

CSA NEWSLETTER



Week 11 - August 21st, 2023

A great thing about GTF is that most of our fields are along the Mary's river. Having this riparian ecosystem as part of the farm provides a big boost to the farm's biodiversity, which we welcome and appreciate.

We also have come to accept that we will have to share the food we grow with animals such as deer, racoons, beavers, nutria, skunks, etc. This summer, a family of racoons has settled by the corn, they eat corn on the cob Monday through Sunday. We've tried to persuade them to eat a more diverse diet, including old chicories and blackberries. but no luck so far. We understand, they chose that neighborhood for a reason, not the schools or closeness to town, but for the sweet, and juicy corn.

Anyway, we'd rather share corn than melons, so for now, we're all co-living happily. Hope you have a nice, veggie bountiful week!



Rosie

Table of box contents:

- 2 Poblano Peppers
- 1 Colored Bell Pepper
- Cilantro
- Green beans
- Summer Squash
- Cucumbers
- Potatoes
- Corn
- Tomatoes
- Lettuce
- Eggplant
- Peaches



Raccoon prints headed to the corn patch.

We'd love to see what you're [@GatheringTogetherFarm](#)  doing with your CSA box! Tag us [@GatheringTogetherFarm](#) 

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BLACK BEAN AND CORN SALAD

At the farm we've been eating a lot of this lately!
Filling, nutritious and delicious!

INGREDIENTS

- 2 15-ounce cans black beans, rinsed and drained
- 2-3 ears fresh cooked corn, kernels cut off the cob
- 1 bell peppers, diced
- 2 cloves garlic, minced
- 2 tablespoons minced onion or shallots
- 2 teaspoons salt
- 9 tablespoons extra virgin olive oil
- 1 teaspoon lime zest (be sure to zest limes before juicing them)
- 6 tablespoons fresh lime juice
- ½ cup chopped fresh cilantro, plus more for garnish
- 2 avocados, chopped
- Optional: you can add tomatoes and cucumber, also, a dash of your sweetener of choice and cayenne pepper rounds it up nicely.

INSTRUCTIONS

1. Combine all ingredients except for avocados in a large bowl and mix well. Cover and chill for a few hours or overnight. Right before serving, add avocados and mix gently. Garnish with a more chopped cilantro if desired.



Serendipity bicolor corn

EGGPLANT TERIYAKI

Adapted from [Cup full of Kale](#)

INGREDIENTS


- 1-2 Eggplant
- Teriyaki Marinade
 - ½ cup soy sauce
 - ¼ cup mirin
 - 1 Tbsp rice wine vinegar
 - 1-2 Tbsp brown sugar (or honey)
 - 1 inch ginger root, grated
 - 3 garlic cloves, roughly minced
- To serve: White rice, Cilantro, Sesame Seeds, and scallion tops.

DIRECTIONS

1. Whisk the sauce ingredients in a bowl, making sure the sugar is dissolved.
2. Cut the eggplant into small chunks, place in a large bowl and then pour the marinade over the top. Stir and make sure it is all coated, set aside.
3. Let marinate for at least 20 minutes.
4. Place a griddle pan over medium-high heat. Once hot place the marinated eggplant in.
5. Pour over any excess marinade over the top whilst cooking.
6. Cook for a few minutes on each side until brown and starting to char from the griddle lines.
7. Serve straight away with rice & top with cilantro, scallions, & sesame seeds. (I'd serve it with spicy chili oil too!)



A 2.5lb eggplant!

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