



Riverland Family Farms



CSA Week 8

Corvallis, Oregon

Elias Juarez

This week I got a chance to speak with someone who has been farming for over 20 years and has made outdoors the way of life. Elias Juarez is a part of the main crew at the farm who takes care of planting, harvesting, and many other day to day crucial activities. He started his farming career in 1990 picking cherries, grapes, and pears in California. A few years later he visited Corvallis and surrounding areas. He loved the climate here and decided to move. Elias first started working at a Christmas tree farm and later joined the Denison/ Riverland Family Farms crew in 2005. Since then he has learned several new skills. In his free time, Elias enjoys playing basketball, going out fishing, and hunting. After a long week at work, especially in this hot weather, he looks forward to going out deer hunting with his friends and cherishes his time in the outdoors. Even after all these years in farming, Elias looks forward to learning something new at the farm every chance he gets. We are grateful for his long-term commitment to farming and keeping the



crops healthy!

New this week in your harvest box is Nopales. They have a moist, crunchy, and slightly slimy texture similar to okra. They are a staple in Mexican cuisine and can be cooked in several ways. Tal tried chopped and sautéed Nopales along with red bell pepper in an egg scramble, and he was really happy with the outcome. I am including a recipe that uses grilled Nopales and an orange vinaigrette that makes for a perfect vegetarian dish with a citrusy taste. Hope you enjoy it!

Until next week, Stay Safe, Stay Healthy
Ruby

WHAT'S IN THE BOX?

- Italian Basil *bunch*
- Lacinato Kale *bunch*
- Red Bell Pepper *2 each*
- Parsley *bunch*
- Yellow Potatoes *1.5 lb*
- Red Spring Onion *each*
- Nopales *each*
- Socrates Cucumber *2 each*
- Strawberry *pint*



Nopales & Roasted Red Pepper

(source: yes-moreplease.com)

Ingredients:

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| <ul style="list-style-type: none"> ◇ 2 Nopales pads, cleaned and thorn removed ◇ 1 large red bell pepper ◇ 2 small shallots or 1 small red onion thinly sliced ◇ 1 small bunch cilantro ◇ 1 serrano pepper finely chopped | <p>For the vinaigrette</p> <ul style="list-style-type: none"> ◇ 1/3 cup Orange juice ◇ 2 tablespoons apple cider vinegar ◇ 4 tablespoons grape seed oil ◇ 2 tablespoons agave nectar ◇ 1 tablespoon toasted sesame seeds | <ul style="list-style-type: none"> ◇ 2 springs of fresh oregano or 1 teaspoon dry Mexican oregano ◇ 1 teaspoon sea salt ◇ Black pepper to taste |
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Fire up your grill. Grill Nopales and red bell pepper. Grill both sides until cooked and charred. Nopales turn color from bright green to olive when cooked. Be sure to blister them. This will add so much flavor to the salad. Slice grilled Nopales into 3/4" ribbon stripes and slice grilled red pepper into a thinner strips. Prepare the vinaigrette by whisking all the ingredients together in a bowl. On a platter toss all the ingredients and drizzle the vinaigrette. Sprinkle some toasted sesame seeds and/ or some cotija cheese crumbled. Serve at room temperature.