



Gathering Together Farm
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CSA Newsletter—Week 12, August, 24th, 2021

Three Tasty Vegetarian Dishes!



TABLE OF BOX CONTENTS

Beets, Red

Broccoli*

Corn*

Dill*

Eggplant*

Leeks x 2*

Onion, Sweet x 2*

Tomatoes*

Peppers*

Potatoes*

**Look for these veggies in included recipes.*

BROCCOLI CRUNCH SALAD

Ingredients

- 4 – 5 cups **broccoli** florets (chopped stalks included)
- 1 clove garlic, smashed and chopped Vegetarian
- Few pinches of salt
- ¼ cup almond butter
- 3 Tbsp lemon juice
- 1 tsp honey
- 2 Tbsp Extra virgin olive oil
- 2 Tbsp Hot Water
- 2 small crisp apples, cut into bite sized pieces
- ½ small **onion**, sliced thing
- ½ cup toasted or candied nut of choice
- 1/3 cup crispy **leeks****

Directions

Bring medium pot of salted water to a boil. Blanch broccoli in the boiling water for 15 – 30 seconds. Drain and immerse in cold water. Strain, set aside.

Smash and chop the garlic with the salt until it turns into a paste.

In a small bowl, whisk the garlic paste, almond butter, lemon juice, honey, and olive oil. Add the hot water and whisk until creamy and smooth. Season to taste.

In a large bowl toss the broccoli, onion, apples, leeks, and nuts with a generous portion of the dressing.

****To crisp leeks:** Stir together chopped leeks and oil of choice in a large sauté pan over medium heat. Stir every few minutes, slowly browning leeks.

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

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PEPPER, CORN, & BLACK BEAN QUESADILLAS

Recipe adapted from:
The CSA Cookbook by Linda Ly

Ingredients

- 1 Tbsp Olive Oil
- ½ **Sweet Onion or leeks**, minced
- 4 cloves garlic, minced
- 2 **peppers**, finely chopped
- 1 **eggplant**, minced (acts as a meat substitute)
- 2 ears **corn**, kernels cut off the cob
- ½ jalapeño, minced
- ½ tsp salt
- ¼ tsp black pepper
- 2 cups cooked black beans
- Butter for greasing
- 4 – 10-inch flour tortillas
- 2 – 3 cups shredded cheese of choice
- Sour cream for garnish
- Pico de Gallo (rough chopped **tomatoes, onion, cilantro**, add salt and lime juice).
- Optional: Avocado

Directions

Heat a large skillet over medium-high heat. Add the oil, onions and garlic and cook until tender and fragrant, 2 -3 minutes. Stir in eggplant, jalapeño, peppers, salt and pepper, and cook until the vegetables are soft, about 5 minutes.

Add the beans and corn and heat thoroughly for 2 minutes. Remove skillet from heat.

Heat another large skillet over medium heat. Grease the surface with butter and place a tortilla in the skillet. Layer the cheese and vegetables over half of the tortilla, then top with more cheese.

Fold the tortilla in half, press down lightly with spatula, and toast for about 2 minutes per side.

Repeat with remaining tortillas and fillings.

Top with sour cream, Pico de Gallo, and avocado.

VEGETARIAN CASHEW CHILI

Ingredients

- 1 ½ cup of overnight soaked red kidney beans (or pinto, or mix).
- 6 cups water
- 2 bay leaves
- 2 **onions**, chopped
- 4 cloves of garlic
- 2 large bell peppers
- 2 celery stalks
- 4 Tbsp ground cumin
- 2 Tbsp ground coriander
- ¼ tsp cayenne
- 1 tsp dried basil
- 1 Tbsp **Dill**, chopped
- ½ tsp black pepper
- 2 tsp salt
- 2 Tbsp olive oil
- 1 Tbsp butter
- 4 cups fresh chopped **tomatoes**
- ½ cup cashews
- 2 tsp red wine vinegar
- Optional: grated cheese and cornbread

Directions

Rinse beans then combine with water and bay leaves in medium size pot and bring to boil. Simmer until beans are tender (about 2 hours).

In a soup pot, heat olive oil. Add onions, garlic, and sauté about 2 minutes. Add green peppers and celery and cook until the veggies are tender but still crisp, 8 – 10 minutes.

Melt in butter and add spices. Sauté 1 – 2 min., stirring frequently. Add in tomatoes. Simmer 10 minutes, and then remove from heat, until beans are ready.

Toast cashews at 350° for 20 minutes, until lightly browned, be watchful, they will burn quickly.

Add the beans and liquid to the veggie mix. Add the toasted cashew and red wine vinegar. Simmer 30 minutes to blend flavors.

Serve hot with cornbread and garnished with cheese.