



Falling in Love with Chicories with Costarossa

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Grey Kabocha

Just like green and scarlet kabocha, grey kabocha has a rich, nutty flavor and a dry, creamy texture. Comparatively, it's a little more savory-dominant than sweet as the scarlet kabocha can be, and it makes for a long storing squash as well.

Lacinato Kale

Everyone's favorite kale. Rounded leaves make for incredibly easy chopping, and savoyed rumples catch all the dressings and juices in any dish. The kales have just been getting sweeter and sweeter as fall makes its transition to winter, enjoy!

Costarossa Chicory

The star of the show! This is our first year growing this radicchio relative. Known for its beautiful bursting magenta midrib, this chicory is incredible ripped up in salads, both to look at and to eat as the stems are crunchy and crisp like a romaine lettuce. Harvesting through the patch, you can see how wild the gene pool is, every single one is entirely unique, some long and tall, some shaped more like a cone—enjoy the surprise!

Savoy Cabbage

Much like its Lacinato Kale cousin, savoy cabbage is named for its savoyed, rumply leaves that catch all the flavors in a dish.

Gold Beets

The beets to eat if you think you hate beets! Gold beets are sweet with a mild beet flavor, and they don't turn everything pink.

Salad Mix

Bunched Carrots

Yellow Finn Potatoes

Onions

Hello veggie lovers,

Wow, we made it to December! We've really got a handsome box of veggies for you this week. Grey kabocha, Costarossa chicory, Lacinato kale, Savoy cabbage—this is one classy box of food.

Most of us are familiar with kales and cabbages, and if you've been eating the seasons with us for a while, then you're probably pretty familiar with the diversity of delicious winter squash as well. But not too many of us have come to truly love chicory greens.

To be honest, when I first started working at the farm, I had never heard of chicories let alone eaten them. And when my coworkers were talking it up, bringing roasted chicories in tupperwares to work for lunch, I would go home and cook them up myself—and I would hate them. It was bitter like accidentally tasting your fingers after picking dandelions. I thought to myself, why would people rave about these?

After a few years of being thoroughly skeptical and avoiding of chicories, something shifted. I learned how to utilize them better so that their bitterness became one part of a perfect flavor profile in a dish, not the only thing I could taste. Winter would come around and chicories would be the only lettuce-like thing that survived the freezes and I would find myself eating more and more of them, craving them even.

Chicories and other bitter foods stimulate digestion. Some people even take digestive bitters before a meal, and just after a few drops, within minutes your stomach is growling and grumbling, ready for food. There is a form of ravenousness that comes out when the body really gets into eating chicories for this reason, beyond the tastiness. My crazy friends were right to rave!

As I've said before, we really do love bitter things, we just like to balance the bitterness out with fats and sugars. Whether it's cream & sugar in your cup of coffee or crisp apples, toasted nuts, & creamy dressing on your chicory greens, bitterness is that one note in the medley that you didn't realize was tying the whole thing together. And in these winter months where chicories are sweeter than ever, enjoying their bitter-sweetness raw is the ultimate joy.

So if you've yet to completely fall head-over-heals in love with chicories, don't give up on them, they are a treasure in winter months! To learn more about chicories, follow [@culinarybreedingnetwork](https://twitter.com/culinarybreedingnetwork) and [@chicoryweek](https://twitter.com/chicoryweek).

—All my best, your vegicator, LB markets@gatheringtogetherfarm.com



Costarossa harvest for CSA this week

We'd love to see what you're doing with your CSA box! Tag us on social media [@gatheringtogetherfarm!](https://twitter.com/gatheringtogetherfarm)

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LB'S FAVORITE FALL CHICORY SALAD

Image from <https://www.marthastewart.com/962283/chicory-salad-meyer-lemon-dressing>



INGREDIENTS

- Greens: 1 head **chicory** of choice, or a mix
- Dressing of choice: I use a Caesar often
- Fruit: 1-2 crisp apples (&/or pears), cut into pieces
- Veg: a couple raw turnips or **carrots**, cut into pieces, or steamed **beets**, cut into pieces
- Nuts: hazelnuts (or walnuts), toasted in the pan
- Croutons, toasted in the pan
- Cheese of your choice, grated or crumbly
- Juice from half a lemon

DIRECTIONS

1. In a large bowl, rip your chicory greens into bite-sized pieces, making sure to keep all that crunchy stem material in there. Enjoy the process of peeling one leaf off the head at a time, like a Russian doll of chicory being revealed until you get to the delicate heart in the center (eat it!).
2. Toss with the salad dressing and let sit as you prep.
3. Chop up your fruit and vegetables and toss into the bowl with the chicory greens, toss gently to mix.
4. Add in grated cheese and lemon juice and toss gently to mix.
5. Put nuts and croutons (torn old bread, or plain stuffing bread cubes) in a dry pan on the stove to toast, shaking frequently so as not to burn. Once toasted a bit, add a little oil, salt, and pepper and toss around to coat. Toss into the big bowl and toss gently to mix. They're hot and will sizzle and crack as you stir them in, wilting this down a slight bit.
6. ENJOY! I really do make this salad at least twice a week, and it's filling enough on its own, but it's also delicious on the side of a piece of meat. Chicories go particularly well with red meat, and I most often do pork or lamb on the side, seared in a cast-iron with caramelized onions. The rich meat, the creamy onions, the crisp salad—perfection.

ROASTED SAVOY CABBAGE WITH WALNUTS & PARMESAN

From <https://smittenkitchen.com/2019/11/roasted-cabbage-with-walnuts-and-parmesan/>



INGREDIENTS

- 1 medium-large (1 3/4 pounds) or two small heads savoy cabbage
- 7 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper
- Scant 1/2 cup (1.75 ounces) walnut halves and pieces
- 1 large or 2 smaller garlic cloves
- 1 large lemon
- Red pepper flakes, such as Aleppo (optional)
- Grated parmesan, to taste

DIRECTIONS

Heat oven to 475°F. Remove any damaged outer leaves of cabbage and cut it 8 (for small ones) to 12 (for a large one) wedges. Coat a large baking sheet with 2 tablespoons olive oil. Arrange cabbage wedges in one layer, drizzling or brushing them with 2 more tablespoons olive oil and sprinkle with 1 teaspoon kosher salt and freshly ground black pepper to taste. Roast for 8 to 10 minutes, until charred underneath (don't panic if you see a few thin black edges; they're going to taste amazing). Use a spatula to flip each piece over and roast for 5 more minutes, until the edges of the cabbage are dark brown.

Meanwhile, while cabbage roasts, place nuts on a smaller tray or baking dish and roast them next to the cabbage for 4 to 5 minutes. Remove and scatter them, still hot, onto a cutting board and coarsely chop them. Scoop into a bowl and finely grate the zest of half a lemon and all of the garlic over it. Add remaining 3 tablespoons olive oil to walnuts, a few pinches of salt and red pepper flakes and stir to combine. If you've got a couple minutes to let it all infuse as it cools, let it rest. When ready, squeeze the juice of half your lemon in and stir to combine. Adjust flavors to taste, adding more lemon if needed; you want this dressing to be robust.

The moment the cabbage comes out of the oven, spoon the walnut dressing over the wedges. Grate parmesan all over, to taste. Serve immediately, while piping hot. There will be no leftovers.