



# Riverland Family Farms



CSA Week 6

Corvallis, Oregon

## Annaliese Watson

Next time you visit the Corvallis Farmers' Market, please stop by our market stand and say hello to Annaliese. She is a native Oregonian, has been with the farm for almost 10 years, and genuinely enjoys talking about fresh produce. Her educational background is in Medical Anthropology, focused on health & healing in the cultural context. She has been traveling the world with her family, sharing her knowledge, and training women in countries like Haiti and Honduras. She spent her childhood tagging along with her grandfather, raising calves, and inherited a special connection with farming and food. Annaliese takes pride in her role at the market stand for it is more than just exchanging food and money; it keeps her connected with those who appreciate good and healthy food just as much as she does. Working at the market stand during COVID gave her the opportunity to know many people at a personal level. Even though we were all behind a mask, the personal connection that came with this essential role is invaluable to her.



Annaliese's family favorite from the farm is Shishito peppers, and she likes to eat them roasted. She enjoys preserving/freezing the summer flavors like bell peppers, berries, etc., and adds them to her winter meals as a reminder of what is in store in the coming seasons. She has travelled to several countries with her husband and kids and enjoys her journey back in time while looking through


international farmers' market photos she took. We are grateful for Annaliese's diverse knowledge, and her caring and social personality that helps the Corvallis Farmers' Market stand running smoothly.

New in your harvest box this week is Eggplant and celery. Eggplant is very common in Indian food. I am including a recipe for one of my personal favorites, Baingan Bharta. Dedicated to Annaliese who enjoys global cuisine and is always asking me to include Indian recipes in the newsletter. Here is to you Annaliese!

Until next week, Stay Safe, Stay Healthy  
Ruby

**WHAT'S IN THE BOX?**

- Celery *bunch*
- Lacinato Kale *bunch*
- Eggplant *each*
- Cilantro *bunch*
- Salad Mix *1/2 lb bag*
- Red Onion
- Romano Beans *pint*
- Socrates Cucumber *2 each*
- Strawberries *pint*



## Baingan Bharta (Grilled Spicy Eggplant Mash)

(source: indianhealthyrecepts.com)  
Ingredients:

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| ◇ 2 Large Eggplants               | ◇ 1/2 teaspoon red chili powder |
| ◇ 4 medium garlic cloves, chopped | ◇ 1/2 teaspoon curry powder     |
| ◇ Green chili pepper (to taste)   | ◇ 3/4 teaspoon salt             |
| ◇ 2 1/2 teaspoon olive oil        | ◇ 2 tablespoon coriander leaves |
| ◇ 1 medium onion, chopped         | ◇ Cilantro chopped for garnish  |
| ◇ 2 large tomatoes, chopped       |                                 |
| ◇ 3/4 inch ginger, finely chopped |                                 |



Make 4 slits in each eggplant and brush with oil. Grill eggplant in the oven, in air fryer, or on direct fire. Grill until the skin is burnt and the inside is soft. Cool the eggplants and peel off the skin. Mash or chop the eggplant. Heat oil on medium heat in a pot. Add chopped ginger and garlic. Sauté for 30 to 60 seconds until aromatic. Add chopped onions and sauté until they turn golden. Add tomatoes and salt. Cook until they become soft. Then add red chili powder and cook for a few minutes until the raw smell from tomatoes goes away. Then add mashed eggplant and mix. Add curry powder and cook for 3 to 4 minutes. Add more salt and green chili to taste. Garnish with chopped cilantro and serve with Naan or rice, or serve it as a side with pita chips.