

11-4-2025



# CSA NEWSLETTER



*"A journey of a thousand miles begins with a single step." - Lao Tzu*

## THIS WEEK'S VEGGIE LIST

*Butternut Squash \* Chard \* Cauliflower \* Carrots \* Onion \* Leeks  
Salad Mix \* Watermelon Radish \* Yellow Potatoes Floridana or Jelly*



*Palemon  
Field Manager*



*Ube  
Field Manager  
Assistant*



*Carmelo  
Irrigation  
Manager*



*Cirilo  
Field Crew  
Extraordinaire*



*Mariana  
Pack Shed  
Manager*

## WEEK 1 - IT'S FALL Y'ALL!

**From Sally:** Greetings Fall Members! We are happy you are ready to enjoy all the variety that the fall provides us! I want to admit I forgot we had fall salad members. I put a bag of salad mix on the list for every box because it is so delicious at this time. For that reason, salad members are going to get two bags of salad mix in their box this week.... perfect opportunity to share with friends and neighbors.

We are trialing two new yellow potato varieties. The beginning of the week boxes have a variety called Floridana. The weekend boxes will have yellow potato variety called Jelly. Let us know how you like these cultivars and perhaps we will grow more next year.

**From John:** Sally and I would like to take a moment to recognize the 20-year club. Palemon and Ube (29 years), Carmelo (27 years), Cirilo (24 years), and Mariana(23 years). All of them started working on the field crew and have grown into positions crucial to the success of this farm. You would not be eating the produce we are sending you today with out their leadership, dedication, and hard physical work.

**From Haylee:** Palemon, Ube, Carmelo, Cirilo and Mariana are the 5 people that currently make up the over 20-year club. Let's meet them!

Palemon and Ube, the Garcia brothers, have been at GTF since 1996, (I can't remember a time without them). Their main jobs are field preparation, direct seeding, compost making, harvesting specialty crops and building greenhouses. Palemon enjoys discing and power harrowing the fields. Ube enjoys applying the amendments with a drop spreader and using a chainsaw.

Carmelo, who has been here since 1998, is the main irrigation person. Cirilo, who has been here since 2001, does a lot of maintenance and odd jobs around the farm.

Mariana, who is the packing shed lead, has been here since 2002. Mariana oversees the barn where we wash, sort, and pack vegetables, and she owns a flower business on the side.

**-THE GTF FAMILY**

# ROASTED WINTER SQUASH SEEDS

## Ingredients:

- seeds from 1 winter squash, about 1/2/ cup, cleaned
- 1 1/2 teaspoons extra virgin olive oil
- pinch of kosher salt
- pinch of black pepper

## Directions:

1. Preheat oven to 325°F. Line a baking sheet with parchment paper.
2. Place seeds in a small bowl. Add olive oil, salt and pepper and stir to combine.
3. Spread the seasoned seeds out onto the baking sheet in an even single layer.
4. Roast for 20-25 minutes until starting to lightly brown around the edges. Toss/stir the seeds a couple times throughout roasting.
5. Remove from oven once they are a nice light golden brown (you want color but not too much!). Let cool a few minutes before eating.

## Some other flavor ideas:

pumpkin pie spice  
cinnamon sugar  
spicy red pepper flakes  
ranch seasoning – salt/onion powder/garlic powder/ground mustard/celery seed/paprika/black pepper/dill  
Italian – salt/pepper/oregano/garlic powder/basil  
dill pickle – salt/pepper/dill/garlic powder



# SMOKED SALMON CHOWDER

## Ingredients:

- 3–4 tablespoons butter
- 1 onion, chopped (about 2 cups)
- 5 carrots, peeled and diced (about 2 cups)
- 3 celery stalks, sliced into small pieces (about 2 cups)
- 1/2 cup white wine
- 6–7 new potatoes, washed and diced
- 1 1/2 teaspoons dried thyme
- 4 cups broth (chicken or veg would work)
- 2 cups milk
- 1 tablespoon flour
- 1 cup cream
- 12–16 ounces smoked salmon

## Directions:

1. Heat the butter in a large pan over medium high heat. Add the onion, carrots, and celery. Sauté until fragrant and soft. Add the white wine to deglaze the pan and get all those yummy browned bits up in the mix.
2. Add the potatoes, thyme, and 2 cups of the broth. Simmer until the potatoes are fork tender. Whisk the flour into the milk and add to the pan (this helps it thicken up a little bit – more flour = more thickening). Add 1 cup of broth and simmer for 5-10 minutes or until the soup starts thickening just slightly.
3. Add the cream and smoked salmon just before serving. If you let the salmon simmer with the soup for too long, it will get mushy. Taste, adjust, and add the last cup of broth to thin out the consistency of the soup as desired. Season with salt and pepper.

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

Tag us on FB and IG: [@GatheringTogetherFarm](#)

Source 1: [Running to the Kitchen](#)

Source 2: [Pinch of Yum](#)

Left: Fontaine Flowers

Right: Wooden wolf to prevent deer

