



## Día de Quelites—Farm Lunch with Zani

### TABLE OF BOX CONTENTS

#### Frisée Endive

Y'all had frisee endive ten weeks ago, and I was all about this bacon frisee salad at the time, and you know what?—I still am! See Bacon Frisee Salad recipe in our [Week 4 Newsletter](#).

#### Napa Cabbage

Napa cabbage is so light and crunchy, the savoyed (rumply) leaves common to other brassicas such as Savoy cabbage and Lacinato kale are excellent at holding dressings & juices, making them extra delicious in any dish. Napa cabbage is used in to make Kimchi, a fermented favorite, learn more [here!](#)

#### Carrots

#### 3 Ears Sweet Corn

#### Eggplant

#### Sweet Bell Pepper

#### Sweet Italian Pepper

#### Dill

#### Harvest Moon Potatoes

#### Willamette Sweet Onions

#### Lettuce

#### Tomato



Hello, veggie lovers, we've got a lovely box of summer and fall goodies for you this week! Precious sweet summer peppers, savory eggplant, and the ever-juicy tomato. Nourishing cold-loving crops of fall just coming into their prime as the nights get colder, such as napa cabbage, frisee endive, and delicate dill. Fresh herbs are always such a great way to nourish our bodies with micronutrients, yet dill is often left behind, type-cast in a pickled role. But dill is a widely-known remedy for digestive upsets and has antispasmodic properties. It can be sweet and delicious as a tea, or provide a freshness to cut through a rich potato dish (see recipe).

There are so many other delicious & nutritious wild herbs, also known as *quelites*, that pop up in our fields. A few weeks ago I wrote about *hierba mora*, a nightshade that is delicious when eaten before it flowers. But there are many other *quelites* in our fields, and we all enjoyed a couple more of them last Friday for farm lunch.

At GTF, we all share in a farm-cooked meal every day at 10 am for breakfast and three days a week for lunch (now appropriately socially distanced & altered for sanitation of course). This season Fridays are a favorite, because Friday is Zani day!

This is Zani's second season at the farm, and in addition to working in our packing shed, this season she also started working at market, making our salsa, and making farm lunch on Fridays. Twice a day every Friday, Zani makes us the most incredible meals to nourish our bodies on the biggest harvest day before market.

This past Friday, she decided to highlight some of the *quelites* that are currently abundant in our fields. For breakfast, she used *quintonil* (pigweed), and for lunch, *verdolaga* (purslane). *Quintonil* is related to quinoa and amaranth and has a similar rich, spinach-like flavor. She was less familiar with it but heard about it from another one of our co-workers who grew up eating it, and she served it as recommended, lightly sauteed with onions alongside scrambled eggs—delicious!



Zani (top right) with her three kids.

*Quintonil* may have been new to Zani, but she was very familiar with *verdolaga*, a succulent low-growing plant that her mother taught her how to identify and prepare back in Mexico. *Verdolaga*, she said, was most often cooked with onions and eggs as well, sometimes served with a salsa verde alongside pork or in tacos. It has a lemony flavor and is also known for having high levels of omega-3 fatty acids. For us, she made *quesadillas con verdolaga* in the morning, and for lunch, *salsa verde de puerco con verdolaga y huevo con verdolaga* (pork & purslane stewed in salsa verde, and eggs with purslane—see photo to the left). So delicious! We're so grateful to enjoy her cooking every Friday and her positivity every day. A big shoutout to Zani for all that she does!

—with 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!

[@GatheringTogetherFarm](#) [@GatheringTogetherFarm](#) [#gtfcsa](#) email: [csa@gatheringtogetherfarm.com](mailto:csa@gatheringtogetherfarm.com)

# BABA GANOUSH



Adapted from <https://www.themediterraneanandish.com/baba-ganoush-recipe/>

## INGREDIENTS

- 1 large eggplant
- Olive oil
- 1 tbsp plain Greek yogurt (optional)
- 1 1/2 tbsp tahini paste (I used Soom tahini)
- 1 garlic clove
- 1 tsp lime or lemon juice, more if you like
- Salt and pepper
- 1/2 tsp to 1 tsp cayenne pepper (eliminate if you prefer mild)
- 1/2 tsp [sumac](#), more for garnish
- Toasted pine nuts for garnish
- Parsley leaves for garnish (you could use Dill)

*Dip with  
crackers, raw  
peppers,  
carrots, or even  
roasted carrots*

## DIRECTIONS

Preheat the oven to 425 degrees F. Trim the top of the eggplant & cut in half, and using your knife, make a few slits in the skin.

Sprinkle the eggplant flesh with salt and let it sit for a few minutes to “sweat out” its bitterness, then dab dry.

Place the eggplant halves, flesh side down, on a lightly oiled baking sheet then drizzle with olive oil. Bake in the 425 degree F heated-oven for 30-40 minutes or until the eggplant fully softens through. Remove from the oven and set aside to cool.

When the eggplant has cooled, scoop the flesh out and transfer to a colander. Let drain for 3 minutes.

Transfer eggplant flesh to the bowl of a food processor attached with a blade. Add the yogurt, tahini, garlic, lime juice, salt, pepper, sumac and cayenne. Pulse or run the food processor ever so briefly just until everything is blended (avoid over-blending).

Transfer the baba ganoush spread to a small bowl. Cover and refrigerate for an hour (if you don't have the time, try refrigerating for a few minutes to let the flavors meld and the baba ganoush thicken a bit.) Just before serving, top the baba ganoush with a sprinkle of sumac, olive oil, toasted pine nuts and parsley leaves. Enjoy with a side of warm pita bread.

# CREAMY DILL FRIED POTATOES

Adapted from <https://www.freutcake.com/in-the-kitchen/dinner/side-dishes/creamy-dill-fried-potatoes/>



The Harvest Moon potatoes in the box this week are perfect for this recipe. Their waxy buttery yellow flesh are so delicious and hold up well. You can also roast the potatoes your favorite way in stead of frying. -LB

## INGREDIENTS

- 4-5 Tbsp dill, chopped
- 2-3 Tbsp salted butter
- salt and ground pepper
- 1-pound Harvest Moon potatoes, chopped into medium chunks
- Sour cream or Mexican crema, for drizzling

## DIRECTIONS

1. Add potatoes to a pot and cover by about 1 inch with water. Bring to a boil and cook 7-10 minutes or until potatoes are tender but not falling apart when poked with a fork.
2. Drain into a colander and allow to cool slightly.
3. Cut potatoes in half lengthwise with a small sharp knife.
4. Melt 2-3 tablespoons butter in a non-stick skillet over medium-high heat.
5. Place potatoes in the pan cut side down and cook until golden and crisp tossing once.
6. Transfer to a platter and immediately season with a sprinkle of kosher salt and fresh ground pepper.
7. Stir sour cream well to make it smoother. If it is too thick to drizzle you can thin it with a bit of milk. Mexican crema also works well and is thinner.
8. Drizzle with whichever cream you chose to use and top with fresh chopped dill.
9. Serve immediately while still hot.