



Gathering Together Farm

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CSA Newsletter—Week 6, Mon. Mar 8<sup>th</sup>, 2021

# Happy International Women's Day!

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### Black Kale Raab

The word “raab” refers to the flowering stalks of any Brassica, including Kale, Turnips, Arugula, Bok Choy, and more. The Brassica flower that we’re all used to eating is Broccoli or Broccolini, and all Brassica florets taste quite similar to Broccoli, especially Kale. Sear up full stalks in the oven or frying pan and enjoy like asparagus or chop up into a breakfast sauté and top with eggs.

### Radishes

These bright beautiful bulbs are the only spring root crop on farm to have sized up by now, such a fresh crisp treat in the middle of winter. The greens are also in great shape, sauté them up & eat them!

### Purple Cabbage

This week y’all are the proud winners of the very last lil purple cabbage we could scrounge out of the field. What’s exciting about that is that these are not storage cabbages from fall, they overwintered outside getting sweeter & sweeter with every cold winter day that passed. Enjoy!

### Salad Mix

### 2 Parsnips

### Carrots

### 2 Leeks

### \*Cilantro

### \*2 lb. Yellow Potatoes

### \*4 Fuji Apples (from WA)

### \*2 Yellow Onions

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

Hi folks,

We’ve got a colorful box of wonders for you this week! The first bright pink salad radishes are here, tender black kale raab is in flower, and we harvested the last of the overwintering purple cabbage out of the field. Lots more in the box to enjoy too, such as cilantro, & crisp apples.



This week we celebrated International Women’s Day, and for this week’s newsletter I wanted to celebrate the many women who make this farm function. There’s so much that could be said, endless thanks to be given. So many women have been balancing so much during the pandemic, juggling work with child care and home-learning, and everything else that the pandemic has thrown our way. A huge round of applause for all the women out there simply making it through each day, and finding the joy in each moment that we can, working together to grow food through it all.

There’s no way I can thank every single woman who has made an impact on this farm over the years, no way to fit into words the thanks for the women who are here with us today. But from the packing shed to the propagation greenhouse to the harvest crew, from the farmers markets to the delivery drivers, the office staff to the farmstand and kitchen folks, there are womxn working on our team everywhere to make this farm run.

And from me personally, the woman who writes these newsletters, I wanted to give a special shout-out to my crew that I’ve spent the last five years working alongside—Merced, Eva (pictured), Margarita, and Isidora. It is the highlight of my day to harvest food together, laugh and joke together, to get to know each other and support each other even if everyone doesn’t always gets along, we are here for each other. When I think of the most incredible women in my life, I think of my team, and all of the other incredible women who make this farm function.

—with love, your vegicator, LB [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

And speaking of celebrating women, I wanted to share a little bit of information about an incredible local organization, **Adelante Mujeres**. “It is difficult to capture the spirit of the word Adelante. It means move forward, go ahead, rise up and flourish. Mujeres means women.” “Adelante Mujeres provides holistic education and empowerment opportunities to low-income Latina women and their families to ensure full participation and active leadership in the community.” A few weeks ago, I plugged PCUN as an important organization to follow and support; this week, check out [Adelante](#) and learn about the work they do, ways to volunteer and [donate](#) in support of their work, and to stay connected!

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

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# GARLIC PARMESAN PASTA WITH TENDER BLACK KALE RAAB



Adapted from <https://smittenkitchen.com/2012/04/pasta-with-garlicky-broccoli-rabe/>

## INGREDIENTS

- 1 lb. Fresh Pasta of choice (or 1 package dried pasta)
- 1 bu. **Black Kale Raab**, chopped into bite-sized pieces (include stems up until the bottom inch if fibrous)
- ½ cup olive oil
- 5 cloves garlic, peeled and minced
- Salt and pepper to taste
- To serve: grated parmesan

## DIRECTIONS

1. Bring water to boil in a pot and toss in your noodles. Stir frequently while cooking to avoid sticking, and when just done by taste, drain in a colander.
  - a. Trick: I always put both salt and oil in my water when boiling pasta. The salt is for flavor, & the oil prevents it from boiling over.
2. In the same pot once empty, heat the olive oil with the garlic, adding a few pinches of salt and cracks of pepper. Simmer on low for 3-5 minutes, until the garlic becomes lightly golden, and the fragrance is all-consuming.
3. Simultaneously in a frying pan, heat some oil up and sauté your black kale raab pieces. You could add lots of other veggies to this sauté depending on what you want, perhaps an **onion**. Play with it! Sauté covered for the first few minutes and then finish off uncovered to create nice crispy pieces, salt lightly once cooked.
4. Toss the pasta, the raab, and the oil all together in the frying pan, the pot, or in a big serving bowl. Toss some cheese in so it gets all melty and reserve some for serving on top of each plate. Crack more pepper on each plate to serve as well. ENJOY!!
5. *Side note—if you have a creamy pasta sauce, you can use that instead of the garlic oil too, do whatever you'd like. You can sauté the garlic with the raab.*

# RAINBOW

## CABBAGE, RADISH, APPLE SLAW WITH CILANTRO LIME DRESSING

Adapted from <https://justsavort.com/recipe/rainbow-apple-slaw/>



## INGREDIENTS

- 1 **apple**, Gala or Fuji cored & sliced into match sticks
- 1 cup **purple cabbage** sliced in match sticks
- 6 red/multi-colored **radish** sliced in match sticks
- ¼ cup **cilantro** chopped
- 2 green onions chopped in a bias (white and green parts)
  - Can substitute a little bit minced onion
- 1 Tbsp olive oil
- 1 lime, juiced
- ½ tsp kosher salt
- ¼ tsp freshly ground pepper

## DIRECTIONS

1. Core the apple (leave the skin on) and slice it into match sticks. Slice the purple cabbage and radishes the same way. Chop the green onions in a bias. Coarsely chop the cilantro.
2. Transfer the apple, radishes, cabbage and green onions into a bowl. Squeeze the juice of 1 lime over the vegetables. Season it with salt and freshly ground pepper. Adjust seasoning to your taste.
3. Let it sit in the refrigerator for 20 min before serving.