



Gathering Together Farm

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CSA Newsletter—Week 21, Oct 28th

The Last Box—An Ode to Seasonal Eating

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2 Parsnips!!—Parsnips are definitely the sweetest savory roots of winter. Because they are so well-known for their sweetness, we harvest and cure our parsnips in cold storage to help them reach their peak sugar content. We keep them muddy in their bins as the soil around them preserves them during the curing process as if they were still tucked cozy in the ground.

1 Pie Pumpkin—These pumpkins are so sweet and perfect for baking pumpkin pies and pumpkin breads and muffins. If you have a recipe that only ends up calling for half a pumpkin worth of baked pulp, scoop the other half out of the skin into a bag or container and put into the freezer to bake with later.

Bok Choy

1 Delicata Squash

Huckleberry Gold Potatoes

1 bu. Carrots

1 head Green Cabbage

2 Yellow Onions

1 Red Onion

Well folks, we made it!

Twenty-one weeks of taking the time out of our busy lives to cook and eat good food from good soil with our loved ones. You were with us as we harvested our way up tomato plants as the fruits ripened up the vine, and from the endless beds of carrot seedlings that we weeded by hand every afternoon for weeks to the hand-crafted bunch that is in your box today.

Your first week I wrote, *“With summer about to burst into action, this week down at the farm we’ve been busy transplanting all the winter squash babies that will feed us come fall! To farm is to always be looking ahead while maintain focus on the ground in front of you.”*

Today that same winter squash that we seeded, transplanted, hoed, harvested, washed, and dried—all by hand—is in your box. And the ground in front of us is not dried by the summer sun but is rather so muddy that every day is an Indiana Jones adventure in four-wheel drive to get the produce to the packing shed. From spring to fall, we’ve been through it all!

I hope that these newsletters have been a good guide through the seasonal rhythms of the Pacific Northwest, and that you’ve enjoyed learning with us about the ways in which embodied cultural knowledge combines with the sun and the soil to bring the food that we eat to our tables. Food is made of our relationships throughout history, with each other, with the soil, and with the rest of our ecosystem and world.

Each food in this box has its own unique history of breeding and cultivation curated by human culture for thousands of years before it got to us. On farm it becomes an embodiment of the labor and love of the specific people who cared for it, many of whom are Indigenous. And finally, each food has made its way to your table to become a part of your family’s story.

Food binds us all together. From our farm to your family, we cannot thank you enough for being with us this season. Your support is what makes our farm possible, and we hope that we could help nourish your lives from the inside out. From all of us down at the farm, we hope to see you again next season! Eat well this winter! —with love, your farm-to-table vegucator, 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

EASY PARSNIP FRIES!

—Adapted <https://thefeedfeed.com/munchkintimeblog/easy-parsnip-fries>

INGREDIENTS

- 5 parsnips, cut into spears
- 2 tablespoons avocado oil
- Salt & Pepper to taste
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 2 tablespoons grated parmesan cheese
- 2 tablespoons finely chopped fresh parsley
- [Annie's Organic Thousand Island Dressing](#) to dip

Use half parsnips and half carrots and do them up just the same!

DIRECTIONS

1. Preheat the oven to 400F. Line baking sheet with foil paper.
2. In a small mixing bowl combine avocado oil, paprika, garlic powder, salt and pepper. Whisk until everything is combined.
3. Place parsnips into a mixing bowl, pour the oil mixture over the top and using hands, mix well until everything is combined.
4. Spread parsnip sticks over the baking sheet, leaving space between each fry. Bake for 15 minutes, then broil on high for 3 minutes or until the tops are golden color.
5. Serve warm with parmesan cheese, fresh parsley & [Annie's Organic Thousand Island Dressing](#).



MISO-GLAZED SALMON WITH BOK CHOY



“When the hardest thing about making a meal is mixing the marinade, you know you’ve got a winner. This is miso glazed salmon and bok choy. Ten minutes to prep, maaaaaybe another 10 to cook under the broiler. Boom--@bluegrass_glutenfree”—adapted from https://thefeedfeed.com/bluegrass_glutenfree/miso-glazed-salmon-with-bok-choy

INGREDIENTS

- Miso Marinade:
 - 1/2 cup miso paste
 - 1/4 cup mirin or sherry
 - 1/4 cup sake
 - 3T brown sugar
 - 2T GF soy sauce (tamari)
 - Salt and pepper to taste.
 - Pinch of chili flakes
- 1-1.5 lbs salmon
- 6-8 baby bok choy or 1 large head cut into quarters

DIRECTIONS

1. Marinate both the salmon and the bok choy for at least 10 minutes, and then roast under the broiler for 6-8 minutes on a foil lined pan.
2. Garnish with cilantro, scallions and toasted sesame seeds. I served mine over steamed jasmine rice, or any white rice.

A NOTE ON BOK CHOY—*Bok Choy is 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.*