



Gathering Together Farm

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Fall CSA Newsletter—Week 1, Nov 3<sup>rd</sup>, 2020

## The First-Ever GTF Fall CSA—Week One

### TABLE OF BOX CONTENTS

#### Sunchokes

Much respect for sunchokes, they are native to this area and grow robustly with very little input. They are a ten-foot tall sunflower forest that you wait for to flower in the fall before digging up the ginger-looking roots. Flavor can be like an artichoke heart or more umami-mushroom-like depending on how you cook it. I love to dice them up into a root hash topped with fried eggs for breakfast, so good! Also known as Jerusalem Artichokes. Also known as “fartichokes” (make sure to cook thoroughly).

#### Italian Parsley

Parsley gets sweeter and sweeter in the cold winter months, making for a delicious addition to salads, slaws, and sauces, or blended up into a chimichurri.

#### Green Kabocha

Kabocha squash are known for their rich, nutty flavor and dry, creamy texture. I like to think of them as giant roasted chestnuts. Perfect for roasting whole or in chunks, or roasted and pureed into a delicious autumn soup.

#### Celery

Celery, the cucumber of fall. I feel like I never really had good celery until I had celery from the farm. Growing up, celery was always just a vehicle for peanut butter, it wasn't something you actually appreciated for its own flavor. Fresh local organic celery has so much flavor on its own, with a mild parsley-like flavor. Still entirely delicious with peanutbutter too tho ☺

#### Salad Mix

#### Bunched Carrots

#### Purple Top Turnips

#### Yellow Finn Potatoes

#### Rainbow Chard

#### 1 Red & 1 Sweet Onion

Hello, veggie lovers,

Welcome to the first week of our first-ever Fall CSA! From all of us down at the farm, thank you so much for joining us in exploring the autumnal harvest that the Willamette Valley has to offer. The pandemic and the wildfires have presented many challenges for us all this year, and the support of our CSA members makes a huge difference in our ability to keep doing what we do best. Thank you all so much, and welcome to the family!

When we think of going to the farmers market and buying local, we usually have an image in our minds of a warm sunny day, walking around with fresh tomatoes and zucchini in shopping baskets. But Oregon has so much more to offer than just the abundance and variety of summer, extending seasonal eating yearround to include the many crops that not only survive in colder temperatures but thrive in them. Basing our diets on what is in season in the area that we happen to live in is a grounding practice, something that keeps us tied to the earth and tied to each other when everything else about our fast-paced modern world threatens to send us floating off into the great abyss of worry and stress.

Because the reality is, there is a lot to worry about these days. Today specifically, as we wade through dew-covered fields bundled up in rain gear, the pink-orange sky vibrant and ominous all at the same time, the weight of the election is heavy on us all. As I harvest vegetables, my favorite way to start the day, I try to soothe myself with the beauty of the moment, but it's hard when I know that so many members of our communities are affected by the outcome of this election in much more visceral and direct ways than I will ever be, and there is great responsibility to be acknowledged in that. But regardless of what happens today, as farmworker rights activists have said for years after both great wins and terrible losses, *la lucha sigue*, the fight goes on, and we can't lose our strength now!

We have to take care of each other, and to do that, we have to make sure we take care of ourselves. I like to think of these boxes of food as a weekly mindfulness practice, an opportunity to slow down and take the time to nourish the body and the mind. We can appreciate the endless diversity of ways that plants have discovered to store their starches and sugars, resulting in so many different flavors, textures, and colors for us to appreciate on our plates. There is so much more to learn about what's in season here in our own backyards and how to cook with it, all the while keeping us all connected from farm to table. So with the weight of this world on our shoulders, let's dive into this autumnal harvest together, strong, and fueled by gratitude.

—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!

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# CREAMY COCONUT KABOCHA SOUP

<https://thefeedfeed.com/ellilikescooking/creamy-kabocha-soup>



## INGREDIENTS

- 1 1/2 pounds **kabocha** squash, halved, seeds removed, peeled and chopped (about half a kabocha)
- 2 **carrots**, chopped
- 1/2 **onion**, chopped
- 1/2 cup **celery** or **parsley** leaves, optional
- 3 cups vegetable broth
- 1/2 cup coconut milk
- Salt, to taste
- Black pepper, to taste
- 1 tablespoon olive oil, optional
- Parsley, optional
- Pumpkin seeds, optional

## DIRECTIONS

- **STEP 1**  
Add olive oil or water to a large pot over medium-high heat. Once hot, add the kabocha, carrots, and onion and sauté until onions start to turn translucent. Add in celery leaves and cook another minute or so until wilted. Add a splash of water if needed to prevent sticking to the pan.
- **STEP 2**  
Add vegetable broth and bring to a boil, then lower to simmer until the kabocha is soft, about 15 minutes. Check by inserting a skewer into the kabocha. When it pierces through easily, turn off the heat.
- **STEP 3**  
Using an immersion blender, puree the soup until smooth.
- **STEP 4**  
Stir in coconut milk, then add salt and pepper and adjust seasonings to taste. Reheat the soup if it's too cold. Garnish with parsley or pumpkin seeds as desired and serve while still warm.

# ROASTED SUNCHOKES

Adapted from <https://www.myrecipes.com/recipe/roasted-sunchokes>

## INGREDIENTS

- 1 1/4 lb **sunchokes**, sliced into 1 cm thick pieces
- 2 Tbsp olive oil, divided
- 1/2 tsp salt, divided
- 1/4 tsp black pepper
- 8 garlic cloves
- 4 rosemary sprigs (optional)

## DIRECTIONS

- **Step 1**  
Preheat oven to 375°.
  - **Step 2**  
Combine sunchokes, 1 tablespoon olive oil, 1/4 teaspoon salt, and pepper in a large bowl; toss well to coat. Heat a large cast-iron skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Arrange sunchokes, cut side down, in pan; cook 5 minutes or until beginning to brown. Arrange garlic and rosemary evenly over sunchokes. Place pan in oven; roast at 375° for 42 minutes or until sunchokes are tender and deep golden. Sprinkle with remaining 1/4 teaspoon salt.
- You can always chop the sunchokes smaller and just finish them off on the stovetop if you're not looking to heat up your entire oven. But searing them in the pan pre-roast is very creamy delicious!



*I love to make garlic herb aioli to dip roasted roots in. Best quick dinner all winter long! —LB*

# CREAMY TURNIP, CARROT, AND SWEET PARSLEY SLAW

Adapted from <https://www.hidethecheese.com/hide-the-cheese/2009/03/creamy-turnip-slaw.html>

## INGREDIENTS

- 3-4 **turnips**, grated
- 3-4 **carrots**, grated
- 1/4 **red onion**, minced
- 1/3 cup mayonnaise
- 3 Tbsp apple cider vinegar
- 1 tsp salt
- 1/4 bu. **Italian parsley**, chopped (stems included)
- 3 Tbsp sour cream (optional)

## DIRECTIONS

Grate the turnips, carrots, and red onion in a cheese grater. In a medium-sized bowl, whisk the sour cream, mayonnaise, vinegar, and salt. Add the grated vegetables and the chopped parsley and stir everything together. Let the slaw sit for about 30 minutes before serving to soften the vegetables and intensify the flavors.

