

09-23-2025



CSA NEWSLETTER



"The leaves fall, the wind blows, and the farm country slowly changes from the summer cottons into its winter wools" — Henry Beston.



THIS WEEK'S VEGGIE LIST

- Lettuce*
- Tomatoes*
- Basil*
- Bell pepper*
- Onion*
- Leeks*
- Potatoes*
- Carrots*
- Broccoli*
- Green Kabocha Squash*



WEEK 16 - ON BALANCE & ABUNDANCE

Equinox greetings, dear reader! We meet the point between Summer and Fall with gratitude for the fruits of our labor, and oh-the-faintest hint of rest in the air. Our busy workdays on the farm begin at 7am, exactly as the sun rises, and for the first time in months we have been donning our warmer layers to greet the chill in the air. By lunchtime we are reveling in the warm sunshine, quite aware that soon we will be settling back into our wet weather rhythms.

In the meantime, almost the entirety of our Fall and Winter crops are now planted in the ground - a monumental task complete - so now we focus somewhat on cultivating (weeding) crops, but mostly on harvest! This week marks a point of peak harvest complexity, as we still have most Summer crops yielding aplenty, but simultaneously our Fall crops are coming along strong. Broccoli, Winter Squash, all the hearty root veggies, comingling with the sweetness of full-flavored tomatoes & peppers.

Sensing the shorter days approaching, at home we have been busy pressing apples and pears for cider, fattening the hogs, stocking the pantry, stacking firewood, and fueling our busy bodies with nourishing foods. I think I'm almost ready for soup and stew season - how about you?

-JUSTIN MORAN

JUSTIN'S SIMPLE SAGE SQUASH

This busy farmer likes to keep cooking squash simple - usually that means keeping the skin on, and having plenty of leftovers to put in the kids lunchboxes or for dinner later that week!

Ingredients:

- 1 whole green kabocha squash
- 7-8 fresh sage leaves, coarsely shredded (substitute dried sage carefully, about 1:3 ratio - it tends to have a more intense flavor)
- Extra virgin olive oil
- Salt & pepper to taste
- Mild chili flakes (optional)

Instructions:

1. Preheat oven to 425°F.
2. Wash whole squash, roast in oven for 10- 15 mins; this makes it easier to cut!
3. Remove squash, let cool, then slice into ~2-3" thick wedges - wide enough that they stay oriented skin down in the pan
4. Place wedges into a large bowl, gently toss by hand, coating with a generous amount of olive oil, shredded sage leaves, salt and pepper - chili flakes optional
5. Arrange wedges skin down in the roasting pan - try to make sure they don't touch, so they brown and caramelize without needing to turn
6. Scrape bowl clean onto the wedges, or add a final drizzle of olive oil into the 'cup' of the wedges
7. Roast for approximately 35 mins, or until squash flesh is starting to caramelize and the skin is easy to eat



BEST BRIGHT BROCCOLI

Seasoned Rice Vinegar is my go-to secret sauce, for getting my kids and in-laws to try many different vegetable dishes! The perfect blend of sweet and tangy, it lends itself well to cucumber salads, hot or cold green beans, or in this case, broccoli! The key to keeping it bright is steaming (not boiling), and immediate removal from heat into the serving dish - it will continue to cook in its own heat. Many recipes suggest 5 minutes steaming, but I would rather retain as many nutrients as possible, and a little crunch to my broccoli. PS, don't discard the stalk! It's very nutritious and delicious.

Ingredients:

- 1 head of broccoli
- Extra virgin olive oil
- Salt to taste
- Seasoned rice vinegar to taste (substitute lemon juice or balsamic vinegar)

Instructions:

1. Bring a steamer pan to boil with 1-2" water on the stove
2. Rinse broccoli, trim very end of stalk, and any leaves, and discard. Cut the florets off the crown, and chop the stalk into approximately equal sized rounds.
3. Once the water is boiling, add the stalks into the steamer pan first, then the florets on top, cover and cook for 3 minutes, still boiling.
4. Remove from heat immediately, place broccoli in a cold serving dish, add a drizzle of olive oil, a splash of rice vinegar, and salt to taste. Gently toss with a serving spoon, coating everything, and add a little more oil, vinegar or salt to taste.



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

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