



## Sweet Summer Comfort Foods

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**Beets, Red**

**Cucumber**

**Corn, Sweet\***

**Eggplant**

**Fennel\***

*A member of the carrot family with an anise like taste, it may have many health benefits such as aiding in indigestion, women's health, and anemia.*

<https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-fennel.html>

**Frisee**

**Green Beans**

*Making their GTF Summer debut. Blanch beans first, then sauté in oil with ginger and garlic. Sprinkle with salt and serve.*

**Onion, Sweet\* x 2**

**Pepper, Bell\***

**Potatoes\***

**Zucchini\***

*\*Look for these veggies in included recipes.*



## CARAMELIZED FENNEL AND ONION

Recipe adapted from:  
The CSA Cookbook  
By: Linda Ly

### Ingredients

- **1 fennel bulb** (sliced lengthwise into 1-inch wedges)
- **1 sweet onion** (sliced lengthwise into 1-inch wedges)
- 1 Tbsp olive oil
- ½ tsp salt
- ¼ tsp pepper

### Directions

Preheat the oven to 425°F.

In a large, rimmed baking sheet, toss the fennel and onion with oil, salt and pepper until thoroughly coated.

Scatter the vegetables across the baking sheet in a single layer and roast until golden brown and slightly charred on the edges, 35 -45 minutes.

Halfway through the roast, give the fennel and onion a quick stir for an even caramelization on all sides.

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

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## FRESH SWEET CORN CHOWDER

Recipe adapted from:  
The Enchanted Broccoli Forest  
by Mollie Katzen

### Ingredients

- 1 medium **potato**
- 2 ½ cups water
- 3 Tbsp Butter
- 1 ½ cups chopped **sweet onion**
- 1 ½ tsp salt
- 1 minced medium stalk of celery
- ½ cup minced **bell pepper**
- 5 cups cooked **sweet corn** (5 cobs or 1 lb defrosted)
- Black pepper to taste
- ¼ tsp dried thyme (or to taste)
- ½ tsp dried basil (or to taste)
- 1 cup milk or milk substitute
- Half package of bacon (optional)

### Directions

Optional start: Bake bacon for 15 – 18 minutes.  
When cool, crumble it up and set aside.

Dice potato and place in small saucepan of water. Bring to boil, then lower to a simmer, cover, and cook until tender (not mushy). Do NOT drain! Set aside.

Melt butter in a soup pot. Add onion, salt, and cook over medium-low heat, stirring consistently. After 5 minutes, add celery, continue to stir. Then after another 5 minutes, add the cooked potato with all its liquid, the bell pepper, thyme, and basil. Stir well and cover.

Reduce heat and let it cook 5 minutes more. Turn off the heat and let it cool slightly.

Use a blender to puree about half the solid in some of the soup's own liquid. Return it to the pot.

Add the milk and the optional bacon.

## CHOCOLATE ZUCCHINI BREAD

Recipe adapted from:  
Consumer's Power Newsletter  
Recipe by Hannah Doyle

### Ingredients

- 1 ½ cups almond flour
- 1 ½ tsp baking soda
- ¼ cup cocoa powder
- ½ cinnamon
- ¼ tsp salt
- 1 large egg
- ¼ cup plain Greek yogurt
- ¼ cup softened butter
- 3 Tbsp honey
- 1 tsp apple cider vinegar
- 1 whole grated medium **zucchini**
- 1 cup chopped pecans
- ½ cup dark chocolate chips (heaping)
- 8 ½ x 4 ½ inch medium loaf pan
- Parchment paper

*Tip: This is a yummy and crumbly treat. Place in a bowl and with a scoop of ice cream, it's delicious!*

### Directions

Preheat oven to 350°F. Mix almond flour, baking soda, cocoa powder, cinnamon, and salt.

In a separate bowl, beat egg until foamy. Beat in Greek yogurt, softened butter, honey, and apple cider vinegar. Combine well.

Stir in grated zucchini into wet mixture, along with chopped pecans and chocolate chips.

Fold in flour mixture and stir until combined.

Pour batter into the loaf pan lined with parchment paper.

Bake for 35 minutes, until a toothpick inserted into center comes out clean.

Cool on wire rack and serve.

Can be stored in an air-tight container for up to 10 days.