



Gathering Together Farm

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CSA Newsletter—Week 1, Mon Feb 1<sup>st</sup>, 2020

## Exploring the Bounty of Oregon Winters with GTF

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#### **Watercress**

Commonly known in Spanish as “berro” this delicate peppery mustard green grows wild near stream banks throughout North and Central America. Perfect for tossing into a soup (stems and all!), under a couple hot fried eggs, or in a tasty salad.

#### **Celeriac**

Celeriac will always be my favorite vegetable I never knew existed. A starchy, potato-like root of a celery cousin, this savory root has a chicken-soup-like flavor and is delicious diced in a breakfast hash or roasted in a root mix.

#### **Purple Cabbage**

Sweet and crisp, a fresh treat in the middle of winter, perfect for fresh slaws, stir-fried, in soups, or fermented.

#### **2 Leeks**

Use the whole leek, from white to green!

#### **1 lb. Carrots**

#### **2 Yellow Onions**

#### **\*Cilantro**

#### **\*Yellow Potatoes**

**\*Black Kale** (Sally wanted to send her condolences about the black kale, it was pretty sad looking when we received it, but we'll make it up to you next week! Alas, the search for greens in the winter!)

#### **\*4 Navel Oranges**

Happy Citrus Season!

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



Welcome back, folks!

Or welcome for the first time! We hope winter is going well for you and your families. It has been dishing up some challenges for us down at the farm, from flooding to migrating geese to snow, but so goes a life tied so intimately with the sun and the soil. At the end of the day, the skies clear and the sunlight warms us back up with the hope of spring on the horizon, giving us the strength to keep going.

Whether you've been members of our CSA before or this is your first season with us, we want to thank you so much for supporting our farm this Winter CSA season. Community Supported Agriculture is exactly that—the CSA model allows farmers to get funds in the beginning of the season that are necessary to help pay for seeds and other essential farming costs at a time of year when income is lower. On the community end, your produce comes at a discount from market pricing, and provides you a direct connection with what's going on at the farm, important issues in our local food community, and tons of delicious recipe ideas and what we call “vegucation.”

In addition to strengthening the connection between our farm and your families, we hope that this CSA season can serve as a weekly mindfulness exercise. We won't sugarcoat it, there's a lot to stress about these days. With so much work to do in this world, let these boxes ground you in the moment and fill you with gratitude. We are so lucky to be in a climate that produces so much abundance yearround. There are so many flavors to discover and meals to be shared with family and friends—food is a love language, it is how we show we care. Together let's explore the bounty of Oregon winters!

—with love, 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 CILANTRO LIME SLAW WITH PURPLE CABBAGE**



Adapted From <https://lakesidenaturalmedicine.com/recipes/creamy-purple-cabbage-slaw-with-cilantro/> — The author of the recipe serves this slaw with her Coconut Turmeric Crusted Fish, and this slaw is also delicious all on its own as a lunch snack or in a taco bar!

### **INGREDIENTS**

- ½ head purple cabbage, chopped finely
- ½ cup mayonnaise (or homemade aioli)
- ¼ cup apple cider vinegar
- The juice of 1 lime
- 1 bunch cilantro, chopped (include stems!)
- Salt and pepper to taste
- Recipe Additions—LB
  - 2 carrots, shredded or chopped fine
  - 1 apple, chopped into pieces
  - Nuts (walnuts, hazelnuts, pecans)
  - Dried fruit (craisins, raisins, etc.)

### **DIRECTIONS**

Mix mayonnaise, lime juice, apple cider vinegar, salt, and pepper, in a large bowl. After mixed well, toss cabbage in the dressing to coat well. Gently toss in chopped cilantro, and any other additions to your slaw. Slaws always taste best after sitting in the fridge for a couple hours to let the flavors marry.

### **A NOTE ON SALTED CITRUS—**



Have you ever tried salting your citrus? Common around the world where citrus grows, it is often salted with other added spices, such as chili or allspice. It is nature's Gatorade and is not only super delicious but healthy as well!

## **ONE-SKILLET EGG & CELERIAC ROOT HASH**



—Adapted from <https://sameatshernutrients.com/2017/02/28/egg-parsnip-and-celeriac-root-hash-brown-skillet/>

### **INGREDIENTS**

- 2 cups celeriac, grated
- 2 cups mixed roots (carrot, potato, parsnip, etc.), grated
- 5 eggs
- 3 Tbsp olive oil
- 1 tsp salt and pepper to taste
- 1 tsp garlic powder

### **DIRECTIONS**

Preheat the oven to 325° degrees. In a large bowl, mix together the grated parsnip and celeriac root (I used a food processor to grate it for speed, but it can also be hand grated), 1 egg (beaten), sea salt, parsley, pepper, onion powder and garlic powder. Mix thoroughly.

In a large non-stick skillet (I used a 14 inch) pour in 3 tablespoons of olive oil. Heat over medium-high. Add the hash mixture and pat it down into one even layer to brown one side. Let this cook for five minutes, or until the bottom has browned. With a rubber spatula, turn over the hash brown to the other side to brown. It will not turn in one piece, which is fine. Flip it in sections. Brown for a few minutes on this side.

After the hash browns are brown on both sides and tender, make four egg sized nests in your pan (refer to the photo). Crack the eggs in the nests, and sprinkle with a little additional sea salt and pepper. Pop the pan in the oven and bake the eggs for 8 to 12 minutes until the whites are set and the yolks are cooked to your liking. Remove the pan from the oven. Chop some fresh basil and sprinkle it on the top before serving.