



Gathering Together Farm

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CSA Newsletter—Week 1

Seasonal Eating with Gathering Together Farm

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- **1 ½ lbs. Fava Beans**—What may seem like a spongy alien bean pod is actually an incredibly delicious and versatile June gem. They can be prepared in many ways, ranging greatly in prep time. 1. Shell beans and remove each individual skin to reveal pure sweet beans from within. 2. Keep the skins on & sauté up for a nearly just as delicate and delicious experience. 3. My personal favorite option is to fry, grill, or roast the full pods and dress with a little oil and salt, and enjoy them like edamame. It's less work, it's fun to eat the beans from the pod, and they're crazy delicious!
- **4 Stalks Rhubarb**—Of course rhubarb is excellent in desserts, giving a sour pectin punch to any fruit pie, crisp, or galette. But it can also be used as a tart pop in savory dishes like cranberries, *raw in a salad*, or cooked down to a compote/sauce and served alongside meat or meat substitutes.
- **Romaine Lettuce**—It's crisp, it's fresh, it's lettuce in June after a long winter of root crops!
- **White Russian Kale**
- **2 lbs. Colorado Rose Potatoes**—These red-skinned, white-fleshed New Potatoes have been freshly dug from the ground rather than procured from storage. They're particularly moist w/ delicate skins, perfect for roasting up or boiling.
- **2-3 Cucumbers**—Even more exciting than lettuce are cucumbers! There's nothing like that first bite into a crisp, watery cucumber of the season. With the hot weather, our cukes have burst into production the past few weeks.

Welcome back! Welcome for the first time! Welcome to seasonal eating with Gathering Together Farm! We are so excited to embark on this food journey with you. And we cannot thank you enough for your membership support this season. Our CSA program is crucial to the functioning of our farm, with funds coming in just in time to buy seeds and prepare for the season to come. Not a day goes by that we are not grateful for your support, and we send these veggies to thank you from the bottom of our hearts.

Each week you will receive a bountiful box of the highest quality veg from our farm, in addition to one of these handy dandy newsletters. Noticing what's in season when, we can get more in touch with the rhythm of eating in the Pacific Northwest. These letters are designed to help guide you through the seasons, keep you in touch with life on the farm, and provide you with recipe ideas. I'm not a huge fan of recipes and exact measurements and all that jazz, so I invite you to use these recipes as inspiration, start getting in touch with your senses, and feel your way through the cooking process. Messiness & creativity are essential ingredients!

It's going to be a nourishing season of eating and learning, of boxes packed to the brim with produce, and of stories and lessons gleaned from a life intimately intertwined with the sun and the soil. With summer about to burst into action, this week down at the farm we've been busy transplanting all the winter squash babies that will feed us come fall! To farm is to always be looking ahead while maintaining focus on the ground in front of you.

Welcome to the GTF community! Be sure to come visit us at our farmstand and restaurant this season!

Sincerely, the CSA Team—Owners John & Sally, Joey the Business Manager, your CSA Manager Will, and yours truly, Laura, your own farm-to-table vegucator.

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

 [@GatheringTogetherFarm](https://www.facebook.com/GatheringTogetherFarm)  [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm) [#gtfcsa](https://www.instagram.com/GatheringTogetherFarm) email: csa@gatheringtogetherfarm.com

Smashed Potato Salad w/ Herb Vinaigrette (or Pesto)

—adapted from <https://thefeedfeed.com/jakecohen/smashed-potato-salad-with-herb-vinaigrette>

This recipe is amazing!!! It is also crazy delicious tossed with pesto rather than an herb vinaigrette! Use what you've got and get creative. Follow the link to watch the lovable chef Jake Cohen prepare this dish.

Ingredients

- 2 pounds small potatoes, scrubbed
- Kosher salt, To Taste
- ½ cup olive oil, divided
- ½ cup chopped parsley
- 2 tablespoons chopped mint
- 2 tablespoons fresh thyme leaves, minced
- 1 tablespoon Dijon mustard
- 1 teaspoon granulated sugar
- ¼ teaspoon crushed red pepper
- 1 lemon, zested and juiced

Directions

- **STEP 1**— Preheat oven to 450°F. In a pot, add potatoes and cover with cold water. Season with salt and bring to a boil over medium-high heat. Cook until tender when pierced with a knife, 10-12 minutes. Let cool slightly, then using the bottom of a measuring cup or glass, smash each potato until ¼-inch thick.
- **STEP 2**— Transfer smashed potatoes to a sheet pan and toss gently with ¼ cup of the olive oil and salt. Roast, flipping halfway through, until golden brown and crisp, 35-40 minutes.
- **STEP 3**— Meanwhile, in a medium bowl, whisk together remaining ingredients with remaining ¼ cup olive oil until smooth. Adjust seasoning with salt.
- **STEP 4**— Transfer potatoes to a bowl and spoon dressing on top, then serve.

Grilled, Roasted, or Pan-Fried Favas

This is such a simple food to prepare, you really don't need a recipe. Whether you grill, roast, or pan fry your fava bean pods, you basically turn the heat up medium-high to high and cook each side so that it's golden or a bit charred. I mean, you want the beans inside cooked too, so it needs to take a good 3-8 minutes. If you fried or roasted them in a little oil, just salt them once removed from the pan. And if your grilled them, feel free to salt and serve with or without the addition of olive oil. Eat with your fingers!

Rhubarb Chutney

—adapted from

<https://cooking.nytimes.com/recipes/7308-rhubarb-chutney>

Ingredients

- 4 cups coarsely diced rhubarb
- 2 cups light brown sugar (or honey to taste!)
- ½ cup lemon juice
- ½ cup cider vinegar (optional)
- 2 tart apples, peeled and coarsely diced (optional)
- 1 cup raisins (optional)
- 3 tablespoons minced fresh ginger (optional)
- 10 black peppercorns (optional)
- 4 whole cloves (optional)

Directions

1. Place the rhubarb, sugar and lemon juice in a heavy saucepan. Bring to a simmer and add the remaining ingredients.
2. Continue to simmer 20 minutes or so, until the rhubarb is tender but still holds its shape.
3. The chutney will keep for many months in the refrigerator. For pantry storage, transfer the mixture to sterilized jars, seal with sterilized lids and process five minutes in a boiling water bath, or alternatively, place the hot mixture in freshly sterilized jars, seal the jars with sterilized lids and invert the jars on the countertop for five minutes. (This is a new method that has proved safe.)

