



Gathering Together Farm

Phone: (541) 929-4273

Email: [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

Fall CSA Newsletter—Week 4, Nov 24<sup>th</sup>, 2020

## On Fall Harvests and Community Support

### TABLE OF BOX CONTENTS

#### 2 Candy Stick Delicata

With delicate edible skins, a super sweet flavor, and a size and shape that makes for easy roasting or even sautéing half-moons on the stove-top. Candy Stick Delicata has a particularly maple-like sweetness.

#### Watermelon Radishes

White and green on the outside with a bright pink burst on the inside, these radishes make for a gorgeous addition to salads and slaws, and have a sweet mild heat.

#### Celery

Local, organic celery has a wonderfully sweet herbal flavor similar to its Italian Parsley cousin, a treat to be enjoyed on its own rather than simply being used as a vehicle for peanut butter (although that's still tasty too).

#### Red Kale

With ruffled leaves and a magenta mid-rib, this kale brings both color and flavor to salads and sautés. Cold temperatures bring out the sweetness in kale making it more delicious now than any other time of year!

#### Fennel

Raw, the bulb has such an incredible sweetness, so delicious sliced thin in salads, slaws, or on the side of a meat dish. Roasted, those sugars caramelize and are incredible. And! The fronds are delicious in salads and even make for a tasty tea.

#### Salad Mix

#### Rutabagas

#### Bunched Carrots

#### Leeks

#### Yellow Finn Potatoes

#### 1 Onion

Hello veggie lovers,

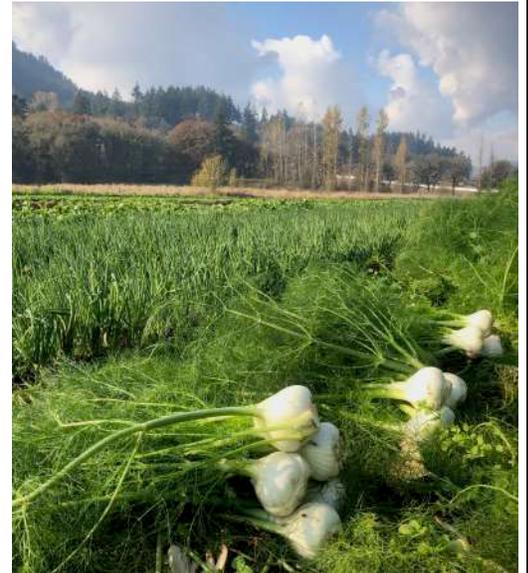
Yet another week with a full box of fall favorites! This week we're excited to give y'all our prized Candy Stick Delicata, hearty rutabagas, leeks, and red kale, and our crisp refreshing celery, carrots, watermelon radishes, and fennel.

It's been pouring rain on and off with these incredible bursts of sunshine that make our veggies glow with majesty. We have our fennel and other delicately-topped crops nestled safely under landscape fabric to protect them from the cold at night. Just lift up the cover, harvest the beautiful bulbs, and tuck the rest back in to bed for later. Sweet dreams little fennel friends!

As we transition into these colder months, our salad mix schedule gets turned upsidedown in response to frosty mornings, we prioritize getting roots out of the ground before the big rains, and we have to keep our delicate crops protected under floating row cover. Where we used to be hot and sweaty, we're now wet and chilled to the bone. Where we used to harvest until the last light on a long summer day, we are now bound to the limited sunlight, harvesting as much as we can in the short window of time between the time everything thaws out and the moment the sun ducks behind the hill and the chill of night is right back on us. Where we used to run around at light speed on summer days, we are now bumbling around in rain gear and boots weighed down with mud, trying not to slip and fall as we hustle. And where we used to get a seasonal cold when summer slips into fall, we now have to quarantine and get tested before returning back to work for all of our safety.

At this time of season and at this point in the pandemic, we are all grateful to work together here on this farm. But especially now around Thanksgiving, I think of all the farmworkers out there working on conventional farms, going through it all without nearly as many protections or farm-provided networks of support. As we celebrate with harvest feasts this week, make sure to stay informed by following PCUN, Oregon's Farmworker Union, to see how we can help to support farmworkers in Oregon through our first winter of the pandemic. Voting with our forks to support local farmers is essential to our local food community, but helping to both provide financial support to farmworkers during the pandemic and to bring the necessary policy changes on a statewide level to support farmworkers in our community are just as crucial to a truly sustainable food system. We are all in this together and we all have something we can learn and give! Visit PCUN's website here at <https://pcun.org/> and follow them on social media [@pcunoregon](https://www.facebook.com/pcunoregon).

—All my best, your vegucator, 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!](https://www.facebook.com/GatheringTogetherFarm)

[@GatheringTogetherFarm](https://www.facebook.com/GatheringTogetherFarm) [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm) [#gtfcsa](https://www.instagram.com/GatheringTogetherFarm) email: [csa@gatheringtogetherfarm.com](mailto:csa@gatheringtogetherfarm.com)

## WATERMELON RADISH, FENNEL, & PEAR SALAD

Adapted from <http://frugivoremag.com/2012/10/a-winter-salad-redux-for-late-autumn-watermelon-radish-fennel-and-pear-salad/>



### INGREDIENTS

- 1-2 **watermelon radish**, thinly sliced
- 1 pear, thinly sliced
- 1 **fennel bulb**, thinly sliced
- Juice of half a lemon
- Salt & Pepper to taste
- A splash of olive oil, as needed
- 1 tsp of honey
- 2 Tbsp balsamic vinegar
- Garnish: **celery leaves & fennel fronds**
- Garnish: toasted sunflower seeds or nut of choice

### DIRECTIONS

1. In a small bowl, whisk together lemon juice, salt, black pepper, olive oil, honey, and vinegar to make the vinaigrette.
2. Alternately layer watermelon radish with pear slices on a plate. Place fennel slices in the center.
  - a. You can use a mandolin to slice your veggies up nice and thin, or just carefully use a knife.
3. Pour the vinaigrette over the salad.
4. Garnish with parsley and sunflower seeds.

This recipe calls for a balsamic dressing, which is definitely delicious. But feel free to use whatever dressing you have on hand, add some apples and hazelnuts in there, grate some fresh cheese on top, and in general, add whatever you'd like! Remember to always use these recipes as guidelines and inspiration and don't feel like you have to "follow the rules." Also! Toss it all up with your **salad mix** and a little extra dressing!

## ROOT VEGETABLE SOUP \*RUTABAGA\*CARROT\*LEEK\*

Adapted from <https://cooking.nytimes.com/recipes/1015087-root-vegetable-soup>



Here's a simple, robust, cold-weather soup that you can make with almost any mixture of root vegetables you have to hand. Flavored with garlic, rosemary and bay leaves on top of a sauté of onions and celery, it's an earthy, sweet, & warming meal for chilly fall & winter days.

### INGREDIENTS

- 6 tablespoons unsalted butter
- 1 large **onion** or 2 **leeks** (white and light green part only), chopped
- 2 to 3 **celery** stalks, diced
- 3 garlic cloves, finely chopped
- 3 rosemary or thyme branches
- 2 bay leaves
- 3 ½ pounds mixed root vegetables (**carrot**, parsnip, celery root, turnip, **rutabaga**, sweet or regular **potato**), cut into 1-inch chunks
- 2 teaspoons fine sea salt, more as needed
- ½ teaspoon black pepper, more as needed
- Juice of 1/2 lemon, more for serving
- Extra-virgin olive oil
- Flaky sea salt
- Grated Parmesan or pecorino, optional

### DIRECTIONS

1. Melt butter in a large, heavy-bottomed pot. Stir in onion and celery. Cook, stirring occasionally, until vegetables are tender, about 10 minutes. Stir in garlic, rosemary and bay leaves; cook 1 minute more. Add root vegetables, 8 cups water, salt and pepper. Bring to a boil; reduce heat to medium and simmer, covered, until vegetables are tender, 30 to 40 minutes.
2. Remove and discard rosemary branches and bay leaves. Using an immersion blender, purée soup until smooth. (Alternatively, you can purée the soup in batches in a blender or food processor.) If the soup is too thick, add a little water. Season with lemon juice and more salt to taste.
3. To serve, ladle soup into bowls and top with a drizzle of olive oil, a few drops of lemon juice, flaky salt and crushed chile or grated cheese, if desired.