



Gathering Together Farm

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# Getting to Know Legumes—Protein for You & the Soil!

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### Purple Sprouting Broccoli

The bright purple jewels of almost-spring! Stalks are at their youngest and most tender state, perfect for roasting or searing whole like asparagus with a little olive oil and sprinkled with salt. Enjoy!

### Butternut Squash

Now is the time of year when the incredible storage capacity of winter squash becomes increasingly appreciated. With little else on the farm left from winter and new spring crops growing slowly on cold days, squash is where it's at. Plus, the longer they store the more their starches transform into sugars, making them tastier now than ever. Perfect for pies and dessert breads!

### Salad Mix

That forever-changing mix that feels like such a treat every time I eat it. Currently the mix has about ten different lettuce varieties (some frilly, some curly, some rounded; some red, some green), about four different chicories, five mustards, kale, and chard. So. Many. Nutrients!

### 1 lb. Carrots

### 2 Leeks

### \*Herb—Oregano or Dill

You'll get opposite herb from last week

### \*2 lb. Yellow Potatoes

### \*3 Ruby Star Grapefruit

### \*2 lb. Red Beets

### 2 Yellow Onions

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

Hi folks,

Down at the farm March is starting off with a whole lot of sunshine and we are soaking up every last drop we can get! The sunshine is nothing short of medicine after long rainy days, not that we won't see more of those over the next couple months!

Today is a seasonal landmark down on the farm, the day where we put our first plantings of snap peas and green beans out into the ground. We seeded both peas and beans quite a few weeks ago, but they're finally ready to leave the nursery and go out into the real world. The truck in the photo above is all loaded up and ready to go once we're finished with the harvest for the day. (See green beans in photo)



Legumes, or plants from the Fabaceae family, are known for being particularly protein-rich. Any of us who have dabbled in vegetarianism know that if you're not going to eat meat, beans are your best friend. Our other leguminous friend on farm are fava beans, which were seeded before the end of last season as a part of our cover crop. They're nowhere near ready to harvest for the pods, but the greens will be ready soon!

Peas, beans, and other legumes are particularly protein rich to eat because of a very special nutrient process that they engage in in the soil known as nitrogen fixation. Nitrogen is to the soil as protein is to the human body. Although both our bodies and the earthly soil body need a wide variety of micro and macro nutrients to thrive, nitrogen is the main fuel that soils need replenished on a regular basis, particularly on an active production farm.

Legumes have a special symbiotic relationship with nitrogen-fixing bacteria underground. It's not that peas and beans make their own nitrogen, but rather that they create little anaerobic nodules on their roots in the soil that are the perfect cozy little environment for the bacteria to live in and do what they do best—fix nitrogen! Legumes are an important part of every cover crop and soil fertility plan for this reason, and that's also why they are so wonderfully nutritious for us to eat as well. So much to look forward to!

—with love, your vegicator, 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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## SPICED BUTTERNUT (PUMPKIN) BREAD

### WITH A HINT OF GRAPEFRUIT



Adapted from <https://www.bostongirlbakes.com/butternut-squash-bread/>

### INGREDIENTS

- 1 ¾ cups (220 g) all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon table salt
- ¼ teaspoon nutmeg, ¼ teaspoon cloves, ¼ teaspoon ginger
- 1 ½ teaspoons cinnamon
- ½ cup (120 mL) vegetable oil
- ¾ cup (7 oz, 198 g) granulated white sugar
- ½ cup (3¾ oz, 107 g) light brown sugar
- 2 large eggs room temperature
- 1 ½ cups butternut squash puree (roast 'til soft then puree)
- ¼ cup (60 mL) grapefruit juice (sweetened w. 1 Tbsp sugar)

### DIRECTIONS

**Preheat and prepare pan.** Preheat oven to 350°F. Spray a 9x5" loaf pan with non-stick cooking spray or grease with butter and set aside.

**Combine dry ingredients.** In a mixing bowl, whisk together flour, baking soda, salt, nutmeg, cloves, ginger and cinnamon.

**Combine wet ingredients.** In the same mixing bowl whisk together oil, sugars, eggs, squash, and water until combined.

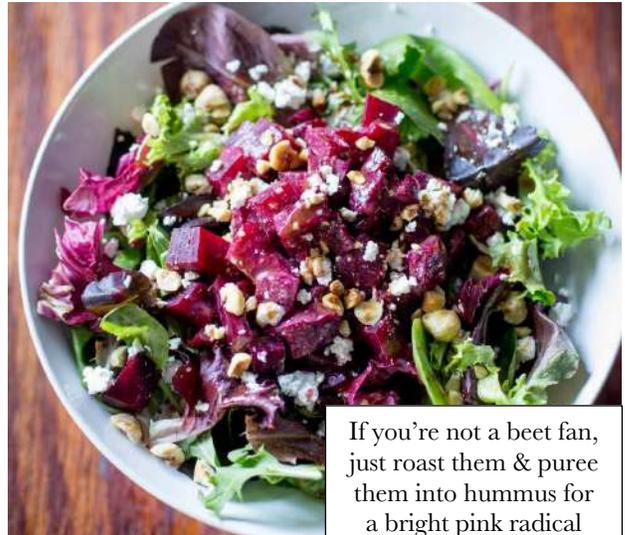
**Combine wet and dry ingredients.** Add the dry ingredients to the wet ingredients and mix together with a spatula until just combined.

**Bake.** Pour batter into the prepared loaf pan and bake for 65-70 minutes until a toothpick inserted in the center of the bread comes out clean. Remove from the oven and allow the bread to cool completely in the pan set on a wire cooling rack.

**Storage:** Store the bread, and any leftovers, covered at room temperature for 2 days, or in the refrigerator for up to 1 week.

## ROASTED BEET FETA SALAD WITH HAZELNUTS

Adapted from <https://letthebakingbegin.com/beet-and-feta-salad/>



If you're not a beet fan, just roast them & puree them into hummus for a bright pink radical beet hummus! Perfect for dipping sweet carrots & crackers into.

### INGREDIENTS

- ½ lb **salad greens**
- 2-3 roasted **beets**, peeled & cut into chunks you like
- 1 cup feta cheese (any crumbly cheese will do)
- 2/3 cups chopped roasted hazelnuts
- Balsamic Vinaigrette (store-bought or homemade): 3 Tbsp balsamic vinegar, ½ Tbsp honey, 1 Tbsp mustard, 2 tsp salt, 2 garlic cloves, 1/3 -1/2 cup olive

### DIRECTIONS

1. Bake beets in preheated 375F oven, covered with foil, on a baking sheet for about an hour or until a knife goes into the beet without resistance. Depending on how big the beets are, it might take more or less time. Let cool for about 10 minutes then peel the skin off.
2. Completely cool before proceeding with the recipe.
3. Cut beets to chunks of desired size
4. Toast 2/3 cup of hazelnuts in dry cast iron pan on medium-high, or until fragrant and roasted, tossing every couple of minutes. Allow cooling.
5. Once done, allow to cool, then rub the hazelnuts between the palms of your hands to remove the shell. Now pick out the peeled hazelnuts, leaving the shells behind. Roughly chop with a knife.
6. To make the vinaigrette, use either a whisk or a hand blender, knowing the whisk will produce a more runny dressing and the hand blender will make a thicker dressing that will somewhat resemble a thinned mayo.
  1. Mix all ingredients together except oil & mix well.
  2. Slowly drizzle the oil in while continuously mixing with either whisk or hand blender. If it separates before dressing, just whisk it again before dressing.
7. Toss all ingredients together in a bowl, dress, toss thoroughly, and enjoy!