



Gathering Together Farm
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CSA Newsletter—Week 17, Sept. 28th, 2021

Fall rain; fall veggies!

TABLE OF BOX CONTENTS

Bok Choy, bunch

Delicious simply sautéed with some soy sauce or tamari, salted, and served on rice. Make it a super easy tasty meal w/ a soft-boiled or fried egg.

Carrot, bunch*

Kale, Lacinato*

Leeks x 2

Lettuce

Italian Parsley

Onions – 1 sweet, 1 red

Red onions are high in acid, great raw in salads, sandwiches, and slaws.

Peppers, Colored

Purple Potatoes*

Purple Top Turnip*

Squash, Scarlet Kabocha*

This relative of the buttercup squash resembles a small pumpkin. The bright orange flesh has a sweet and savory flavor and is creamy yet dry. Peel it, cube the flesh, roast it, and serve like sweet potatoes. It is also great in pumpkin pies. Trying replacing half or more of your pie with filling with this yummy squash.

*Look for these veggies in included recipes.



ROASTED ROOTS

Adapted From: Urban Acres

<https://urbanacres.wordpress.com/2010/03/02/roasted-purple-potatoes-turnips>

Ingredients

- 5 potatoes
- 5 turnips
- 5 carrots
- Olive oil
- Salt & Pepper
- Oregano, Garlic Powder, Onion Powder

Directions

Preheat oven to 425°F.

Slice veggies into bite-size pieces.

Place all veggies in bowl and thoroughly coat with olive oil and all seasonings.

Place veggies onto baking sheet and place in oven for 20 – 30 minutes. Half-way through, toss to ensure even cooking.

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

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Parmesan Pistachio Lacinato Kale Salad

Adapted from:
How Sweet Eats

<https://www.howsweeteats.com/2018/02/kale-salad/>

Ingredients

- 2 bunches **lacinato kale** leaves, chopped thinly
- 1/2 tablespoon olive oil
- 1/4 cup roasted pistachios chopped
- 1/4 cup shaved parmesan cheese

Creamy Parmesan Dressing (or buy some)

- 1/2 cup finely grated parmesan cheese
- 3 tablespoons Greek yogurt
- 1 garlic clove
- 1 tablespoon freshly snipped chives
- 1/2 tablespoon Dijon mustard
- 2 teaspoons red wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 lemon juiced
- 1/2 cup olive oil

Directions

In a large bowl pour olive oil over kale leaves a thoroughly massage. You can set this aside while you make the dressing.

Using a food processor, add in all ingredients besides the olive oil and blend until they are pureed. While the food processor is still running, drizzle in the olive oil until the texture of mix becomes creamy.

Grab your resting kale and add in a few tablespoons of your dressing. Toss well to ensure all leaves are coated well.

Garnish with shaved parmesan and chopped pistachios.

Stir-fried Kabocha Squash

A Laura Bennet recipe.
Former longtime GTF employee and
“Vegucator” to all.

Ingredients

- 1 **kabocha squash**, sliced thinly (you can decide if you'd like to shave the skin off first with your knife; scarlet kabocha skin is often soft enough to leave on, but the green squashes you have this week may have thicker skins)
- 1 **sweet onion**, sliced thinly
- 1 sweet pepper, sliced thinly
- 1/2 head garlic
- coconut oil
- salt & pepper

Directions

Cutting up the big kabocha squash while it's raw is the hardest part of this recipe. Be safe, take your time, and don't chop your fingers off however tempting it may be. Follow the chopping tutorial in the link above if needed.

Finely chop your onion.

Heat a pan of oil up to medium-low temp and add in the onions, letting cook 2-4 minutes.

Add in the kabocha squash slices and stir around. Let cook covered 2-3 minutes.

Finely chop garlic and peppers and add into the pan, continuing to cook uncovered another 5-8 minutes until crispy brown on some edges, but before the pieces turn to mush.