

VITALITY SUPPORTED AGRICULTURE

Nurturing a Sense of Calm and Inner Peace During Life's Day-to-Day Chaos

TABLE OF BOX CONTENTS

- **Tender Beet Greens!**— These delicate greens are incredibly soft like spinach when cooked with a sweet, earthy beet flavor. They'll come with lil baby beeties on the bottom as well, excellent chopped up raw in a salad or roasted crisp, root tail & all!
- **2 Ruby Star Grapefruit***— This nearly seedless variety has a deep pink flesh and a superior rich flavor.
- **1 Lemon***
- **1 bu. Spinach**— The one and only sweet and supple queen of green, incredible raw in a salad, on sandwiches, or wilted with garlic.
- **2 bu. Radishes**— Perfect spicy little morsels for the snacking, great sliced in salads, and the greens are similar to arugula when cooked down.
- **½ lb. Salad Mix**— Our salad mix is delicately hand-picked every morning and contains a dynamic mixture of lettuces, mustards, Asian greens, kales, and chicories.
- **1 bu. Chives**—Such a special spring great! Lovely minced on top of eggs Your chives may have some peppery purple blossoms on top this week as well, edible & delicious.
- **2 Yellow Onions***
- **Mini Head Lettuce**
- **1 Shallot**— A cross between onion and garlic, shallots pack quite a pungent garlic punch. Wonderful raw in salad dressings or sautéed.
- **Carrots***
- **2 lb. Yukon Gold Potatoes***

**In order to make each box complete, GTF supplements with produce from OGC (Organically Grown Company) when needed.*

Hi folks, welcome to May! We've got so many incredible items in your box this week, including Sally's all-time favorite, beet greens! As well as ruby star grapefruit, lemon, chives with blossoms, and so much more.

This week I want to take a moment to talk a little bit about how migrant farmworkers are being affected by this global pandemic, which is expounding upon existing inequities in our systems (hint hint, we can change those systems!). This time of global crisis is one where it is hard enough for each of us to simply get through the day, but it is in times of urgency and scarcity that we must take the time to notice how our systems are really working for everyone involved.

But first, a little history. Whether they were indentured servants from Europe, indigenous peoples, or people stolen in the Trans-Atlantic Slave Trade, the people who have done the bulk of the agricultural labor in this country have always had less rights than the rest of us.

After "slavery ended," although people of color were technically "employed" in labor roles, all of the types of jobs that they filled (primarily farm labor & domestic labor, like maids) were left out of the employee protections granted to all other occupations. These are things like the 40-hour week, overtime, the right to unionize, health care, etc.

That is still how agriculture works in this country. We exist under that federal system whether on a big industrial farm or a small organic one. On top of lacking those basic rights and protections, many farmworkers have even fewer protections due to a convoluted system of citizenship. Among other things, this means that farmworkers do the hardest work for the least pay, pay taxes but never get anything back, and can be organ donors but don't qualify to receive a life-saving organ if they need.

Many of the people who work in our food systems, industrial and local alike, including people I work with every day, are still experiencing the effects of these systemic problems in a very visceral way. Even on a farm like this one where we really care for the people who work here in a plethora of ways, those forms of care can only do so much in a federally enforced system of inequity. They did not receive a stimulus check. They do not qualify for unemployment. And that is just the tip of the iceberg.

The goal is not to feel guilty, but to learn, pause, and reflect on how we can better care for all members of our local food communities. For more information, [follow PCUN](#), Oregon's farmworker union, to learn about what we can do to help change systems in Oregon and extend care to all.

—With love, your vegucator, LB

Even when VSA boxes are sold out, you can always place orders of our Add-On Products when buying \$40 or more. Check out our new online shop [here!](#)

- **NEW Week 8! Wild Foraged Nettle-Mint Pesto (8 oz) --\$8—GTF House Made (and harvested by owners John and Sally themselves!)**

VEGUCATION STATION

Melt-in-your-Mouth

Beet Greens with Garlic

—Adapted from <https://www.foodnetwork.com/recipes/food-network-kitchen/sauteed-beet-greens-3363462>



Ingredients

- Olive oil, to coat pan
- 1 bunch beet greens, roughly sliced
- 2-4 cloves garlic, minced
- Salt & pepper to taste

Directions

1. Heat a medium sauté pan coated with oil over medium heat until the oil shimmers. Add the beet greens and garlic, and toss until the greens are wilted and tender, 5-8 minutes. Season with salt and pepper and toss. Finish with a splash of lemon juice and a sprinkle of minced chives!
2. Excellent alongside eggs in the morning!

[15 Ways to Eat Beet Greens \(And Why You Should\)](#)

Balsamic Shallot Dressing

One of my favorite ways to enjoy the full potent power of shallots is to have them raw in salads. This dressing pairs well with sweet delicate greens, such as beet greens, spinach, chard, and pea tops. Enjoy! —Adapted from LB's market recipes on the [GTF Blog](#)

Ingredients

- 1 shallot, minced
- About 6 Tbsp olive oil
- About 4 Tbsp balsamic vinegar
- Salt to taste, about 2-3 pinches

Directions

1. Mince a shallot and place into a big bowl.
2. Pour in olive oil and vinegar and muddle the shallots in by pressing them against the bowl with the back of a spoon. Add salt.
3. Taste & adjust salt, oil, & vinegar ratio.

Creamy Spinach Sausage

Lasagna with Lemon

“A layer of refreshing lemon slices brightens every bite of this lasagna made of sweet Italian sausage and Swiss chard. Instead of tomato sauce, the dish is made with a creamy and cheesy white sauce.” —Thank you, Sue B, for passing along this recipe!

Ingredients

- 3 tablespoons butter
- 1/4 cup all-purpose flour
- 3 cups whole milk
- 1 cup finely grated Parmesan cheese (about 4 ounces)
- Coarse salt and freshly ground pepper
- 5 cups coarsely chopped Spinach (about 1 bunch)
- 1-pound sweet Italian sausage, casings removed
- 1 lemon, very thinly sliced
- 6 no-boil lasagna noodles, preferably Barilla

Directions

1. Melt butter in a saucepan over high heat. Stir in flour; cook for 2 minutes. Whisk in milk. Bring to a boil, stirring. Reduce heat. Simmer for 1 minute. Remove from heat. Whisk in 3/4 cup cheese, 1/2 tsp salt, and 1/4 tsp pepper. Stir in spinach.
2. Preheat oven to 350 degrees. Cook sausage in a skillet over high heat, breaking up pieces, until no longer pink, ~ 4 min.
3. Cover lemon slices with cold water by 3 inches in a saucepan. Bring to a boil. Reduce heat; simmer for 7 minutes. Transfer to a paper-towel-lined plate using a slotted spoon.
4. Spread 1/4 cup sauce in an 8-inch square nonreactive baking dish. Top with 2 noodles, half the sausage, and 1 cup sauce. Repeat. Top with a layer of lemons, 2 noodles, then remaining sauce and lemons. Bake, covered with parchment-lined foil, for 27 minutes.
5. Remove from oven. Heat broiler. Uncover lasagna; top with remaining 1/4 cup cheese. Broil until bubbling, 2 to 3 minutes.

Ruby Star Grapefruit Mimosa

—Adapted from <https://aclassictwist.com/grapefruit-mimosa/>

Directions

Fill a champagne glass a third of the way with grapefruit juice. Then top with chilled champagne. Garnish with fresh grapefruit wedges and an herb sprig (thyme, rosemary). Enjoy, Enjoy, Enjoy!