

CSA NEWSLETTER



Week 4 - July 4th, 2023

Hello CSA folks,

Happy 4th! For those of you celebrating we hope you have safe travels and fun celebrations.

At GTF, during early summer we transplant lots of starts, we've been watering the plants (and humans) as frequently as we can to stay hydrated and strong. Crosbie, Zani (in photo), and the propagation team have been doing a great job at raising robust starts that endure the heat and fly into production as soon as they're in the ground! This week we chose to feature a refreshing salad to cool you down on a hot evening. Rosie



Owen Roth Photography

CUCUMBER SALAD

- 3 Persian cucumbers, unpeeled and sliced
- 1 bunch scallions trimmed (including 1/2" off the green tops; sliced on a sharp angle, soaked in ice water for 20 minutes and rinsed)
- 1/4 red onion, very thinly sliced
- small handful of mint leaves
- Extra virgin olive oil
- 1/2 tsp chili flakes (we recommend Splat's)
- 3 tbs vinegar
- Salt and pepper

Directions:

1. Toss the cucumbers with 1 tsp salt and put in a colander so the salt can draw out the excess moisture. Let them sit for 30 minutes. Blot the cucumbers on paper towels to remove the moisture and excess salt. Pile them in a large bowl.
2. Add the scallions, onion, mint chili flakes, vinegar and a few twists of black pepper. Hold off on the salt for now. Toss to blend the ingredients. Taste and adjust with more chile flakes, black pepper, vinegar and salt if needed. When the flavor of the salad is balanced, add olive oil and toss. Taste and add more oil if needed. You want plenty of "dressing" pooling in the bottom of the bowl; the cucumbers will continue to drink that up.

Adapted from Joshua McFadden - Six Seasons



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Table of box contents:

Persian Cucumbers: Salting cucumbers ahead of use reduces soggy texture by pulling out moisture and gives them a tighter, "pickled" texture.

Scallions

Cilantro

Lettuce


Yellow Nicola Potatoes

Sweet Onion

Red Onion

Spinach

Zucchini and Summer Squash

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