



Gathering Together Farm

Phone: (541) 929-4273

Email: csa@gatheringtogetherfarm.com

CSA Newsletter—Week 19, Oct 14th

Indigenous Peoples Day—celebrating sunchokes

Table of Box Contents

Sunchokes!

—otherwise known as Jerusalem Artichoke, are the gnarly roots of a ten-foot tall sunflower plant related to artichokes and other thistles. They grow like a thick forest and flower in the fall (as seen in the photo). They are incredibly savory and delicious roasted or pan-fried, they have a rich umami flavor that can lean toward tangy artichoke or savory mushroom depending how you cook them. I love them in a breakfast hash with other roots or roasted in chunks in the oven.



1 head Radicchio

—We had the most delicious radicchio salad at our restaurant last week! It goes like this: torn radicchio leaves, thinly sliced fennel bulb, apples, & pears, nuts, soft cheese like mozz, honey, lemon juice, pepper, salt, & yogurt

Broccolini

Butternut Squash

1 bu. Carrots

1 Sweet Pepper

Yellow Finn Potatoes

1 bu. Swiss Chard

Lettuce Surprise

1 Shallot

1 Red & 1 Willamette Sweet Onion



[Blooming sunchokes and steamy compost being turned.]

It's official, fall is in full swing! We've been having some lovely crisp sunny fall days down at the farm lately. When many of us think of fall vegetables we think of potatoes, onions, and squash, but there are almost just as many amazing fall and winter foods that will continue to make their seasonal debuts. One such amazing root debuting today are sunchokes, which flower mid fall and want to be harvest just after the first freeze.

Sunchokes are native to the Americas and have been called sunroots by Indigenous peoples. Thanks to thousands of years of selecting and growing ancestral sunchokes, we have this amazing tuber today. Beyond being incredibly savory and delicious, sunchokes grow easily and vigorously in the Pacific Northwest and store their carbs as inulin, which is a powerful prebiotic.

In honor of Indigenous People's Day, this week we can be especially grateful for the sunchoke. We can be grateful for the Indigenous people who bred these tubers for generations and generations, for the Indigenous men and women I work with who harvest and wash it by hand, and for the privilege of growing food on Indigenous lands.

We couldn't do what we do without Indigenous people, Indigenous lands, Indigenous foods, or Indigenous knowledge. We are so incredibly grateful for this food.

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.gtfcsa.com) email: csa@gatheringtogetherfarm.com

SUNCHOKE HASH WITH FRIED EGGS



—Adapted from

<https://www.hungrycouple NYC.com/2014/02/sunchoke-hash-with-bacon.html>

INGREDIENTS

- 1/2 lb. **Sunchokes**, diced
- Misc. veg (**carrots, potatoes, broccoli.**), diced
- 1 **shallot**, peeled and sliced
- 1 Tablespoon olive oil
- 2 Slices bacon, cooked and crumbled
- Salt & pepper to taste

DIRECTIONS

1. Add the olive oil and diced sunchokes to a cast iron pan and cook on medium high heat for a about 5 minutes with the lid on. Remove lid and add the shallot and any other roots you'd like to add (carrots, potatoes, etc.).
2. Continue cooking for an additional 5-8 minutes or until the vegetables are tender and browned on the edges.
3. Turn the pan off and then salt! If you salt while you're cooking you'll get wet mushy roots, not nice crispy golden roots.
4. Toss on a sunny side egg, and bacon if you'd like.

ON BREAKFAST HASHES—

Tis the season of cozy breakfasts! Dice up any combination of roots in the morning and fry them up in a hash. Add in mushrooms, melt cheese on top, put eggs on top, add some greens in, maybe some fresh herbs, and it'll always be delicious! Alternate between having a fried egg on top and scrambling eggs in. I love mine topped with spicy chile oil ;)



ROASTED BUTTERNUT SOUP W/ BRAISED CHARD

—Adapted from <https://www.delish.com/cooking/recipe-ideas/recipes/a55386/best-roasted-butternut-squash-soup-recipe/>

INGREDIENTS

- 1 large **butternut**, peeled & cubed (seeds removed)
- 2 **potatoes**, chopped
- 3 tbsp. extra-virgin olive oil
- Salt & Pepper to taste
- 1 tbsp. butter
- 1 **onion**, chopped
- 1 stalk celery, thinly sliced
- 1 large **carrot**, chopped
- 1 tbsp. fresh thyme
- 1 qt. chicken or veggie broth
- 1 bu. **Chard**, sliced thinly

Remember! Recipes are for inspiration, not for following exactly. Add any root to the roasting pan & blend it all together. Add coconut milk or dairy liquid to make soup even creamier if desired.

DIRECTIONS

1. Preheat oven to 400°. On a large baking sheet, toss butternut squash and potatoes with 2 tablespoons olive oil and season generously with salt and pepper. Roast until tender, 25 minutes.
2. Meanwhile, in a large pot over medium heat, melt butter and remaining tablespoon olive oil. Add onion, celery, and carrot and cook until softened, 7 to 10 minutes. Season generously with salt, pepper, and thyme.
3. Add roasted squash and potatoes and pour over chicken broth. Simmer 10 minutes, then using an immersion blender, blend soup until creamy. (Alternately, carefully transfer batches of the hot soup to a blender.)
4. Heat up some oil in a pan and toss in your chard. Cover with lid & sauté a couple minutes to let wilt. Remove lid & salt & stir until sufficiently wilted. Plop on top of soup to serve.