

CSA NEWSLETTER

VEGGIE LIST

POTATOES

ONION

GREEN BELL

PEPPER

LEEKs

KALE

WATERCRESS

PARSNIP (GROWN

SPECIALLY FOR

THE CSA!)

RED RADISHES

CARROTS

CILANTRO

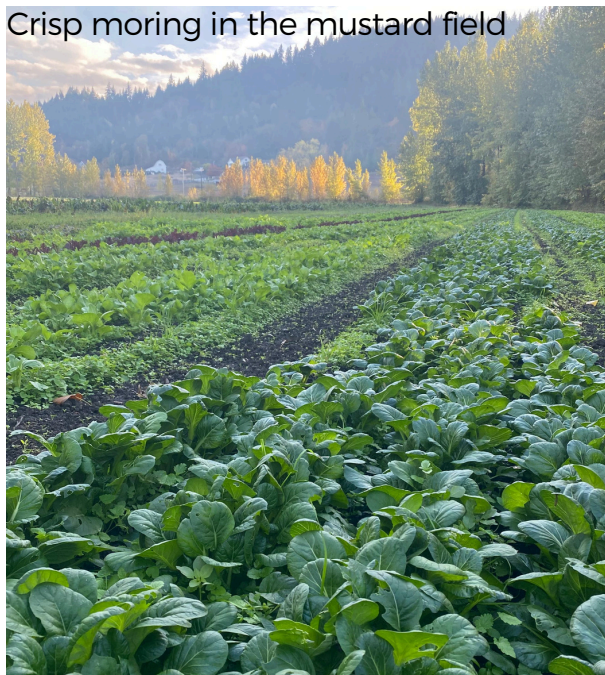
GREEN KABOCHA

Welcome to the fantastic Fall CSA!!

We've walked you through most of the farm's teams and how they work together, we've also shared stories of some of the local chefs that we have the pleasure of working with. But we still have lots to share!

At the farm, we're starting to reflect on the growing season, its challenges, and how we've worked together and adapted to new circumstances. When I look back, I feel gratitude and amazement. Farming isn't easy! But here's GTF. its employees getting on rain suits, and boots, and continuing to work and harvest, rain or shine. And for the past 37 years, GTF has kept its produce quality and its people's well-being as our main driving forces. Way to go John, Sally & Haylee!

Crisp morning in the mustard field



For you, Fall CSA members, we have tasty and exciting boxes coming! This is a bountiful season, and we plan to share the bounty with you and the rest of the GTF community.

For the next 4 weeks, we invite you to enjoy cozy meals and continue to share good food with those close to you.

Lots of the veggies in your box should store well for a looong time, so there's not much pressure on eating through your box every week. This week is particularly nerve-wracking, so do what you can to support yourself through election day/week.

Rosie

Creamy vegan carrot ginger soup

I know this sounds lame, but it's my favorite soup, and it's so easy! You can substitute part of the carrots or all of them for squash, sweet potatoes, or any other sweet root.

INGREDIENTS

- 1 tbsp olive oil
- 2 lbs carrots cut into 1-2 in
- 1 onion diced
- 4 cloves garlic, roughly chopped
- 2-in piece ginger grated
- 1/2 tsp salt and pepper to taste
- 1 tsp cumin
- cayenne pepper to taste
- 1 bay leaf
- 2.5 cups broth
- 1 can coconut milk
- 1/4 cup cashew or almond butter (I've used peanut butter for a thai touch)
- 1 tsp orange zest and 2 tbsp orange juice, plus more to taste

DIRECTIONS

If you have a pressure cooker, this is the time to use it!

1. Saute onion in olive oil. After a few minutes add carrots, salt, pepper, and cook for a few more minutes
2. Add ginger, garlic, cayenne, cumins and coat veggies in spices.
3. Pour broth, add bay leaf, nut butter and coconut milk. Stir to combine
4. If you have a pressure cooker, pressure cook for 10 minutes and let it natural release for 10 more minutes. If you're doing it on the stove, cook until veggies have softened.
5. Discard bay leaf and blend.
6. Stir in the orange zest and orange juice!
7. Ladle into bowls and garnish with Cilantro

Carrot harvest can look different ways depending on the season. We use an undercutter and then they are bunched by hand when it's dry. But in the fall we use a root harvester that tops and picks the carrots, which are lifted on a conveyor belt that drops the carrots into a bin (which is driven by a second skilled tractor driver to catch them!!).



We'd love to see what you're doing with your CSA box. Tag us [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm)