

CSA NEWSLETTER

VEGGIE LIST

POTATOES

ONION

SHALLOTS

SPINACH

BRUSSEL SPROUTS

RADICCHIO

WATERMELON RADISH

RED BEETS

GOLD BEETS

FENNEL

ZEPPELIN DELICATA

WINTER SQUASH



Bin of Dark Green Zucchini and
their dried Seeds



Dear CSA members,

Where does your food come from? As a CSA member you can proudly say that it comes from a local business that supports your local economy. Another valid answer would be that it comes from well-tended soil, that is a short trip from your kitchen table. Still another answer is that each of the vegetables in this box comes from a seed.

This week I will be highlighting an aspect of GTF that is currently undergoing a renaissance, seed production. Years ago, GTF had a symbiotic relationship with the good folks at Wild Garden Seed. Through this collaboration, several of the crops that we grow were stewarded and developed. These familiar crops include: the Zeppelin Delicata, Osaka Purple Mustard, White Russian Kale, and many others. Through the process of selecting and breeding these crops in our corner of the Willamette Valley over many years, seed wizard, Frank Morton, created and refined many varieties that are adapted to produce exceptional flavor in our local growing conditions.

As an aspiring plant breeder, I was very excited to take up the role of Propagation Manager at GTF four years ago. As a result, I felt very lucky to start a relationship with Frank and Karen Morton. Through two seasons of mentorship, we have begun selecting and saving some of their varieties on our farm once again. We have also begun contracting with several organic seed companies to grow large quantities of zucchini, spinach, and collard greens.

Producing hundreds of pounds of seeds takes a lot of careful consideration and hard work. It dovetails nicely with the propagation off season and the GTF infrastructure. So, once the last of the winter crops are nestled into the soil, my focus shifts to harvesting the next generation

of seeds from our fields. For example, over the last few weeks, I have been slitting giant pumpkin-like zucchini with a log-splitter, then vacuuming the seeds out with a shop-vac. From there we undertake a process of washing and drying the seeds. Once the seed is adequately dried, we separate the good, dense seeds from the less ideal lightweight seed through an airflow process, called “winnowing”.

In the future, we hope to continue to increase seed production at GTF. In the process we hope to increase the amount of produce in each CSA box that comes from seed grown right here on this farm. I am a firm believer that closing the loop from seed to seed is one way that we can build greater resiliency in our local food supply. By being a CSA member you are directly contributing to this resiliency. That is why I would like to say a heart-felt “Thank you” for helping make our work possible.

Kind regards,

Crosbie Walsh

Propagation Manager, Farm Planner, Seed Saver

Gathering Together Farm

P.S. If you would like to learn more about our seed work or the varieties that I am working on, please feel free to email me at crosbie@gatheringtogetherfarm.com.

Roasted Fennel and Brussel Sprout Salad

*Recipe from Minimalist Baker

INGREDIENTS

- 1 medium fennel bulb (remove fronds and stems, halved and core removed, thinly sliced)
- 1 lb brussel sprouts (halved)
- 1 Tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp pepper

Toppings:

- 1/4 cup sliver almonds
- 2 tbsp dried cranberries (chopped)
- 1/2 cup orange slices (peeled and cut into 1" pieces)

Dressing

- 2 Tbsp apple cider vinegar (balsamic vinegar works too)
- 1 tbsp olive oil
- 1/4 tsp sea salt

DIRECTIONS:

1. Preheat the oven to 425 F and line a large baking sheet with parchment paper.
2. Combine the fennel, brussels sprouts, olive oil, salt and pepper. Evenly spread these on the baking sheet, with the brussels sprouts facing down. If the veggies are crowded, use more baking sheets to allow them to brown.
3. Roast for 18-25 minutes or until tender, golden brown and slightly crispy on the edges.
4. Toast the almonds, by placing them on a dry skillet over medium heat, tossing them frequently, until they are golden brown (about 3-5 minutes) and then remove from heat.
5. In a jar with a lid, combine the apple cider vinegar, olive oil, and salt. Shake or whisk to combine.
6. Transfer the roasted veggies to a serving platter or bowl. Top with the toasted almonds, chopped cranberries, and orange slices. Drizzle with the dressing and toss to combine. Taste and adjust as needed.

We'd love to see what you're doing with your CSA box. Tag us @GatheringTogetherFarm