

CSA NEWSLETTER



Week 9 - August 8th, 2023

It's amazing that August has arrived. August is definitely one of the busiest months on the farm, and it's the start of Gathering Together Farm's peak season and we have an abundance of varied vegetables. In addition to some of the vegetables we have most of the time such as potatoes, onions, carrots, beets and salad mix the summer vegetables such as tomatoes, eggplant and cucumbers are here in full swing.

One challenge of having so many vegetables, even with all the vegetables that go directly to CSA, the Farmstand, 6 Farmer's Markets, local stores, Portland stores, local restaurants and Portland restaurants, is having storage space for everything. My dad has been working really hard on fixing the storage cooler so that we have somewhere to put crops such as beets, cabbage, carrots, watermelon radishes and rutabaga that we will harvest in the coming months. Melons, and watermelons are also just around the corner too, and they are bulky stuff!

We also began harvesting corn, which is special to my dad, Farmer John because he grew up in Iowa on a 240-acre farm that grew corn, seed corn, soybean, and alfalfa. My mom, Farmer Sally, grew up on a small, vegetable family farm in New Hampshire. My mom and her sister Nancy, brothers Mark and Peter are the 6th generation of their family farm, and my 99 year old grandmother still lives there. One fun fact about my mom's family farm in New Hampshire is the house and the barn are connected by a shed, so that people didn't have to go outside to go feed the animals in the winter, which is very practical. Haylee

Table of box contents:

Summer Squash

Cucumbers

Red Sangre Potatoes

2 Willamette Sweet Onion

Tomatoes

Green Beans

Scallions



Basil

Romaine Lettuce

Corn



Sally's family house, and barn connected. Sally's mom still lives there.

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

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STIR-FRIED GARLIC GREEN BEANS

- 1 lb green beans, trimmed
- Salt to taste
- 1 tbsp soy sauce, low-sodium if desired
- 1 tbsp Chinese rice wine or dry sherry
- 1 tbsp minced garlic
- 1 tbsp minced fresh ginger
- ¼ tsp red pepper flakes
- 1 tbsp peanut oil or canola oil

Directions:

1. Bring a pot of water to a boil, season with salt and add the green beans. Boil 1 minute, drain and rinse with cold water, then place on a kitchen towel to dry thoroughly. (If vegetables aren't dry when you add them to the hot wok or pan, they will splutter and braise instead of stir-frying.) Place within reach of your wok or pan.
2. Combine the soy sauce and wine or sherry in a small bowl or measuring cup and place within reach of your wok or pan. Place the garlic, ginger and red pepper flakes in another small container near the burner.
3. Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the oil by adding it to the sides of the pan and swirling the pan. Add the garlic and ginger, stir-frying for no more than 10 seconds, and then add the green beans. Toss together, then add the soy sauce and sherry and stir-fry for one to two minutes, until the beans are crisp-tender. Remove from the heat and serve.

Adapted from [The New York Times Cooking](#)



CAPRESE SALAD

- 2 Ripe tomatoes, sliced 1/4" thick
- 12-16 oz Fresh mozzarella, sliced 1/4" thick
- 1 bunch Fresh basil, (1/3 cup basil leaves)
- 3 Tbsp Extra virgin olive oil, for drizzling
- 1/2 tsp Sea salt, or to taste
- 1/4 tsp Black pepper, or to taste
- 2 Tbsp Balsamic glaze, or added to taste

Directions:

1. Start by layering slices of tomatoes on a serving platter. Tuck slices of cheese between each tomato so both are visible then tuck whole basil leaves between the cheese and tomatoes. Arrange the slices so you can see every layer.
2. Season generously with salt and pepper, drizzle all over with extra virgin olive oil and drizzle with 2 balsamic glaze or add it to taste.

You can add sliced peach for a fancy upgrade.

Adapted from [Natasha's Kitchen](#)



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