



Gathering Together Farm

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CSA Newsletter—Week 2, Mon Feb 8th, 2021

The Story of Kalettes and the Brassica Family Tree

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Kalettes!

If this isn't already your favorite winter treat, it is about to be! This cross between Brussels sprouts and red kale are so tasty and easy to eat. No chopping needed, just toss in a frying pan or baking pan with oil and salt, and they are crunchy nutty crispy kale sprout perfection!

Parsnips

These sweet, pale, carrot cousins are wonderful additions to any root medley. Known for their sweetness, we always leave our parsnips in cold storage longer than other roots to develop their sugars.

***Swiss Chard**

Spinach, Chard, and Beets are all in the Quinopod family along with their amaranth and quinoa cousins.

2 Leeks

Use the whole leek, from white to green! Leeks are the butter of the onion world, they've got that strong allium flavor with none of the acidity, lending it well to creamy soups and sautés.

1 lb. Carrots

***2 Yellow Onions**

***Italian Parsley**

***Yellow Potatoes**

Butternut Squash

***4 Navel Oranges**

Happy Citrus Season!

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

Hi folks,

We hope you all enjoyed your first winter CSA box last week, and we've got another exciting box of goodies for you this week!

This week we've got fresh greens such as chard and Italian parsley, as well as sweet winter staples such as parsnips, carrots, and butternut squash. But the star of the show is without a doubt, the one, the only, Kalette.

Before we can talk about what kalettes are and how they came to be, we have to take a look at the Brassica family tree. From the primordial Brassica ancestor, humans have bred hundreds of varieties of plants over thousands of years. Selection for enlarged terminal buds became cabbage, selection for lateral buds became brussels sprouts, selection for different leaves became kale and collard greens, enlarged stems became kohlrabi, and selection for flowers became broccoli and cauliflower.

There's a whole lot to the genetics of plant breeding, but in general, Brassicas tend to cross easily with each other. That is the reason why it is so important to keep GMO canola out of the Willamette Valley, because its presence in such high quantities could easily contaminate the gene pool of the many heirloom brassicas that are grown in this area for seed.

But that ease in breeding is also what allowed kalettes to be born. Dr. Claxton and his team at Tozer Seeds, based out of the UK, used traditional breeding methods to cross Red Kale with Brussels Sprouts. Traditional breeding, as opposed to genetic modification, is done by planting crops in close proximity to each other, and often assisting in cross-pollination by rubbing pollen from one plant onto another manually with a paint brush.

From this cross came a new plant that had never existed—a plant that grows a stalk lined with terminal buds just like a Brussels sprout, only instead of those buds becoming closed, tight little mini cabbages, they become dainty open kale rosettes.

It's incredible to realize how connected we are with the farmers throughout history every time we eat. The first noted proof of Brassicas could date back as far as 600 BCE, and over hundreds of years of farmers all over the world growing food, saving seed from their favorite crops, and repeating the process, we have the gorgeous variety of Brassicas that find their way to our plates today. Kalettes are simply the most recent addition to the family.

—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!

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ROASTED CARROTS & PARSNIPS WITH PARSLEY PESTO, PISTACHIO, FETA, & COUSCOUS



Adapted from <http://mylittlehongkongkitchen.blogspot.com/2015/12/roasted-rainbow-carrots-w-herbed.html>

INGREDIENTS

- Roots: ½ pound **carrots**, 1-2 **parsnips**
- 1 cup couscous & 1 cup boiling water
- ½ bunch **Italian parsley**
- ¼ cup pine nuts (or whatever nuts you have)
- Salt & Pepper to taste
- Lemon juice & Olive oil to taste
- ¼ - 1/3 cup feta, crumbled
- ¼ - 1/3 cup pistachios, chopped (or whatever nuts)
- Yogurt, for serving
- Pomegranate seeds (if you're feeling fancy!)

DIRECTIONS

Preheat the oven to 200 degrees. Slice carrots & parsnips lengthways in similar-sized slices and place in a baking tray. Season liberally with salt & pepper and drizzle with some good olive oil. Bake for 35-40 minutes or until cooked through and slightly charred. Once cooked, remove & cover to keep warm.

Measure out one cup of couscous and place in a bowl. Fill the same cup with boiling water and add to the couscous. Cover with a tea towel and set aside for 3 minutes until the water has been absorbed. Take one large handful of parsley and place in a food processor with pine nuts, a twist of salt and pepper and a squeeze of lemon. Blitz and slowly add extra virgin olive oil to loosen until you get an herby pesto oil.

For the couscous, take a fork and gently loosen the grains before adding in a drizzle of olive oil and salt and pepper to season. Add one tablespoon of the pesto and then take another large handful of parsley and chop finely before adding to the couscous. Using a wooden spoon, hit the back of half a pomegranate to release the seeds into the bowl. Stir the herbs and ruby seeds through the couscous to combine. Finish with crumbled feta & pistachios.

To serve, pile the couscous onto the center of your plate and top with the roasted carrots and parsnips. Finish with a drizzle of plain yogurt, a little more herby pesto and a final flourish of pomegranate seeds and chopped pistachios.

ROASTED KALETTES



Adapted from <https://www.davidlebovitz.com/roasted-kale-sprouts-kalettes-recipe/>

DIRECTIONS

Preheat the oven to 450° degrees. Toss **kalettes** on a baking sheet with olive oil, salt, and pepper until evenly coated. Roast about 10-12 minutes, shaking around halfway through for even roasting. Keep an eye not to burn the outer leaves, it happens quick. But they are PERFECTION when you cook them so that they are tender inside and crisp outside. Enjoy! Alternate Recipe: [Kalettes with Roasted Garlic & Parmesan](#)

POTATO LEEK CHARD SOUP



Adapted from <https://blog.farmtoppeople.com/blogs/recipes-more/potato-leek-and-chard-soup>

INGREDIENTS

- 1 ½ cups chopped **leeks** (dark green parts reserved)
- 1 lb. **potatoes**, diced
- 3-4 cloves garlic
- 4 cups chicken or vegetable stock
- ¼ cup finely chopped toasted nuts
- 4 Tbsp butter
- 2 cups chopped **chard**
- Salt and pepper, to taste

DIRECTIONS Finely mince dark green parts of leeks and combine in a bowl with nuts, ¼ cup olive oil. Season with salt. Heat butter in a large pot over medium high heat. Add leeks (whites), potatoes, and a large pinch of sea salt & pepper. Saute 10 minutes until golden brown. Add garlic and cook 2-3 minutes more. Add broth & simmer 10-15 minutes, until potatoes are fully cooked. Stir in chard and cook for another minute or so. Use an immersion blender or transfer soup to blender and puree in batches until completely smooth. Transfer pureed soup back to pot and season with salt & pepper. Divide in bowls & drizzle with chopped nuts & leek mixture.