



Gathering Together Farm

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CSA Newsletter—Week 16, Sept 25<sup>th</sup>, 2020

## A Breath of Fresh Air

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### Delicata Squash

The one and only delicate delicious delicata squash. Known for its sweetness and thin edible skins, delicata is also perfectly shaped both for roasting in halves and for sauteeing in perfect little half moon slices. This week's variety is Delicata Zeppelin from our longtime farmer partners-in-crime / neighbors, [Wild Garden Seed](#).

### Celeriac!

Also known as celery root, this is one of the least conspicuous yet most savory and delicious fall vegetables there is. It may look like a wadded up fist of roots, but it is absolutely incredible, I swear. I call it instant-chicken-soup. It has a sweetness reminiscent of celery while also having a rich, savory, almost umami-like flavor and potato-like texture.

### Purple Cabbage

Once you're done cutting this beauty in half and gazing upon the incredible purple and white pattern within, this early fall cabbage is sweet and juicy and perfect in slaws. I always have a quart of slaw in the fridge, right now mine has purple cabbage, sweet peppers, carrots, cilantro, & apple in it

### Cilantro

### Red Bell Pepper

### Yellow Italian Pepper

### 1 bu. Carrots

### Willamette Sweet Onions

### Harvest Moon Potatoes

### Roma Tomatoes

Hi folks,

It's officially fall! How the time has flown by. September is already on its way out and multiple fall favorites are making their seasonal debut in this week's box, including delicata squash and celeriac. Celeriac isn't just the root of a celery plant, but rather a cousin of celery who allocates its sugars and starches to its root mass instead of into its stalks. I never knew it existed until I started working here, but since then it has been a personal favorite of mine, and I am so excited to see that this year's crop is looking vibrant and better than ever!



It's been such a rejuvenating week down on the farm, working out in the sunshine and in the rain, breathing in crisp clean air after a week of wearing respirators in the smoke. The photo above was from Thursday morning, in the back of Fern field where the hay groves used to be. I've been loving harvesting back there in the mornings lately, a flock of red wing black birds have taken to the surrounding trees and chitter in a busy chorus all morning long as we work.

We got cozied up in our rain gear and waded through the sea of dew-covered rainbow chard, rapidly pruning off the older damaged leaves while simultaneously forming perfect bunches with the good ones. The sun was out with blue skies and scattered clouds, and the stems of the chard glowed bright yellow and red and pink. Just the four of us picked and formed 180 bunches! And so many other teams were rocking their own tasks all across our fields.

I feel so grateful to spend my time working with my team to harvest food. 2020 is awful and the state of the world is complicated, but if there's anything that farming has taught me, it is that you move forward no matter what, you take joy in the beautiful moments because they are always there and because they'll give you fuel to keep going, and you focus on the task at hand, together, strong.

—all the love, your vegicator, LB [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

We'd love to see what you're doing with your CSA box! Tag us on social media @gatheringtogetherfarm!

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# ROASTED DELICATA WITH HONEY BUTTER AND PISTACHIOS



<https://naturallyvella.com/roasted-delicata-squash-honey-butter/>

## INGREDIENTS

- 2 medium delicata squash
- 2 tablespoons olive oil
- 1/4 teaspoon sea salt
- Honey Butter
  - 3 tablespoons butter
  - 1/4 cup pistachios (or whatever nut)
  - 2 tablespoons honey
  - 1/4 teaspoon crushed red pepper
  - 1/4 teaspoons salt

## DIRECTIONS

Heat your oven to 425° F. Rinse the squash and cut the squash into 1/4" thick slices. Using a cookie cutter or a paring knife, remove the seeds from each squash circle. Place on a sheet tray and toss with the olive oil and salt. Spread into a single layer and roast, turning once, until tender and browning, 25 to 30 minutes.

While the squash is roasting, melt the butter in a small pan and add the pistachios. Cooking for 1 minute then add the honey, crushed red pepper, and salt. Swirl the pan a few times, remove from heat, and let rest until the squash is done.

When the squash is done, transfer to a bowl and toss with the melted butter mixture. Serve with more pistachios sprinkled on top if desired.

# CELERIAC CARROT BREAKFAST HASH

## WITH SWEET PEPPERS & CILANTRO

"HOW TO MAKE BREAKFAST HASH OUT OF ALMOST ANYTHING"

Adapted from <https://www.epicurious.com/expert-advice/how-to-make-breakfast-hash-without-a-recipe-article>



## INGREDIENTS

- Half a celeriac, chopped into little cubes
- 1-2 medium potatoes or a sweet potato, chopped into little cubes
- 2 carrots, little cubes
- 3-4 cloves garlic, minced
- You can add onions, but not too much so the hash becomes crispy not wet
- 1/2 red bell pepper, minced
- Cilantro for garnish
- Eggs

*I love to serve this with a side of kimchi or sauerkraut! It cuts through the rich roots & egg and adds so much flavor. Not to mention keeping that fall*

## DIRECTIONS

1. Heat up a skillet on medium-high and add high-heat cooking oil such as coconut oil. Toss a couple of potato cubes in and wait for them to sizzle.
2. Add in your potatoes & lid them a minute to get them up to temp. Remove the lid, add onions, and stir. Cook another couple minutes.
3. Add in your celeriac, the bulk of this breakfast hash, as well as the carrot, stir, and place the lid on to get the pan contents back up to temp. Remove the lid, stir, and continue to cook another 5-8 minutes, stirring occasionally and adding more oil as needed.
4. Add in your garlic a couple of minutes before turning off the pan. Add a few pinches of salt and cracks of pepper at this time as well. Waiting to salt until the end is what helps the roots crisp up rather than be watery.
5. Once the roots are browning and crispy on the outside but soft to a fork poke on the inside, turn off the pan.
6. Top with fried eggs, minced sweet raw pepper, and fresh cilantro.