



On Food, Care, and the Hands that Harvest

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- **Spinach**—This is the green of greens, so creamy and rich in flavor and nutrition, with cute little pink root tips. I either like to lightly sauté spinach with garlic so it becomes melt-in-your-mouth savory or put it in a salad with a nice vinegar-based dressing that wilts the leaves a little bit just like heat would do.
- **New Potatoes:**
 - **Colorado Rose**—These red-skinned white-fleshed potatoes have incredibly thin skins that need not be peeled, and a super-rich potato flavor. They lend themselves well to potato salad or mashed potatoes.
 - **White Russian Kale**
 - **Dill**
 - **Red Beets**
 - **Zucchini**
 - **Cucumbers**
 - **Head Lettuce**
 - **Scallions**
 - **2 Willamette Sweet Onions**—These are the same onions as we've had in the box with their green tops on, only now that the season is progressing, they're beginning to dry and condense their sugars. The onions we harvest and dry now will be what we eat off of for the next several months until the fall.
 - **Siletz Slicer Tomato**

Happy Summer Solstice, everyone! What a treat to watch the seasons change within this box. Summer's precious tomatoes are just starting to trickle in, late spring gems like zucchini and cucumbers are in their prime, and what were once fresh onions are now dried with their sugars condensed to perfection.

Eating seasonally helps us to stay healthy, allowing our microbiomes to fluctuate with our external environment. Food is medicine. We eat to care for our bodies, to care for our health and that of the earth. We cook meals to love and care for our families. Food is care embodied.

I like thinking about food as care, and to think about the flow of care that brought our food from farm to table. You can go all the way back to the Andean mountains where indigenous peoples selected and bred the ancestral potatoes that have become what you have in your box today. You can think about the indigenous communities who cared for the land that we farm on for so many years until they were forcibly removed, care that still exists in the rich soils of our Willamette Valley fields today.

But what's closest to home for me is the care given to our food by the many people who work to grow it. We're a diverse funky bunch of unique souls at GTF, some of whom speak English as their first language, some Spanish as their first language, and others who speak indigenous languages as their first language. As with the rest of the world, we have our own dynamics to navigate, inequities to notice and address, and it's not always easy. But at the end of the day, we are all in this together. We care for each other and for the food we grow—weeding, harvesting, and washing by hand.

But on big industrial farms and small organic ones alike, Oregon's \$50 billion-dollar agricultural industry depends on migrant labor, something we don't often think about as we mosey through the aisles of the farmers market. The millions of men and women who make up Oregon's agricultural workforce, including people I work with every day, are balancing caring for these vegetables while caring for their families, all the while being excluded from receiving care from the systems that support the rest of us, whether it's health care, the stimulus check, or overtime and the 40-hr week. These inequities existed long before Covid but are exacerbated now more than ever.

No matter how much care and support we can give each other on farm, we exist in a federal system that does not value the people who fill agricultural roles. As we continue our lifelong cycle of education and action that we're rededicating ourselves to as change-makers in this world, we must learn to use our food activism beyond voting with our forks, and learn how to help change policy and extend care to all farmworkers in Oregon and at the federal level. Consider donating to Oregon's Farmworker Union [PCUN's Farmworker Emergency Aid Fund](#) or [Causa's Oregon Worker Relief Fund](#) and take a step in helping to keep that cycle of care going.

—with love, your vegucator, LB markets@gatheringtogetherfarm.com



Mariana, our longtime packing shed manager, smiling up at me behind her mask, about to hand wash each potato without damaging their delicate skins.

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

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SMASHED POTATO SALAD WITH DILL VINAIGRETTE



—Adapted from <https://thefeedfeed.com/jakecohen/smashed-potato-salad-with-herb-vinaigrette>

INGREDIENTS

- About 2 pounds potatoes,
- Kosher salt, To Taste
- 1/2 cup olive oil, divided
- 1/2 cup chopped dill
- 2 tablespoons chopped mint
- 2 tablespoons fresh thyme leaves, minced
- 1 tablespoon Dijon mustard
- 1 teaspoon granulated sugar
- 1/4 teaspoon crushed red pepper
- 1 lemon, zested and juiced

DIRECTIONS

- **STEP 1**— Preheat oven to 450°F. In a pot, add potatoes and cover with cold water. Season with salt and bring to a boil over medium-high heat. Cook until tender when pierced with a knife, 10-12 minutes. Let cool slightly, then using the bottom of a measuring cup or glass, smash each potato until 1/4-inch thick.
- **STEP 2**— Transfer smashed potatoes to a sheet pan and toss gently with 1/4 cup of the olive oil and salt. Roast, flipping halfway through, until golden brown and crisp, 35-40 minutes.
- **STEP 3**— Meanwhile, in a medium bowl, whisk together remaining ingredients with remaining 1/4 cup olive oil until smooth. Adjust seasoning with salt.
- **STEP 4**— Transfer potatoes to a bowl and spoon dressing on top, then serve.

This is also super delicious served with pesto made from any herbs.

ROASTED BEET & CHERRY SPINACH SALAD WITH HAZELNUTS AND CHEVRE

I had a similar salad at Ava Gene's up in Portland once, and it was so incredible I had to recreate it at home whenever cherries and beets are in season.—From LB's kitchen

1. The sweet, soft beets make this salad. Roast with a lid or steam the beets until you can poke through with a fork, let cool, and rub the skins off before slicing into bite-sized wedges.
2. Slice your cherries in half, removing the pits. I prefer dark cherries in this salad so that when you take a bite you never know if it's a beet or a cherry until it's happening. But any cherry will do.
3. Toss the beets with the cherries and hazelnuts, which you can leave whole or chop roughly. Chop up a 1/4 of a raw sweet onion and add that in. Then toss in the spinach, chopped roughly.
4. Dress with a sweet and tangy balsamic dressing. In a small bowl, mix up balsamic vinegar, olive oil, salt, pepper, honey, and raw garlic. Taste as you go and adjust your ratios. You want it to be strong and salty to coat all the goodies you've got.
5. Pour the dressing over the beet cherry mixture and toss gently until mixed. Lastly, toss in a healthy crumbling of chevre or some sort of soft cheese of your liking and stir gently.
6. Add an herb. Dill from your box this week would be great, as would tarragon or basil, all of which pair well with balsamic.

KALE CAESAR SALAD WITH ROASTED GARLIC PARM CHICKPEAS

INGREDIENTS

- Caesar Dressing (pre-made, or try making your own)
- For the Roasted Garlic Parmesan Chickpeas:
 - 1 can (15oz) chickpeas, drained, rinsed in colander in sink, & pat-dried on paper towel
 - 1 Tbsp olive oil
 - 1 garlic clove, minced
 - Salt & Pepper to taste
 - Pinch of cayenne
 - 1/4 cup grated parmesan

For the Kale Salad

- 1 large bunch of kale
- Caesar salad dressing
- Roasted garlic parm chickpeas
- Extra parm for topping
- Lots of freshly ground pepper

DIRECTIONS

1. Wash & dry chickpeas, toss w/ oil, garlic, salt, pepper, & cayenne. Add parm, drizzle more oil if needed, & bake on tray 30-40 min on 400. Shake pan regularly to avoid sticking. Set aside.
2. Either tear kale leaves into bite-sized pieces or squeeze the bunch up and slice into thin strips for easy chewing. In a bowl, toss the kale w/ the dressing & massage into the leaves to tenderize them. Add the roasted chickpeas & top with grated parmesan. Yum!

