



Gathering Together Farm

Phone: (541) 929-4273

Email: csa@gatheringtogetherfarm.com

CSA Newsletter—Week 17, Sept 30th

Sweet Summer Senescence

Table of Box Contents

2 Delicata Squash—Delicata is particularly versatile, has thin-edible skin, and is incredibly sweet and easy to cut into a variety of shapes. You can bake them as boats or roast them in stuffed halves. But my favorite is to slice them into half-moon shapes and sauté them with garlic and peppers. See recipes on back. (Eat the skin!)

1 head Celery—Woot woot! First celery of the season just for all you lovelies! It feels like it was just yesterday that we were in a greenhouse on a hot afternoon transplanting these wee little celery babes into warm soil and look at them now! Strapping young stalks, they grow up so fast..

1 head Savoy Cabbage—Savoy cabbage has savoyed, rumply leaves that make the heads not quite as dense as a green cabbage, closer resembling the fluffiness of a napa cabbage. Amazing texture in slaws, soups, or sautés.

1 bu. Gold Beets—It's an excellent time of year to roast up a bunch of roots with salt & pepper to dip into an aioli or romesco. This week you could roast up gold beets, squash, & more of those beautiful harvest moon potatoes.

1 Bulb Fennel with Fronds

Harvest Moon Potatoes

2 Leeks

1 Sweet Bell Pepper

Tomatoes

1 Willamette Sweet Onion

1 Red Onion

Lettuce Surprise



Wow, it's week seventeen already! Oh my, how things have changed. At the very beginning of this season, I wrote about how the first tomatoes of the season are always at the very bottom of the plants, so that we are spending out days bent all the way over, looking for that one eagerly ripe tomato amidst a sea of green.

In the middle of the season, things shift, and there is no need to search far for a ripe tomato. There are always more than we could ever get to picking, a never-ending sea of red, the ultimate bounty of summer in fruit form.

Now we're on the other shoulder of tomato season, and with cherry tomatoes, the only ripe fruits are fifteen feet above the ground. We duck into the tomato jungle, and the first seven feet of vines are all browning and dying, but we can see beautiful ripe fruit teasing us from above.

So what do we do? We get ladders! Bit by bit, poco a poco, we move through the second story of vines, still vibrant green above the jungle of senescence, holding onto the hoop-house roofing poles with one hand as we reach around for precious late fruits with the other.

This food that we are so lucky to have access to is no organic gift from nature, but the result of so many humans working hand in hand with the sun and the soil to bring it to our tables. As always, gratitude goes good with food—Best, LB

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

POTATO-ONION-LEEK SOUP w/ COCONUT MILK

—Adapted from <https://www.twospoons.ca/recipe/cheesy-vegan-leek-and-potato-soup>

INGREDIENTS

- 2 leeks, white part only, cut into 1” chunks
- 2 Tbsp coconut oil
- 3 medium-large potatoes, in chunks
- 3 cups water
- 1 can coconut milk
- To serve: pumpkin seeds, rosemary, salt

DIRECTIONS

Sauté leeks with coconut oil in a large pot on medium-high until soft & wilted, about 10 min. Add chopped potatoes & stir and cook until they’ve softened a bit, another 10 min. Add in water and simmer until potatoes are very soft. Blend until smooth, return to pan, mix in coconut milk, salt & pepper. Serve with seeds & fresh rosemary. Enjoy!



ROASTED DELICATA SQUASH BOATS

—Adapted from LB’s home kitchen

INGREDIENTS

- **Delicata Squash**, cut in half lengthwise
- Butter or Oil, liberally
- Salt & Pepper to taste

DIRECTIONS

1. Preheat oven to 400.
2. Slice the ends off your squash to make flat ends that make for a safer time cutting the long squash through lengthwise. Scoop seeds out with a spoon to remove.
3. Drizzle some oil on a shallow baking pan and place the halves flat-side down.
4. Put tin foil over top and bake about 20 minutes.
5. Remove foil, flip halves up so they’re like little boats, and place a few pads of butter inside along with salt and pepper. Put back into the oven and bake another 10-15 minutes until soft when poked with a fork, and nicely browned.

APPLE-CELERY-FENNEL SLAW

—Adapted from <https://thefeedfeed.com/the-simple-taste/apple-celery-fennel-slaw>

INGREDIENTS

- 2 tbsp. extra virgin olive oil
- 1 1/2 tbsp. Apple cider vinegar
- 2 tsp. lemon juice
- 1 tsp. honey
- 3 tbsp. **fennel fronds**, roughly chopped
- 1 **fennel bulb**, julienned
- 1 firm, crisp apple (I used a pink lady), julienned
- 1/2 **red onion**, thinly sliced
- 3 stalks **celery**, thinly sliced
- 1/4 cup slivered almonds (raw, unsalted)
- Salt & freshly ground black pepper to taste

I would also add a soft or sharp cheese, yummm!!!

DIRECTIONS

1. Combine the first five ingredients in a medium size bowl. To the same bowl toss in all the remains ingredients, gently toss together. Let stand at least 20 minutes before serving, taste for seasoning and enjoy!

PAN-FRIED DELICATA

Delicata is very easily sautéed in the frying pan, not to mention how much faster it is to cook than baking it. Simply cut in half lengthwise, scoop out the seeds, and then slice into half or quarter moons about 1cm thick. Add into a hot pan with oil, lid the first couple minutes to get the squash up to temp, then remove lid and stir frequently keeping heat on medium-high to high. Add in a sliced sweet pepper and minced garlic to cook slightly during the last few minutes. Turn off the heat, add salt & pepper, and serve.