



06-24-2025



# CSA NEWSLETTER

*Smell the sea and feel the sky. Let your soul and spirit fly.*



## THIS WEEK'S VEGGIE LIST

- Lettuce*
- Yellow Potatoes*
- Yellow Onions*
- Cucumbers*
- Squash*
- Bunch Beets*
- Italian Parsley*
- Kohlrabi*
- Tomatoes*
- Dandelion Greens*



## WEEK 3 - THE LIVIN' IS EASY

We made it! Together we've crossed over the sacred threshold into the summer season. Spring brought us hope and sneezes out of the deep grey of Northwest winter and reminded us that we would survive and thrive into the season we all covet. With presence we can witness bud become bloom, clouds become thin and scattered, and to feel the draw of water all around welcoming us into its respite. Life is growing everywhere and nourishing not only our spirits, but our bodies as well.

Here on the farm we are experiencing so much radical change that we're very excited to share with you. Garlic has been harvested and begins to cure; the transplanting/propagation crew is bee hive of movement getting warm weather crops in the ground and preparing fall and winter crops via direct seeding; irrigation crew is locked and loaded with infrastructure to cool our babies from incoming heat waves; our restaurant is full of happy customers enjoying fresh farm-to-table meals; and we all are entering our rhythm of team dynamics and cooperation amidst a madhouse of joy that is production farming.

A bounty of refreshment and nutrition is available to us everywhere we turn to an almost overwhelming degree. In this time of so much movement, we can feel a fear of missing out (FOMO to you youngin's), but grabbing hold to that which comes across our paths may feel far more gratifying than chasing what feels greener. Dip your toes into Mary's River, eat a salad of bitter greens sweetened with the freshest of fruits, stop to smell the roses all around us. They'll be gone before you know it.

**-DANIEL RAYNE**

# DANDELION DELIGHTS

## WITH A KICK!

*An excellent source of hard-to-find vitamins A, E, and K as well as vitamins B and C. Also packed with iron, calcium, magnesium, and potassium, these bitter greens are a bounty!*

### Ingredients:

- 2 teaspoons salt, divided
- 1 pound dandelion greens, torn into 4-inch pieces
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1/2 onion, thinly sliced
- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, minced
- salt and ground black pepper to taste
- 1 tablespoon grated Parmesan cheese

### Directions:

1. Dissolve 1 teaspoon salt in a large bowl of cold water; add dandelion greens and allow to soak for 10 minutes. Drain.
2. Bring a large pot of water with 1 teaspoon of salt to a boil; add greens and cook until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.
3. Heat olive oil and butter in a large skillet over medium heat. Add onion and red pepper flakes; cook and stir until onion is tender, about 5 minutes. Stir in garlic and cook until fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens.

Continue to cook and stir until liquid has evaporated, 3-4 minutes. Season with salt and pepper, sprinkle with Parmesan cheese, and serve.



*Recipe from Slow Living Kitchen*

# KOHLRABI HASHBROWNS

*With a flavor similar to a cross between broccoli and a turnip, this bulbous little weirdo is mild, peppery, and nutrient dense. An excellent addition to soups, slaws or roasting.*

### Ingredients:

- 1 head of kohlrabi, trimmed & peeled (optional)
- 1 tablespoon olive oil
- 1 tablespoon salted butter
- 2 garlic cloves, minced
- Kosher salt, to taste

### Directions:

1. Shred kohlrabi with a medium sized cheese grater. Rinse and squeeze out excess moisture and starch.
2. Heat oil over medium heat, add butter.
3. Add garlic and sauté for 30 seconds
4. Add kohlrabi, mix with garlic and let cook until golden brown on the bottom side
5. Flip and let brown on the bottom
6. Remove from pan and let cool
7. Sprinkle with kosher salt, to taste. Enjoy!



*Recipe from The Brain of Daniel Rayne*

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

*Tag us on FB and IG:*

*@GatheringTogetherFarm*