



Growing Your Food Activism with PCUN

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Bulk Bok Choy

This delicate juicy green is such a treat in the middle of winter! To retain freshness, be sure to only sauté lightly for a few minutes, or pop into a soup at the last minute after you've turned the heat off.

Rutabaga

Don't know what to do with this knobby root? Worry not, a root is a root the world around. Dice up into breakfast root hashes with carrots & potatoes, cut into chunks to roast in root medley, or add to a delicious hardy winter soup.

*Thyme

Using fresh herbs in your cooking is one of the best ways to use your food as thy medicine. Thyme has a lot of medicinal properties and can be a wonderful boost to the immune system while being tasty!

Salad Mix

We're always so grateful to have salad mix in the winter, and the winter mix is hands down my favorite. Lighter on lettuces due to the cold, there is a plethora of other winter mustards and chicories, colorful and nutrient-rich!

2 Leeks

Carrots

Green Cabbage

*2 Yellow Onions

*Harvest Moon Potatoes

*4 Red Pears

**starred produce is from OGC (Organically Grown Company)*

Hi folks! We hope this week is treating you well. Our hearts go out to those of you braving the ice-pocalypse in Portland. We delivered around the city on Saturday and it intense! Hope you all faired well through it all. This week's box has lots of fresh winter goodies, such as bok choy, salad mix, & thyme, & hardy winter favorites, such as rutabaga, harvest moon potatoes, and lovely leeks.

This week, I wanted to take a break from the usual vegucation and take some time to talk about important issues in agriculture in our state, and how we can all take part in making the changes in the world that we want to see. There's so much going on all the time, crisis after crisis, and at times it can feel hopeless and like you don't know where to start. But nothing is insurmountable, another world is possible, and we have the collective power to create it, bit by bit.

As members of the Oregon local food community, one of the most important groups to follow is PCUN, Oregon's Farmworker Union. PCUN stands for *Pineros y Campesinos Unidos del Noreste*, United Tree Planters and Farmworkers. Visiting their [website](#) to subscribe to their monthly updates, [donating](#) what you have, and following them on [Facebook](#) and [Instagram](#) is a great way to stay informed on the issues that affect the vast majority of Oregonians who grow our food. Let's create a food system where pushing immigration reform is as much a part of our identity as local foodies as the weekly trip to the farmers market!

PCUN has put together an ambitious Legislative Agenda for 2021, and we need to come together and do everything we can to help achieve the goals that they've set forth. Here are PCUN's Leading Priorities for this year:

- **Just Enforcement Act (HB 2205)** - This act allows workers and worker advocates to bring legal action when state officials lack enforcement capacity.
- **Farmworker Overtime (HB 2358)** - Expanding overtime pay to field and hand harvest farmworkers in Oregon.
- **Leave No Worker Behind (LC 2319)** - Boosting wages for low wage workers by expanding the Earned Income Tax Credit to workers who file taxes without a social security number.
- **OCAP Implementation** - Governor Brown's Executive Order 20-04 where state agencies are directed to take actions to reduce and regulate greenhouse gas emissions. [Read more here.](#)
- **Permanent Rule-Making on Infectious Disease** - ensuring farmworkers have a voice in life saving job safety protocols during this pandemic, and for future health crises to come. [Read more here.](#)

We're learning more and more how our alternative food systems are really only built to benefit a select few of us, leaving the majority of our fellow Oregonians to remain entangled in a system that exploits bodies and land. But luckily, more and more Black and Indigenous People of Color are leading the conversation around how we can move forward, uproot racism, and seed sovereignty. That work needs to be done on the federal and state level, changing laws and the people who make them; it needs to be done in our local food communities, making conversations like this one as commonplace as asking how to cook with rutabagas; and it needs to be done within ourselves as individuals where we can dig deeper and find ways to grow our food activism and move beyond just voting with our forks. We have lots to learn, but together we can do this!

—with love, your vegucator, LB 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

PEAR, GOAT CHEESE, WALNUT WINTER SALAD



Adapted from <https://www.apinchofhealthy.com/pear-goat-cheese-and-walnut-salad/>

INGREDIENTS

- 1 bag Salad Mix
- 1 pear, sliced
- 1 ounce goat cheese, crumbled, more if desired
- 1/3 cup walnuts, chopped (toast in dry pan if feelin' fancy)
- Salad Dressing of choice: I love creamy dressings in the winter especially. They elevate your salad to a super filling meal and makes it feel like comfort food on a winter day.
- Other additions: Add in dried fruits, other raw vegetables chopped small and thin, such as carrots and radishes. I also always like to put some raw alliums in my salad to give it a little punch. Raw onion or leek would go great! And as always, toss some croutons in there! Rip up some old bread or that old package of plain stuffing croutons from Thanksgiving in the cupboard and toss them around in the frying pan with a little oil, salt, and pepper. Yum!

DIRECTIONS

Toss your salad greens in a large bowl with your dressing of choice until the leaves are coated evenly. Toss in all your other elements and gently stir around to mix, but they will likely all fall to the bottom no matter what you do. You can always wait to put your other salad additions on until you plate the dressed greens for a more even distribution.

ALTERNATE RECIPE: PEAR SLAW

Since you have a green cabbage in your box this week, it would be the perfect week to make a fresh winter slaw! I love making slaws with shredded cabbage and carrots, using a lot of the same additions that you'd be adding to this salad, including the pears, toasted nuts, and dried fruits. So fresh!

RUTABAGA THYME FRIES



Adapted from <https://www.myrecipes.com/recipe/roasted-rosemary-rutabaga-fries>

INGREDIENTS

- 2 medium-large rutabagas
- 2 Tbsp thyme, finely chopped
- 2 Tbsp olive oil, Couple pinches of salt & pepper to taste

DIRECTIONS Preheat oven to 425°. Peel and cut rutabagas into 1/4-inch slices; stack and cut into 1/4-inch sticks. Toss with thyme, olive oil, salt, and pepper. Roast at 425° for 12-15 min, shaking pan often, until brown & tender. Serve with an herbed aioli, mayo, or ketchup for dipping!

BOK CHOY STIR FRY



Adapted from <https://seonkyounglongest.com/stir-fried-bok-choy/>

INGREDIENTS

- 3 tbsp high heat oil (avocado, vegetable, peanut, canola)
- 5 cloves garlic, sliced
- 1 lb bok choy (and other veggies if desired: carrots & leeks)
- 1 tbsp soy sauce or tamari
- 1 tbsp [vegetarian oyster sauce](#) or liquid aminos

DIRECTIONS Heat a large wok or skillet over medium heat; add oil and swirl to coat. Add garlic slices and cook for 1 minute or until light golden brown. Add bok choy and season with soy sauce and liquid aminos. Cook for 2-4 minutes, just long enough to wilt the greens but so their fresh crunch still remains.

Serve over white rice. Seared meat on the side is delicious, such as pork or chicken. I like to eat it with kimchi and some raw shredded carrot and cabbage on the side as well, sometimes with a fried egg!