

06-9-2026



CSA NEWSLETTER



WEEK 1

Welcome to the 2026 Gathering Together Farm CSA season! Thank you for joining and supporting GTF. We hope that you will enjoy all our seasonal, fresh, organic vegetables. As some of you already know, we are entering a transition period, my mom and dad decided to start the process of selling the farm. This is bittersweet for all of us, with my mom being 67 and my dad being 77, managing, and maintaining a 70-acre farm is a lot. My sisters and I cherish the farm we grew up on, but realize that we do not want to fill our parents' shoes.

As we face an upcoming transition, I thought it would be fun to look back at Gathering Together Farm's history. My mom, Sally, and my dad, John, started Gathering Together Farm in 1986 with a few friends. They have been saying they started in 1987, but when they looked back on old records this winter, they realized **GTF's first year was actually 1986**. The first year of farming was with 3 friends. Potatoes, eggplant, and squash were the first crops. From there, the farm grew in acreage, employees, and markets. One of the factors in my parents' success is that they both grew up on farms, and perseverance is in their DNA. My dad grew up on a 240-acre corn and soybean farm in Iowa. My mom grew up on a smaller, 8th-generation farm in New Hampshire that was in her family since the late 1700s.

Their early days of farming had many challenges, financial resources being one of them. One time, my mom got rear-ended in the family van, then they used the \$500 from the insurance claim to buy seed potatoes instead of fixing the van (it still ran).

CSA started in 1996, making 2026 the 30th year! In 40 years, they have gone from 5 acres to 70 acres. They have also gone from 1 greenhouse to 44. Most of our trajectory in the past 40 years has been about expanding; however, now it's time to downsize. But we definitely have the 2026 CSA season to enjoy! My parents have assured us, the GTF employees and the community, that they will find a good match to carry on the essence of GTF.

If you would like to know more about the farm's transition, this excellent article (scan QR) by Brad Fuqua, Philomath News is most illustrative.



-Haylee Eveland

This week's Veggie List

- Fava Beans (1.5#)
- Lettuce
- Fresh Onion
- Persian Cucumbers
- Carrots
- White Hakurei Turnips
- Cilantro or Dill
- **Nicola Yellow Potatoes:**

A potato with the skin on is a nutrient-dense vegetable. Potatoes are a **potassium powerhouse**, containing more potassium than a medium banana! And their carbohydrate composition can vary based on when you eat it; if after cooking, you refrigerate them, their starches will turn into Resistant Starch, which acts as a prebiotic, feeding your gut bacteria, and it will lower its glycemic index, which leads to smaller blood sugar spikes after meals, compared to a freshly cooked "hot" potato. This is why, if you're concerned about insulin, making potato salad is a great idea!

*We have a nice addition to our weekly newsletters. Auma, a very good family friend and an expert nutritionist, will be preparing a nutrition note with information on various vegetables. This week, potatoes! As my mom says, potatoes are a staple of life, which showcases my mom's Irish heritage.

Recipe

FAVA BEAN PESTO

The most vibrant springtime sauce!!

Ingredients:

- 7 oz shelled and skin removed Favas
- 4 tbsp olive oil
- 2 tbsp pecorino cheese, grated
- 2 tbsp parmesan cheese, grated
- 1 clove garlic
- pinch of salt and pepper
- optional: mint leaves

Directions:

Crush the garlic into a cream, add mint if using. Pour fava beans into a bowl or mortar and mash. Add a pinch of salt to preserve the bright green of the favas. Add in garlic and mint, and both cheeses, and mix. You can also blend it. At the end, pour olive oil little by little. Finish seasoning by taste. Serve as a spread, dip, or on pasta. Enjoy!



We'd love to see what you're doing with your CSA box!

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