



Gathering Together Farm

Phone: (541) 929-4273

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

CSA Newsletter—Week 12, Aug 24<sup>th</sup>, 2020

## August on the Farm—embodied knowledge & the art of noticing

# TABLE OF BOX CONTENTS

### 1 Cantaloupe

### 2 Poblano Peppers

At this point in the season, poblanos have a lovely warmth to them. The seeds are the spicy bit - you'll want to wash your hands after removing them. Then these peppers are free to add a richness to any meal.

### 1 Sweet Bell Pepper

### 1 Yellow Italian Pepper

A long sweet pepper, perfect for munching like an apple or roasting to delicate perfection.

### Eggplant

### Italian Parsley

### Summer Squash

### 1 bu. Gold Beets

I'm a big fan of steamed beets chopped up into salads with fruit, nuts, cheese, & lots of fresh herbs. Gold beets pair perfectly with the fresh peaches and apricots that are in season right now. Toss the beet greens into the salad as well, tender like spinach & beety sweet!

### Colorado Rose or Harvest Moon Potatoes

### 1 Willamette Sweet Onion

### 1 Red Onion

### Lettuce

### Serendipity Sweet Corn

### Cherry Tomatoes

### Tomato

Hello, veggie lovers, we've got an amazing box of peak season Pacific Northwest produce for you this week! August and September are our biggest months. At no other time of year is there this much to harvest, so much work to do, and so much to eat! We're tired all the time, but we'll sleep later when the plants do. Maybe we're crazy, but we love it.

Our Mediterranean summers are a marathon of long, hot, dry days. With so much sunlight being captured every day, the crops seem to double in size before our eyes, as do the weeds. We have over a hundred different crops to harvest every week, which we do only when they're at their best, in their prime, not too young or too old. There are so many things to notice right now, and through our exhaustion we must keep our eyes peeled. Time to make hay while the sun shines!

To farm is to always be thinking ahead to the next season while keeping your balance as you walk on the ground in front of you. Time changes when you watch plants grow. You experience time at their scale, their frantic scramble to photosynthesize, so that we follow in our own chaotic choreographed dance around our patchworked fields.

The harvest crews set off each morning, and from 7:00 to 10:00 a.m. we tend to the wiltables—the salad mix, the head lettuce, the bunched herbs and greens, somehow always down to the wire to finish bunching basil by 10:00 a.m. break before the sun shows its true strength. From 10:00 onward, we're onto peppers, tomatoes, zucchini, and so much more. Each crop has its own science to be followed as we attempt to not visit the same field twice to make our dance an efficient one. And that's just the harvest crew, not to mention the adjoined dances of the irrigation team, the packing shed, cultivation, transplanting, making compost, farmers markets, and the forever seeding of what is yet to come.

There is such an art and a science to knowing exactly how to harvest everything at its peak perfection, to know how the crops change throughout the season, it all becomes embodied by those who have spent years honing their craft. Growing vegetables requires a combined mental and physical knowledge that only time and experience can give you. It requires the science of harvest, the engineering of tomato pruning, the mindfulness of weeding, knowledges on par with any complex calculus.

Every single vegetable and fruit that made it into your box was first looked upon by someone who was deciding whether or not it was ready to harvest. As we each make our way through tightly packed rows of plants bursting forth with life and fruit, we take years of experience & embodied knowledge and shove it into a single glance where we ask ourselves—*should I pick this?* All the while knowing that what is not ready today only awaits our asking of the same question tomorrow. Food is embodied knowledge, a physical bridge that connects us, our relationships embodied in physical form. And oh does it taste good!

—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!

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

## ROMESCO SAUCE



Adapted from <https://myssaskitchen.com/fast-and-easy-romesco-sauce/>

### INGREDIENTS

- 1 cup roasted **Sweet Peppers** (I'd use a bell, the Italian, and maybe a poblano to warm things up! Though it would change the color)
- 1 cup roasted almonds - (toast if ya feel fancy)
- 1/4 cup fresh **Italian Parsley**
- 1 roasted **tomato**
- 2 1/2 tablespoons red wine vinegar
- 3 cloves garlic
- 1 teaspoon paprika
- 1/4 teaspoon cayenne (optional)
- 3/4 teaspoon salt - (less if almonds are salted)
- 1/4 teaspoon black pepper
- 1/2 cup olive oil
- water to thin if desired

### DIRECTIONS

1. Combine all ingredients in a food processor or blender and process until mostly smooth, stopping to scrape down the sides as needed.
2. Leave the sauce thick, or thin with a little water if desired.
3. Taste and add more salt if needed.
4. Serve as pasta sauce, on roasted veggies, with eggs, a dip for fresh veg, on tacos, on sandwiches, basically on anything!

#### Tips

- This romesco sauce will keep in the refrigerator for at least 1 week, if not longer
- Like pesto, you can freeze this romesco sauce in an ice cube tray and use within 3 months

## PARSLEY POTATO SALAD

From <https://barefeetinthekitchen.com/parsley-pickles-potato-salad-recipe/>

2 lbs potatoes diced into 1/2" pieces (about 5 cups) & roasted 'til cooked, 1-2 Tbsp olive oil, 1 tsp kosher salt, 1/2 tsp black pepper, 1/2 cup sour cream, 1/4 cup mayonnaise, 2 Tbsp dill pickle juice, 1 cup dill pickles diced into 1/4" pieces, 1/4 cup thinly sliced red onion, 1/2 bunch Italian parsley chopped small, Optional: 4 hardboiled eggs chopped

## ROASTED EGGPLANT PASTA WITH ZUCCHINI, POBLANO AND ONION



Adapted from <https://asimplepalate.com/blog/roasted-eggplant-pasta/>

### INGREDIENTS

- 1 large **eggplant**, cut into cubes
- 1 large **zucchini**, cut into cubes
- 1 **poblano**, roasted whole, then seeds removed & chopped
- 1 small yellow **onion**, chopped (or half of a large onion)
- 1-2 Tablespoons oil
- 1 teaspoon garlic powder
- 5 cups tomato sauce (click to see recipe, or use canned)
- 1 16 oz. box of pasta noodles (see notes)
- salt & black peppers
- fresh basil \* optional

*Might be delicious served with the romesco sauce instead of a tomato base!*

### DIRECTIONS

1. Preheat oven to 400F. Lay onions, eggplant, zucchini, & the whole poblano on a sheet pan and toss with oil, garlic powder, and a generous pinch of salt & pepper. Roast for 20-25 minutes - flip halfway through roasting time.
2. Cook pasta while eggplant is roasting.
3. When eggplant is finished, heat sauce in a pan and add roasted eggplant and onions to sauce.
4. Then serve sauce over pasta with fresh basil & parmesan cheese.
5. Roast cherry tomatoes and serve on top if desired.