



# Riverland Family Farms



CSA Week 9

Corvallis, Oregon

## Where Else To Shop

Switching gears this week. I have had a few people ask me where else can they find Riverland Family Farms produce. Other than CSA, Corvallis, Beaverton, and McMinnville Farmers' Markets, we do have a wholesale channels and you can find us in several grocery stores in and around Portland area. Here are a few:



**Corvallis First Alternative CO-OP:** If you live in Corvallis and shop local, you are most likely familiar with the CO-OP. They have two locations, South Store on 3rd and North Store on Grant Ave. You can find our fresh vegetables, herbs, and berries in their produce aisle.



**New Seasons Market:** Started in 2000 with a goal 'to build community through good food', New Seasons Market has several locations in Portland, Beaverton, Lake Oswego, Tualatin, Vancouver, and surrounding areas.



**Rubinette Produce Market:** Located in Portland on Sandy Blvd, Rubinette Produce market 'specializes in new, unusual and delicious greens, fruits and vegetables'.

These sales channels pay the bills and keep our employees on payroll. But, the most impact is what we are able to offer weekly to Fair Share Gleaners in Sweet Home, South Benton County Gleaners, South Corvallis Food Bank, and Philomath Community Gleaners. We are thankful for all the volunteers who help distribute our produce to those in need.

At the farm, excessive heat continues to be a challenge. We are keeping our fingers crossed and hoping we don't have to deal with fires and smoke this year. On a lighter note, I am including a super simple recipe using some of the items you will find in your harvest box this week. Its simple, yet flavorful. Hope you enjoy it! Broccoli is appearing first time in this year's boxes. We are hoping to have radishes, carrots, salad mix and grapes in coming weeks.

Until next week, Stay Safe, Stay Healthy — Ruby

**WHAT'S IN THE BOX?**

- Broccoli *head*
- Celery *bunch*
- Sweet slicing cucumbers *2 ea.*
- Red Gold Potatoes *1 1/2 lbs.*
- Romaine Lettuce *head*
- White Spring Onion *head*
- Zucchini *2 ea.*
- Green Bell Pepper *2 ea.*
- Strawberry *pint*



## Broccoli and Potato Soup

### Ingredients:

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| ◇ 2 tablespoons butter   | ◇ 3 cups of chicken broth or homemade stock |
| ◇ 1 onion, chopped   | ◇ 3 cups water                              |
| ◇ 2 cloves garlic, minced  | ◇ 1 3/4 teaspoons salt                      |
| ◇ 1 3/4 pounds broccoli, thick stems peeled & diced, tops cut into florets | ◇ 1/4 teaspoon ground black pepper          |
| ◇ 1 1/2 pounds boiled, peeled, and cut potatoes                            | ◇ 1/2 cup grated parmesan                   |

(source: foodandwine.com)



In a large pot, melt the butter over moderately low heat. Add the onion; cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic, broccoli stems, potatoes, broth, water, salt, and pepper. Bring to a boil. Reduce the heat and simmer until the vegetables are almost tender, about 10 minutes. In a food processor or blender, pulse the soup to a coarse puree. Return the soup to the pot and bring to a simmer. Add the broccoli florets and simmer until they are tender, about 5 minutes. Stir 1/4 cup of the grated Parmesan into the soup, and serve the soup topped with the remaining cheese.