



Gathering Together Farm

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CSA Newsletter—Week 18

October on the Farm

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- **Delicata**—Delicata is particularly versatile, being incredibly sweet and easy to cut into a variety of shapes. You can bake them as boats or roast them in stuffed halves. My favorite is to slice them into half-moon shapes and sauté them with garlic and poblanos, and serve with fried eggs & chili oil.
- **Jester**—This flashy squash is a cross between acorn squash and delicata, and as you can see it has the shape of an acorn and the coloring of delicata. I find myself using it more like an acorn squash, cooking it like my mother did by baking it in halves with brown sugar, butter, and bacon, but there are a thousand better ways to utilize it as well! The skin isn't quite as delicate as delicata, but it's not the toughest either, so munch if you feel so inclined.
- **Cauliflower**—Cauliflower is the vegan dream! You can make the creamiest sauces, dips, and dressings with blended cauliflower (both steamed and raw) that are completely dairy free. I once was quite skeptical of some vegan chicken wings that were served to me until I realized that they were just fried cauliflower in a tasty wing sauce—it was SO GOOD (see link: <https://food52.com/recipes/39759-general-tso-s-cauliflower>). And as always, you can just chop up some little white trees and enjoy them raw in their sweetest, crunchiest form.
- **Dried Shallot**
- **Lacinato (Black Kale)**
- **Bunched Carrots**
- **Harvest Moon Potatoes**
- **Sweet Red Italian & Orange Bell Pepper**
- **Dried Sweet Onions**
- **Red Leaf Lettuce**

Hi folks,

We can't believe it's already week eighteen! There are only three more weeks of CSA to go after this! Our cauliflower, broccoli, and romanesco game is on point with some of the biggest and most pristine florets that I've ever seen. Brassicas will be stealing the spotlight for the next few weeks; they just love this weather. Though we might have icy fingers, muddy boots, and full-rain gear strapped on, you can see the dew-covered broccoli plants standing strong and almost glowing in the cool air.

Things are slowing down significantly out at the farm. We moved our start time to a luxurious 7:30 am and the summer sensation of feeling rushed at all times has officially passed. Now we play the weather game where we wait as long as we can to harvest our winter storage roots so that they can sweeten up with cold temperatures, but not too long into the rainy season that the ground is too wet to work with. Our sunchoke patch is bursting with ten-foot tall sunflowers, the last hurrah of their growth cycle before root harvest. I can't wait for those savory mushroom-like morsels! Even when things seem like they are coming to an end, there are still so many beginnings to look forward to.

Best, *Laura Bennett*

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



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Fall Greens w/ Delicata Squash, Caramelized Apples, and Bacon

“Hearty greens such as kale, mustard, and chicory are necessary to support the weight and bold flavors of the salad’s other ingredients: crescents of roasted squash, smoky bacon, sweet caramelized apples and onions, and the slightly sharp acidity of cider vinegar. Search for a mix of the young, smaller leaves of the robust greens rather than the more mature large leaves. If ever a salad smelled and tasted like autumn, this is it!”
—adapted from Erika Reagor’s recipe in the Portland Farmers Market Cookbook, p 137

Ingredients

- 1 small **delicata/jester**, 4 cups **black kale**, sliced thinly
- ¼ cup olive oil, 4 Tbsp butter divided, ½ tsp salt, & fresh pepper
- 4-6 ounces thickly sliced bacon
- 1 firm tart apple, such as Pink Lady, skin on, thinly sliced
- ½ large **onion**, thinly sliced (~1 cup)
- 2 Tsp Dijon mustard, 1 tsp honey, 3 Tbsp apple cider vinegar, divided

Directions

1. Preheat the oven to 400 degrees F. Line 2 sheets with parchment paper or aluminum foil and set them aside.
2. Cut the squash in half lengthwise and scoop out the seeds with a large spoon. Slice each half into ¼ -inch half moons and add them to a small bowl with 1 tablespoon of the oil, the salt, and a few grinds of black pepper. Toss the squash pieces until they’re evenly coated, spread them in a layer on one of the baking sheets, and bake them until they are tender and lightly caramelized, but not mushy, 12-15 minutes.
3. Meanwhile, lay the bacon slices 1 inch apart on the other baking sheet. Put the sheet in the oven with the squash and cook the bacon for 10 minutes. Rotate the pan front to back and cook the bacon until it is crispy, 3-5 more minutes. Remove the bacon to a plate lined with paper towels to drain and cool completely.
4. In a large sauté pan over medium-high heat, melt 2 tablespoons of the butter. When the butter begins to foam and bubble, add the apples and a pinch of salt. Sauté until the apple slices are tender and lightly browned, 5-8 minutes. Stir in 1 tablespoon of the vinegar and remove the apples to a large serving bowl.
5. Return the sauté pan to the heat, reduce the heat to medium-low, and add the remaining 2 tablespoons butter. When it begins to bubble, add the onions and pinch of salt. Cook the onions until they’re very soft, lightly golden, and sweet-tasting, 20-30 minutes. Add 1 tablespoon of the vinegar, toss to coat the onions, and add them to the bowl with the apples.
6. In a small bowl, whisk together the remaining 1 tablespoon vinegar with the mustard and honey. Slowly drizzle in the remaining 3 tablespoons of oil, whisking to combine. Season to taste with salt and pepper.
7. To serve, add the greens to the bowl with the apples and onions. Crumble in the bacon pieces and add the squash. Toss the salad with the dressing to coat the ingredients and season to taste with salt and pepper. Serve immediately.

Potato Hash with Sweet Peppers & Onions

—adapted from
<http://www.thecomfortofcooking.com/2012/09/potato-hash-with-bell-peppers-and-onions.html>

Ingredients

- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 6 medium **potatoes**, cut into ½” cubes
- 1 **onion**, diced
- 1 **sweet bell pepper**, diced
- 2 tsp. fresh parsley, chopped
- 3 garlic cloves, minced
- Salt and pepper, to taste
- ¼ cup freshly grated Parmesan

Directions

1. Preheat the oil and butter in a large skillet over medium heat. Add potatoes, toss to coat with oil, and place a lid on the pan. Allow the potatoes to cook covered for 10 minutes.
2. Remove the lid and increase the heat to medium high. Add onion and bell pepper. Cook for 15 minutes, stirring occasionally, until the potatoes and vegetables turn golden brown.
3. Add the parsley and garlic; cook for 2 minutes. Season with salt and pepper. Sprinkle with Parmesan and serve immediately.
4. (LB Addition) Then plop a couple fried eggs on there, and you’ll be set.

