



## On Winter Roots and the Magic of Mud

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#### 2 Parsnips

A larger, sweeter cousin of the carrot, parsnips are a wonderful addition to any root roast or mashed potatoes. Sugar is the defining characteristic of parsnips, and because of this we always let our parsnips cure in cold temperatures a few weeks longer than our other roots to develop their sugars and get them as sweet as can be!

#### Dandelion Greens

A bitter-sweet chicory green perfect for salads or sautees. In my experience, in the fall when our chicories are at their sweetest, it's best to enjoy them raw where the sugars are more dominant than the bitterness. Cooking them tends to push the sugars to the background and bring the bitterness up front

#### Delicata Squash

Tasty deslica ring recipe on back!

#### Pie Pumpkin

If you're tired of making pumpkin pie, try out some spiced pumpkin walnut bread or muffins! But if you're not looking to bake anything, you can roast up pie pumpkin just like you would a kabocha or butternut for a savory dinner dish. A squash is a squash.

#### Collard Greens

Learn more about the diversity of collard greens & their cultural significance by checking out [The Heirloom Collard Project](#).

#### Salad Mix

#### Cilantro

#### Bunched Carrots

#### Yellow Finn Potatoes

#### 2 Yellow Onions

#### 1 Shallot

Hello veggie lovers,

Another full box of fall favorites is coming your way this week. Rich nutritious dandelion & collard greens and our beloved salad mix; dense roots and squash and powerful flavors of shallots and cilantro.

With the parsnips in your box this week and the celeriac from last week, I wanted to shed some light on our winter root game and how we do what we do.

In an ideal world, winter roots could be left in the field over the winter and dug up as needed, but there are a handful of reasons why that doesn't work for us. One big reason is that Oregon winters are far too wet to get out into the field and dig things up. Not only would the tractor get stuck in the soupy muddy mess, it also damages the soil structure and compacts it. Secondly, the longer something is in the field, the more opportunity there is for pests to munch on it before we do. And lastly, because our farm is nestled up to the Mary's river, quite a few of our fields flood each season, which would cause all those roots to rot.

For all of these reasons, at the end of summer and throughout the fall, we spend a lot of time harvesting roots and putting them in bins like you see in the picture above, making sure to get everything out of the field that we can before the big rains come. But here's the tricky bit—if we were to wash all of those roots and then put them into storage, they would all rot before we got a chance to sell or eat them. The magic secret is to keep them in their own mud to preserve them as if they were still in the ground.

For those little root friends snuggled up in their bins in cold storage, they think that they are still in the ground. They have their mud pajamas on, it's dark, it's cold, and they don't know the difference. So they sit tight all winter long just like they would if they were in the soil, but protected from pests, floods, and heavy frosts. Our packing shed team just takes bins out from the cooler and washes what we need as we need it so that everything is as fresh as it would be if you plucked it straight out of the ground!

Next comes the art of washing. Our packing shed has a giant barrel washer that we dump our roots into, and it rotates, spraying water from all directions as the roots slowly fall. The roots then land on a conveyer belt where we hand spray each root again until it's finally clean & ready to eat.

—All my best, your vegucator, LB [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)



*Celeriac cozy & preserved in mud before being washed*

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

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## POTATOES, EGGS, AND DANDELION GREENS

Adapted from <https://www.rachaelraymag.com/recipe/potatoes-with-dandelion-greens-and-fried-eggs>



### INGREDIENTS

- 3 tablespoons olive oil
- 8 flat anchovy fillets (optional, bacon as alternative if desired)
- 2-4 **yellow potatoes**
- 4 cloves garlic, finely chopped
- 1/4 teaspoon crushed red pepper
- Black pepper
- 1 bunch **dandelion greens**, roughly chopped
- 1/4 bu. **Cilantro**, fresh on top for garnish
- 2 tablespoons butter or coconut oil
- 8 large eggs (serves 4)

### DIRECTIONS

*(If you're not familiar with anchovies, cooking them down the way this recipe describes just adds a super savory umami flavor to the whole dish, similar to bacon, without an overwhelmingly fishy taste. It's really incredibly delicious! —LB)*

In a medium skillet, heat the olive oil over medium-low heat until hot. Add the anchovies or and cook until melted, 2 minutes. Add the potatoes, garlic and crushed red pepper; spread evenly in the pan and season with black pepper. Cook, turning, until the potatoes are golden, about 10 minutes. Fold in the dandelion greens, season and cook over low heat, turning a few times, until softened, 7 to 8 minutes.

In a large nonstick skillet, melt 1 tablespoon butter over medium-low heat. Crack in 4 eggs, season with black pepper, flip and cook to desired doneness, 3 to 7 minutes. Repeat with the remaining 1 tablespoon butter and 4 eggs. Serve with the potatoes & greens and garnish with fresh cilantro to brighten the dish.

## PARSNIP COLLARD SHALLOT GRATIN WITH GRUYERE

Adapted from <https://cookwithmands.com/recipes/parsnip-kale-and-red-onion-gratin-with-gruyere>

### INGREDIENTS

- ½-1 bunch **Collard Greens**, chopped
- 2 **parsnips**, sliced into thin discs
- 1 tbsp olive oil
- 1 **yellow onion**
- 1 large **shallot**
- 1-2 tbsp herb of choice
- 2 garlic cloves
- 1 ¼ cup heavy cream
- ¾ cup milk, plus a splash more
- 50g Gruyère (I'd use about a cup of whatever cheese you'd like)



### DIRECTIONS

1. Heat the oven to 400°F.
2. Heat a sauté pan and add the olive oil and onions & shallots.
3. Sprinkle with salt and pepper, then sauté for 5 minutes until soft. Add the herbs (thyme, rosemary, oregano, etc.) and set aside.
4. Pour the cream and milk into a wide pan and add the garlic and some salt. Bring to a simmer, then add the parsnips and simmer for 5 minutes, until slightly softened. Remove the parsnips from the pan and reserve the liquid.
5. Meanwhile in a separate pot of water, blanch the collards for 2 minutes, then squeeze out the excess water.
6. In a deep ovenproof dish, layer the parsnips with the collards and onion/shallot, adding a sprinkle of cheese after each layer.
7. Pour over the hot cream and milk and add a final sprinkle of cheese.
8. Bake for 30 minutes, then remove and leave to settle for 10 minutes before serving. Eat up!

## ROASTED DELICATA RINGS

Adapted from <https://www.bamco.com/blog/roasted-delicata-squash-tahini/>

### DIRECTIONS

Cut delicata in half (not lengthwise) and scoop out seeds. Cut into 1/3 inch thick discs. Toss in a bowl with oil and place on baking sheet in single layer. Sprinkle a few pinches of salt over the pan & roast at 425°F for 10-12 minutes on either side until soft & browned on edges.

While squash is roasting, mix up 2 Tbsp tahini, the juice of 1 lemon, 1-2 Tbsp olive oil, and a few pinches of salt together to make your dip. Cilantro would be a good addition as well. Use whatever dip you'd like, a garlic herb aioli would be tasty too!

