



Gathering Together Farm

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## C.S.A Newsletter Week 1: June 13<sup>th</sup>, 2023

### Table of Box Contents:

**1 bunch Red Beets:** *Don't forget to enjoy the greens on top of your beets. Separate the greens from the roots to store them in the fridge. Steam the greens and stems until they are tender.*

**1 bunch Garlic Scapes:** *This is the flowering stalk of the garlic bulb. Garlic scapes are buttery and garlicky. Great to chop up and add to sautés, add raw to salads, or toss them on the grill!*

**"New" Yellow Nicola Potatoes:** *The skins are so thin, no need to peel. Creamy, smooth, and moist! Perfect for potato salad.*

**Fava Beans:** *These fresh, nutty beans are worth all the work! See the "How to prep fava bean" section in this newsletter.*

**1 bunch Swiss Chard:** *Great sautéed and put in frittatas. Try the Chard Soup with Cumin, Cilantro, and Lime Recipe.*

Romaine Lettuce

3 Persian Cucumbers

A couple of Zucchini

2 Willamette Sweet Onions

*Welcome to 21 weeks of good food heading your way!*

*Greetings from Farmer Sally,*

We are so happy and grateful that you have chosen this 21-week vegetable adventure! As one of your "designers" of your weekly box, I hope to provide you with the staples (potatoes, onions, and lettuce) complimented with the seasonal delights that change from week to week. Most of us probably don't purchase fava beans or garlic scapes at the grocery store. Some of these vegetables may take a little more preparation, but they are worth the time. Both the garlic scapes and fava beans have lived and grown through the Oregon Winter to now provide their fruit and flowers for us to enjoy. Enjoy your first box!

*Greetings from Farmer John,*

The farm feels really healthy right now. At times the high energy of moving in different directions with different purposes can make your head swirl. We are very fortunate to have high quality people that are purpose driven to grow the high-quality vegetables you will be receiving. This year, we have a larger, more diverse group managing different areas at the farm. There is a mixture of old timers (20+ seasons) and relatively newcomers (1-5 seasons) providing feedback and improvements. Last winter's planning meetings have brought on new initiatives to improve soil health, make more precise fertility additions, adjustments in our soil preparation to minimize weeds, and track labor hours to better understand cost of production by crops.

There's a lot going on at the farm right now. We were on a holding pattern for outdoor production until the rain valve shut off a month or so ago. Summer production is starting to come in. The cukes are luscious and our earliest tomato house is giving up a few red, juicy morsels with many more around the corner!

If you would like to wander around and see your vegetables growing, by all means come out to the farm. We will point you in the right direction to



**How to prepare Fava Beans:**

- First, shuck the beans (remove them from their pods).
- Boil the favas in salted water for 2-3 minutes. Strain and transfer the favas to an ice-water bath and let them sit for 1-2 minutes.
- Remove the outer coating of each fava by pinching one end of the bean and popping the bean out of the skin. (The two halves of the bean will separate.) Your fava beans are now ready to be cooked in whatever fashion you choose. It doesn't take long... maybe a couple minutes.

These are absolutely scrumptious sautéed with a touch of butter and salt. Sprinkle on some parmesan and tarragon for a delicious side dish or toast-topper.

wander around. If you choose the right day, you can have lunch or dinner at the Restaurant. That crew has been doing a bang-up job this year! I really enjoy bragging them up because they are always proving me right.

*Greetings from CSA Coordinator Haylee,*

Thank you for participating in our CSA this year! We really appreciate your support. CSA money is helpful to the farm each Spring and we also appreciate you guys undertaking the challenge of eating a variety of vegetables. CSA boxes are a good way of introducing new vegetables into your diet.

Gathering Together Farm is 36 years old, as it was started in 1986. My parents, John Eveland and Sally Brewer, along with a few friends, farmed a few acres in the first year. It has been hard work keeping a farm going for 36 years and my parents have been able to provide high quality, organic produce to our community. What started out as a few acres in 1986, has grown into 50-60 acres in 2023.

We currently have over 300 CSA members, a Farmstand store, attend multiple Farmers' Markets (in Newport, Corvallis, Beaverton, Portland State University, Hillsdale, and Shemanski), and our produce can be found on the shelves of many grocery stores, as well as featured in dishes at numerous local and Portland based restaurants. Our CSA program began in 1996 as a way to connect our community to locally grown, organic produce and is now a 27-year-old program. Thank you again for your support and we hope you enjoy your vegetables!

If you have any questions or concerns, please let me know either by email, [csa@gatheringtogetherfarm.com](mailto:csa@gatheringtogetherfarm.com), or call me at 541.619.5490.

**Chard, Cumin, Cilantro, and Lime Soup:** *Vegetable Literacy by Deborah Madison (serves 4-6)*

- Heat **3 Tbsp. olive oil** in a soup pot over medium heat. Add **1 onion (sliced), 1 potato (sliced), 1 carrot (sliced)**, and cook 5 minutes to soften.
- Stir in **2 Tbsp. tomato paste**, then add **1 ½ tsp. cumin, 1 tsp. coriander, 1 c. cilantro, and 8 c. chard leaves (rinsed, drained, and chopped)**.
- Sprinkle in **1 ½ tsp. salt**, cover the pot, and allow the leaves to cook down before adding **5 c. water**.
- Bring to a boil, then simmer until the potato has softened.
- Cool slightly, then add **½ c. sour cream or yogurt** and puree in a blender. Taste for **salt**, season with **fresh ground pepper**, and stir in the **grated zest and juice of 1 lime**.

*Madison suggests adding texture by garnishing your bowl with rice, breadcrumbs, or tortilla chips.*

**Beet Greens Soup:** *Recipe inspiration from long-time CSA member, Carole J. (Serves 6-7)*

- Boil **3 qt. of water**, and dissolve **2 tbsp. of low-sodium "Better than Bouillon" vegetable base** to make a broth.
- Throw in a **couple cloves of chopped garlic** and a **handful of chopped onions**.
- Add **2 bunches of bitter greens**. (Beet greens and dandelions would be perfect.)
- Cook it in your pressure cooker for 15 minute, or if you are using a normal pot, put a lid over it and simmer for 20 minutes.
- Add **one package of black pepper Boursin cheese** for flavor and creaminess.
- Puree the soup in a blender, and serve hot with a good slice of toasted bread... Or freeze it so that you can simmer it up later.

*The stronger the greens used, the tastier and richer this soup becomes. A fun variation on this is to pretend it is ramen noodle broth. Add a tangle of cooked rice noodles, and garnish with thinly sliced carrots and cabbage.*