



Gathering Together Farm
Phone: (541) 929-4273
Email: info@gatheringtogetherfarm.com

CSA Newsletter—Week 6, July 13th, 2021

A Rainbow of Summer Recipes!

TABLE OF BOX CONTENTS

Beets, Golden Bunch**

An awesome superfood rich in essential nutrients. Some suggest they are sweeter and have less of the earthy flavor of reds.

Cucumbers

Eggplant*

A popular staple for many vegetarian dishes, a warm weather nightshade, that can be grilled, fried, sautéed, or roasted.

Lettuce

Onion *- (2) sweet

Potato - Nicola

Check out the tarragon butter recipe that would be perfect drizzled over the top of these taters, hot or cold.

Shallots*, Fresh Bunch

A member of the allium family, this small, milder onion, is great eaten raw.

Tarragon*

A long used culinary herb that is part of the sunflower family. It has a unique flavor profile similar to fennel and anise.

Tomato* - (2) Siletz

*A couple slices of tomato, sweet onion, and extra sharp white cheddar cheese, with mayo, on a whole grain bread:
Welcome to your go-to summer sandwich!*

Zucchini*

**Look for these veggies in included recipes.*

Spicy Roasted Golden Beets



Ingredients

- 1 bunch of **gold beets**
- 1 Tbsp of coconut oil
- ½ tsp paprika
- ½ tsp cumin
- Pinch of chili powder
- ¼ tsp of sea salt

Directions

Preheat the oven to 400°F. Trim the tops off the beets (save to use in the stir fry on page 2). Slice the beets into quarters or smaller if they are large. It is important for the pieces to be equal in size, so they bake similarly. In a large bowl (with a lid preferably), combine all spices and oil. Add the chopped beets and toss, thoroughly coating the beets. On a large sheet pan, lay the coated beets out so they are spread across the pan, and not touching. Roast for approximately 30 minutes or until tender depending on the size. Season to taste.

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

Lemony Chickpea Stir Fry

Ingredients

- 2 Tbsp extra virgin olive oil, divided
- 1 big pinch of sea salt
- 2 **shallots**, sliced
- 1 cup cooked chickpeas
- 1 cup chopped **beet greens**
- 2 small **zucchini**, chopped
- Zest and juice of ½ of a lemon

Directions

Heat 1 Tbsp olive oil in a large skillet over medium / high heat and stir in a big pinch of sea salt, the shallots, and chickpeas. Sauté until the chickpeas are deeply golden and crusty. Stir in the beet greens and cook for another minute. Remove everything from the skillet and onto a large plate, set aside.

In the same skillet, heat the remaining olive oil and zucchini. Sauté until it acquires a bit of color. Add the chickpea mixture back in and remove from heat. Add the lemon juice and zest, season to taste.

TARRAGON BUTTER SAUCE

*Recommended to be drizzled
over cooked potatoes and / or carrots.*

Ingredients

- 1 finely chopped **onion**
- 1 Tbsp White Wine Vinegar
- 2 Tbsp Dry White Wine
- 3 ½ oz butter, cubed
- Salt and Pepper to taste
- 3 Tbsp **tarragon**

Directions

Place onion into pan with white wine vinegar and dry white wine. Bring to boil, reduce heat, and simmer until reduced in volume to 1 Tbsp. On low heat whisk in butter on piece at time. Remove from heat and stir in your preference of salt and pepper, and the chopped tarragon.

Peak-Of-Summer Roasted Ratatouille

Recipe adapted from:
The CSA Cookbook
By Linda Ly

Ingredients

- ~1.5lbs **tomatoes**, cut into 1-inch chunks
- ~1lb summer squash (**zucchini**), cut into ½ inch slices
- ~1lb **eggplant**, cut into ½ inch slices
- 2 bell peppers, cut into 1-inch pieces
- 1 yellow **onion**, cut lengthwise into eighths
- 10 garlic cloves, smashed with a knife
- ¼ cup olive oil
- 1½ tsp salt
- ¼ tsp pepper
- 1 rosemary sprig (or another herb of choice)
- ¼ cup fresh basil, thinly sliced

- 2 – large, rimmed baking sheets

Directions

Preheat the oven to 400°F. As you prepare all the vegetables, cut the tomatoes first, and let them drain in a colander while you break down the remaining ingredients.

In a large bowl, gently toss all vegetables with garlic, oil, salt, and pepper until evenly coated. Strip the leaves off the rosemary sprig (or other herb) and scatter them on top.

Spread the vegetables across two large, rimmed baking sheets in a single layer, with the tomatoes cut side up. You want the vegetables packed in tightly, but not piled on top of each other.

Roast until most of the vegetables are soft, shriveled, and slightly browned, about 45 minutes.

If your baking sheets are on two separate racks, swap their positions halfway through the roasting time to encourage even cooking.

Transfer the vegetables and all their juices to a serving bowl and toss with the basil.

Serve warm or chilled.