



Gathering Together Farm

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CSA Newsletter—Week 7, July 20th, 2020

“Social Justice is the Vaccine we need for Oregon’s Food System”

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- **1st Anaheim Pepper!** Anaheims tend are mild with a similar warmth as a poblano, although at this time of year, they’re still pretty mild (they do eventually turn red). You can add the whole thing into a dish & it’ll add more flavor than heat.
- **Fresh Red & Willamette Sweet Onions—** The Willamette Sweet (it’s a Walla Walla but you can’t say so if it’s not grown in Walla Walla county) is really quite sweet, & the red has a lovely acidity perfect for salads & sandwiches.
- **1 bu. Tatsoi / Bok choy—** Bok choy has more bulbous stems with small rounded leaves, whereas tatsoi is taller with thinner stems and more oval-shaped leaves. Their flavor & texture is nearly identical; both are excellent stir-fried with tamari/soy sauce & garlic.
- **1 bu. Red Beets—** Don’t forget to enjoy the spinach/chard-like greens atop your beets! Separate greens from roots to store in the fridge. The plant still thinks it’s alive and will keep trying to pull water out of the roots.
- **Zucchini**
- **Cucumbers**
- **1 bu. Scallions**
- **1 bu. Italian Parsley**
- **Head Lettuce**
- **Colorado Rose Potatoes**
- **Tomatoes**
- **Blueberries!** This week we took a short drive out to Sunset Valley Organics who grows berries primarily for processing into jams and other tasty things, but we went out and harvested some berries ourselves. Enjoy ☺

Hello veggie lovers! Hope you’ve been enjoying the sunshine. We’ve got lots of special summer treats in store for you this week, including the first Anaheim pepper of the season, blueberries, tomatoes, and fresh onions.

I wanted to start out this week and say thank you! Many of you have been reaching out in response to these newsletters with such thoughtful words, and others have been feeling a little hesitant about the more political flavor that comes with their vegetables these days. But regardless of where you fall on that spectrum, I wanted to reach back out and say thank you so much for reading along. These newsletters mean a lot to me, and I wanted to take a moment to talk about why they mean so much and to introduce myself a little more.

I didn’t grow up on a farm by any means. I lived on packaged food, we didn’t have a garden or own a dining table. Food was always a cost, often a crutch, & rarely an actual nourishing experience. If not purely by contrast, farm life was intoxicating. I loved everything about it. Every day was different even though every day was the same. I had no idea that something like a tomato could take so many different forms, look so different every day, taste so different throughout the season.

Even when it was August and I was so tired from working markets and roasting peppers and ultimately drowning in a sea of never-ending tomatoes, sorting them one by one, day after day, I took pleasure in getting to know my new vegetable friends so intimately. Pick up tomato. Feel its weight. But don’t bruise it. Is it too soft to make it to market? Too sun-scalded for a restaurant? Not uniform enough for the grocery store? Just right to pop into my mouth right now? Pick. Wash. Pack. Repeat. This is how I fell in love.

Participating in my local food community was everything to me. The farm was my community, the market my village square. For the first time in my life, I felt like I was doing something truly nourishing for my body, for the earth, and for my community. And all of that is still true. But after a few years I started to see inequities that I hadn’t seen before. As a white woman who grew up in Oregon, for the first time I started seeing racism being reproduced in my beloved local food system, and I began to see how I myself reproduced it. Realizing how little I actually knew about this organic food movement I had become so dedicated to, I went back to school to study Food in Culture and Social Justice.

In that program I had the opportunity to study under two incredible women who just came out with an article of their own this week entitled, [*Racialized Inequality: Social Justice is the Vaccine we need for Oregon’s Food System*](#) and I couldn’t agree more. The safety and wellbeing of the people who pick, wash, and pack our food has always been in jeopardy, and with Covid-19 it’s only getting worse. We have to come together & figure out how to change our food system, & that includes changing federal immigration laws and so much more. In my time learning alongside these women, I realized I was still very dedicated to my local food scene, but that there was much work to be done. This is the context in which I came back to work at the farm, the context in which I write these newsletters, to be a part of that change. So to all of you reading along with me, thank you for being a part of that change! As the authors write, “*As the world clamors for COVID-19 magic bullets – vaccines, antibodies, llamas, medications, face shields – the one thing that will make a significant and lasting difference is a large injection of social justice.*” —with love, your vegucator, LB markets@gatheringtogetherfarm.com

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

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CREAMY ROASTED BEET & CUCUMBER SALAD WITH FETA & DILL



Image <https://paleospirit.com/roasted-beet-and-cucumber-salad-with-yogurt-dressing/>

This is a recipe from Tara who does our Food Processing at the farm, everything from salsas to kimchi to pickles, and she also happens to be my next-door neighbor. I got back home from market on Saturday, deliriously exhausted after the 16-hour day going up to Portland State, and she had a big plate of food waiting for me. GRATITUDE. One of the items on that plate was this salad, and it was so crazy delicious, I had to share it with you all. —LB

INGREDIENTS

- 1 bu. **Beets**
- 1-2 **Cucumbers**
- 2-4 **Scallions** (or Fresh Onion tops)
- 1/3 bu. **Dill** (or Fennel, Tarragon, Basil, or Mint)
- ½ cup **Feta Cheese**
- **Dressing:** ½ Grapefruit's juice, Splash of olive oil
- **Optional Nut:** hazelnuts, walnuts, or almonds

DIRECTIONS

1. **Cook Beets:** If you don't want to roast the beets and heat up your whole house, Tara's trick is to toss the beets into a rice cooker with a splash of water for an hour. Let cool 15 min and rub skins off. Slice into chunks and place into a big bowl.
2. Slice up cucumbers into bite-sized pieces, add to beets in bowl.
3. Finely slice scallions and add to bowl.
4. For the dressing, squeeze grapefruit juice and olive oil into a magic bullet or food processor and give it a pulse so that the oil & acid don't separate. Toss the beets, cukes, & scallions with the dressing.
5. Add in feta, nuts, and dill, and toss again.

ANAHEIM POTATO BREAKFAST HASH



Adapted from <https://thelemonbowl.com/vegetable-hash-breakfast-skillet/>

INGREDIENTS

- About 1-pound **potatoes**, cut into small chunks
- ½ **Willamette Sweet Onion**, diced
- 1 **Anaheim** pepper, cored & diced
- 3-5 cloves **garlic**, minced
- **Oil** for cooking
- **Salt & pepper** to taste
- 4 **eggs**, fried over easy

DIRECTIONS

1. Place cut potatoes in a deeper skillet and cover with water. Heat pot over high heat and bring water to a boil. Reduce to low and simmer until potatoes are par-cooked, about 3 minutes; strain and set aside.
2. Heat a large, deep skillet over medium high heat and drizzle with olive oil. Add onions to the pan and sauté until translucent, about 5-6 minutes. Sprinkle with salt and pepper to taste.
3. Add diced peppers to the pan and continue sautéing until tender, about 4-5 minutes. Add in minced garlic & let cook another minute or two. Pour in par-boiled potatoes that have been drained and patted dry. Sprinkle with salt and pepper to taste again. Continue sautéing until onions are almost caramelized, peppers are tender and potatoes are browned.
4. While the veggies are cooking, cook four eggs to order. To serve, place the eggs on top of the veggie skillet and serve family style.