



Gathering Together Farm

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CSA Newsletter—Week 4, Mon Feb 22nd, 2021

The Seeds of our Future are Growing

TABLE OF BOX CONTENTS

½ lb. Black Kale

These delicate baby kale leaves are so sweet, tender, and delicious when braised lightly with some oil and garlic. The savoyed (rumply) leaves of black kale come from back-crossing kale with savoy cabbage and they capture all the juices making this kale particularly tasty. Top with fried eggs and you've got breakfast!

1-2 Celeriac

As you likely remember from week one, celeriac is the most delicious ugly root! A starchy, potato-like root of a celery cousin, this savory root has a savory flavor & is delicious in any root medley.

1 bu. Green Mizuna

The line between mustards (arugula, mizuna, etc.) & Asian greens (bok choy, tatsoi, etc.) is fuzzy in the Brassica family tree, and Green Mizuna lies precisely in the middle. Its leaves are delicate with a lightly peppery flavor & its stems are crisp & juicy like a tatsoi, perfect for both salads or stir fries.

1 lb. Carrots

2 Leeks

*2 lb. Purple Potatoes

*Celery

*Herb—Dill or Oregano

You'll get the alternate herb next week!

*2 Yellow Onions

*4 Honeycrisp Apples

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

Hi folks,

We can't believe it's already week four of our winter CSA, halfway through the 8-week season! This week we're super excited about the beautiful bulk black kale and savory celeriac in your box, as well as some other fresh winter favorites such as green mizuna, sweet carrots, and bright honeycrisp apples. So much to eat in so little time!

This week I took a little stroll in our greenhouse where our propagation team has been busy at work for months. There's so much going on in there already, tomatoes already grafted and growing strong, the peppers of august just beginning their journey from seed to sprout, and literally thousands of other starts representing dozens of plant families and individual crops to be.

These seeds have been just as busy at work as we have been caring for them. Each seed needs different conditions to germinate, it's not as simple as soil plus water plus sun for everyone. Some seeds need higher temperatures to germinate, others need vernalization (a period of time below freezing) before they can germinate so that the plant knows winter has passed and it's safe to come out into spring. Some seeds need scarification, a small scrape to break through the hard seed coat before they're willing to come out & play.

Once germinated, cellular differentiation begins. As the seedling grows out from its seed, each cell has to decide its fate—will I be root tissue? Stem tissue? Leaves? Using a combination of the energy stored in the seed and the nutrients and moisture from the soil, the little baby emerges and unfurls its first leaves. But they aren't what you think they might be.

The first leaves that a plant puts out are called cotyledons. Cotyledons are the plant's first solar panels that it puts out to gather more energy for the true leaves to come, and in most cases they look nothing like the true leaves of the plant. For example, you can always spot a Brassica (broccoli, radishes, kale, etc.) seedling from a mile away from their cute little heart-shaped cotyledons. The photo above is of bok choy babies with their first true leaves, with the baby cotyledon of another brassica cousin in the corner.

Watching the seeds of our future food grow taller and stronger every day, I am reminded of the struggle we are all engaged in to build a better world. We've got change-makers sprouting up all over the world, doing the work that calls to them in their community, pulling from the nutrients around them and speaking out where there are deficiencies, reaching out across their fungal mycorrhizal connections to share resources. The seeds that we plant today are growing our future as we speak! But just like on the farm, plants don't just grow on their own, it takes constant collective care to weather the seasons and thrive. What seeds are you tending to in your community?

—with love, your vegicator, 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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CELERIAC AND PURPLE POTATO GRATIN WITH GREENS AND GRUYERE



Adapted from <https://www.kate-cooks.com/blog/turnip-amp-potato-gratin-with-greens-amp-gruyere>

INGREDIENTS

- 2 pounds mix of celeriac and potatoes, thinly sliced into rounds then cut into half-moons (1/4 celeriac & 3/4 potatoes)
- 1/4 lb. lacinato kale, sliced thinly into ribbons
- 1 tablespoon olive oil
- 1 1/3 cup 1% milk
- Heaping 1/2 cup (2 ounces) sharp cheddar cheese
- Heaping 1/2 cup (2 ounces) gruyere
- Salt & Pepper, to taste

I would also add garlic & onions to this dish!

DIRECTIONS

1. Preheat oven to 425.
2. Arrange celeriac and potatoes into a 9" skillet by stacking them vertically (see picture in link). Then place kale around & atop the roots to fill the pan. The greens will greatly reduce in size, so stack a bit more than you think.
3. Combine milk and season with salt and pepper. Pour over arranged roots and greens.
4. Drizzle olive oil over roots and kale and season. Top with 3/4 of the cheeses, reserving 1/4 for later.
5. Cover with foil and bake for 30 minutes. Remove from oven, add the remaining cheese and place back in oven for 25-30 more minutes, until all the milk has evaporated and the top is brown. Serve.

To prepare celeriac, shave off lower root gnarls w/ knife, peel the rest or not (your choice), then slice as desired. See images below.



APPLE SLAW WITH BOTH CELERY AND CELERIAC



Adapted from <https://www.pbs.org/food/kitchen-vignettes/celeriac-apple-slaw/>

INGREDIENTS

- 1 small or 1/2 large celeriac
- 2 crisp apples, chopped into pieces
- 3-4 stalks celery, chopped into pieces
- 1/4 cup chopped herbs (dill, parsley, fennel, etc.)
- 1 tsp lemon juice
- Apple Cider Vinaigrette (or use whatever dressing you'd like)
 - 1 Tbsp apple cider vinegar
 - 1 tsp Dijon mustard
 - 4 Tbsp olive oil
 - Salt & pepper to taste

DIRECTIONS

1. Grate or julienne the celeriac until you have approximately 2 cups worth. Core the apples, leaving the skins on. Cut them into 1/4 inch cubes. Toss the apples in the lemon juice, mixing to coat them (prevent browning).
2. In a medium serving bowl, combine the apples, celeriac, celery, and the finely chopped parsley or other herbs.
3. In a small jar, combine all the vinaigrette ingredients and then shake vigorously until combined. Pour over the salad and toss well. Taste before serving and add more salt or pepper if necessary.
4. Optional add-ons are a bit of blue cheese & chopped walnuts, which are delicious crumbled on top.

MIZUNA CARROT STIR FRY



Adapted from <https://electrodealpro.com/recipe-how-to-make-stir-fried-mizuna-and-jako/>

Mizuna lends itself well to stir-fries with other thinly chopped veggies, such as carrots & leeks, and mushrooms, seasoned with a little soy sauce/tamari, garlic, & salt. Serve with rice & enjoy!