



Gathering Together Farm
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CSA Newsletter—Week 15, Sept. 14th, 2021

Comfort foods to keep you warm

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Broccoli *

Cabbage, Red

Looking for something other than coleslaw, try this cabbage recipe that asks for apples:

<https://cooking.nytimes.com/recipes/1013028-braised-red-cabbage-with-apples>

Chard, Rainbow*

Let raw leaves soak in vinegar before serving in a salad; this removes the mouth-drying, oxalic nature and allows you to taste the full chard flavor.

Lettuce

Jalapeño*

Onions – 1 Red*, 1 Sweet

For a familiar comfort food, try making a grilled cheese sandwich with caramelized sweet onion.

Pears

Here is a recipe for “Easy Poached Pears”

<https://www.marthastewart.com/341355/poached-pears>

Pepper, Green Bell

Pepper, Italian

Pepper, Shishito (1 pint)

Potatoes, Red*

Red Slicer Tomatoes

Turnip, Hakurei*

These white turnips are sweet and delicious. Be sure to eat the stems and greens!

**Look for these veggies in included recipes.*



Roasted Turnips with Buttered Greens

Adapted From: Boston Organics

www.bostonorganics.grubmarket.com/recipes/chard/roasted-turnips-with-buttered-greens

Ingredients

- 4 Tbsp Unsalted Butter
- 1 lb **Hakurei turnips**, halved (no need to peel)
- 1 bunch **turnip greens or rainbow chard**
- Salt to taste
- ½ tsp caraway seeds

Oven proof skillet

Directions

Begin by setting oven to 400°F. Next, brown your turnips in an oven proof skillet, over medium-high, melting half of your butter first. Brown turnips in batches, cut side down, for approximating 5 minutes. Once you have browned all turnips, return all to the skillet and season with salt.

Next, place skillet in oven and bake for approximately 12-15 minutes, until tender. Transfer to warming dish.

To toast caraway seeds, wipe out skillet, and cook over medium-high for about 1 – 2 minutes, until they pop. Set in bowl.

Melt the last 2 Tbsp of butter in skillet and wilt the greens, takes about 4 minutes. Toss in the caraway seeds and salt and cook for another minute.

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

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Coconut Chicken Chowder

Adapted from:

The Whole30: The 30-Day Guide
to Total Health and Freedom

By Melissa and Dallas Hartwig

Ingredients

- ½ tsp salt
- ½ tsp cumin (cumin seed ground is the best)
- ¼ tsp paprika
- 1/8 tsp cayenne
- 1 lb. chicken thighs (boneless) ~ I think tofu would be an excellent substitute in this recipe
- 1 quart chicken or vegetable broth
- 2 medium potatoes (original recipe calls for sweet potatoes)
- 1 head broccoli cut in 1-inch pieces (set stems aside) or 1 head cauliflower for a thicker chowder
- 2 cloves garlic, minced
- 1 jalapeño, finely diced
- 1 14.5-ounce can coconut milk
- 1 Tbsp fresh cilantro, minced
- 1 lime, juiced
- ½ small red onion, finely chopped

Directions

Start by preheating your oven to 350°F. Next mix together salt, cumin, paprika and cayenne. I think cumin makes this dish, so if you are cumin fan, add more!

Coat the chicken thighs with the seasoned mix and place in roasting dish. Cook for approximately 20 minutes, or until chicken is thoroughly cooked. Once chicken is cooked, remove from oven, and let rest for 5 minutes. Then cut into 1-inch pieces.

While the chicken is cooking, heat broth in a medium sized pot. Cube potatoes to equal bite sized pieces. Once broth is boiling, add potatoes, cover, and cook until tender with fork. Once cooked, remove potatoes from broth and set aside.

Next add broccoli or cauliflower stems to broth, along with garlic, and jalapeño. Cook for 15 minutes over medium heat, covered. Next add coconut milk, broccoli, or cauliflower florets and boil for approximately 5 minutes or until veggies are tender.

Remove pot from heat and transfer all contents to a food processor or blender. Blend until smooth. If using cauliflower, it will be to a rice like consistency. Once blended add back to the pot, along with cubed chicken, potatoes, and cilantro. Stirring well, cook over medium heat for about 3 minutes to just reheat the chicken and potatoes.

Garnish with fresh lime juice, finely chopped red onion, and enjoy all your hard work!