



Gathering Together Farm

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CSA Newsletter—Week 11, Aug 17<sup>th</sup>, 2020

## Heat Season in a Pandemic—mobilizing foodies for farmworkers

# TABLE OF BOX CONTENTS

**Yellow or Orange Watermelon**—It is the first week of melon harvest and they are picked ripe and ready to go! For those of you who've never seen a watermelon that wasn't red inside, fear not! No, we did not inject them with food coloring, and they are not GMO's. Although only red watermelons made it big in mainstream grocery stores, a rainbow of diverse melon colors and flavors has always been there. ([article on the complicated history of watermelon in this country](#))

**Sweet Bell Pepper**—We finally have enough ripe peppers that we can give one to all four hundred something of you lovely people! Crisp and sweet and like a bright shiny toy that somehow grows from a plant. Gratitude.

**2 Fresh Summer Leeks**—Buttery onion wonderfulness! Always be sure to eat all the greens on your leeks as well, either in a sauté or in a stock. Leeks are one of those crops that I never realized took so much care to grow. We seed them outside in tight furrows and let them grow until they're almost an inch thick before digging them up and retransplanting every single one by hand, deeper and farther apart to create that beautifully blanched long white leek.

**Basil**—beautifully fragrant in salads right now.

**Broccoli**

**1 bu. Carrots**

**2-3 Summer Squash**

**Colorado Rose Potatoes**

**1 Willamette Sweet Onion**

**Lettuce**

**Tomatoes**

Hello, veggie lovers, it's already halfway through August and we are only just getting started! This is our first big week of melons on the farm, and the first week that all our sweet peppers are ripening up like crazy. There are so many tiny seasons within the seasons in an Oregon summer, early crops always fading out as new ones fill their place, so many tasty things that you can't possibly eat them all in a single meal or even five. It is a time of good eatin'!

It feels so good to enjoy the fruits of our labors, the delicious crisp sweet watermelon that we seeded and transplanted and weeded and harvested with care and precision. But this year more than any other, I find myself feeling so much more gratitude for the food on our plates than I ever did before, because this year has presented itself with so many new challenges. Straight up, it is very hot and difficult to work outside in August with a mask on all day every day. See article here, [“The Sun is Hot and You Can't Breathe in a Mask.”](#)

Luckily, we work on a farm that is both taking Covid-19 seriously and also realizes how difficult the implementation of these precautions can be on the body. We remind each other to take breathing breaks when we need to, keep a fridge stocked with gaterades and coconut waters for four o'clock break, and where socially distancing and regular sanitization is taken very seriously.

Thanks to a government-provided drop for farmworkers in May, farms like ours are well-stocked with lightweight disposable masks as well as sanitizer. But despite what we're able to do to keep people safe on our farm, farmworkers across the state have a higher likelihood of contracting Covid-19, less protections, and little financial services available from the state or federal government to support a family while quarantining or due to Covid-related layoffs.

With talks of another stimulus check potentially in the works, I am reminded how few of the people responsible for bringing food to our tables will receive that benefit. So, gratitude goes good with food indeed, but this summer a call to action comes with our meals as well. As the delicious August summer meal sustains me and my life, I know that I too must reach out and be a part of sustaining the health and wellbeing of the farmworkers in our community as well.

The [Oregon Worker Relief Fund](#) organized by Oregon's only farmworker union, [PCUN](#), is a great place to turn to learn more, and a great place to donate to if you can. Follow [@pcunoregon](#) on Instagram to stay in touch with how farmworkers could use your support in Oregon, to learn more, and to transform that gratitude into action. We are here to take care of each other in whatever ways we can each day. A big thanks to all of Oregon's farmworkers!

—with love, your vegucator, LB [markets@gatheringtogetherfarm.com](mailto:markets@gatheringtogetherfarm.com)

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

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## CREAMY COCONUT BROCCOLI LEEK SOUP



Adapted from <https://blog.paleohacks.com/cream-of-broccoli-soup/#>

### INGREDIENTS

- 1 Tbsp butter or oil as needed
- ½ sweet yellow onion (diced)
- 2 medium potatoes (cubed)
- 2-4 cloves garlic (minced)
- 3 cups chicken / veg / or bone broth
- About 1 lb broccoli
- 1 leek (sliced)
- 1 cup full-fat coconut milk (shaken)
- Salt & pepper to taste

### DIRECTIONS

1. Heat the butter over a medium-high heat. Add the onion, and sauté for 1-2 minutes until it starts to turn translucent.
2. Add in cubed potatoes and let cook another 2-3 minutes covered. Add the garlic and cook for one minute more.
3. Pour in the broth and add in the broccoli florets and leek. Salt and pepper to taste. Bring to a boil, then lower heat to a simmer for 20 minutes (or until the broccoli is fork-tender).
4. Add the coconut milk and allow it to fully warm (about 2 minutes).
5. Transfer the ingredients to a food processor, and puree until smooth.

*I like to serve soups like these with basil leaves, sunflower seeds, and a dollop of sour cream, as well as some nice crispy toast! Also, you can make creamy soups like these out of just about any vegetable. Just roast, steam or sauté any veggie medley you'd like, puree it with coconut oil and broth and seasoning, and you've got a delicious soup that can be enjoyed warm or cooled for a hot summer afternoon. —LB*

## CARROT ZUCCHINI FRITTERS WITH LEMON BASIL AIOLI



Adapted from <https://withtwospoons.com/carrot-zucchini-fritters-with-lemon-basil-aioli-whole-30-gluten-free/>

### INGREDIENTS

- 1 cup zucchini shredded
- 1 cup carrots shredded
- ½ cup scallions sliced thinly
- 1 egg
- ½ cup all-purpose flour
- ½ teaspoon kosher salt
- 3 Tablespoons olive oil

### DIRECTIONS

1. Take shredded zucchini and place in a mesh sieve. Allow to drain for 20-30 minutes. Wring out water with a towel.
2. In a medium sized bowl combine flour, and salt. Add egg & combine. Add zucchini and carrot and mix well until a thick batter is formed.
3. In a nonstick skillet (or cast-iron skillet), heat 2 Tablespoons of olive oil until shimmering. Add scoops of zucchini carrot mixture (I use a large ice cream scoop), press down on the centers to form round fritters. Cook for approximately 3 minutes per side, flipping once in the middle.
4. Remove to a paper towel lined plate. Allow to cool slightly. Serve with Lemon Basil Aioli!

### LEMON BASIL AIOLI

#### INGREDIENTS

- 1 egg
- 1/2 teaspoon mustard
- 1/2 teaspoon kosher salt
- 1 1/4 cup light olive oil
- 2 Tablespoons lemon juice
- 1 Tablespoon lemon zest
- 1/2 cup fresh basil (chopped)

#### DIRECTIONS

1. In a container large enough to fit a stick (immersion) blender, combine the egg, ground mustard, and salt.
2. Place the light olive oil into a pourable liquid measuring cup.
3. Place the head of your stick (immersion) blender into the container and start blending. Very slowly with blender running, add oil drip by drip. A creamy emulsion should start to form.
4. Continue adding olive oil (slowly) until all oil has been incorporated.
5. Add lemon juice, lemon zest, and basil to the container and blend until well combined.
6. Refrigerate until needed. Will keep in an airtight container in the refrigerator for approximately 3 days.