about 2 carrots))
- 1/3 cup fresh dill (roughly chopped)
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- 2 limes (juiced (about 3 tbsp))
- 1 tbsp sugar
- 1/2 tsp salt
- 1/4 tsp ground black pepper

Directions:

1. In a large bowl, combine shredded cabbage, carrots and dill. Toss to combine.
2. In a small bowl, whisk together apple cider vinegar, oil, lime juice, granulated sugar, salt and black pepper. Stir to combine.
3. Toss cabbage mixture with vinaigrette until combined. Taste and adjust seasonings as needed. Let sit in the refrigerator until ready to serve.

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