



Riverland Family Farms



CSA Week 14

Corvallis, Oregon

Behind The Scenes—Part II



Staying with the theme from last week, I am introducing someone very close to the Riverland Family. He works behind the scenes day and night, he is a part-owner, and is a key foundation of this business: my dad, Amarjit. My dad started farming early on. As far as his memory serves, he has always been out in the family farms, playing or helping with farming. At the age of 10, he started to drive a tractor and took on the responsibility of plowing fields and tending to the crops. He grew wheat, rice, sugarcane, potatoes, vegetables, lentil, and other major crops in the Northwest Indian region. Growing up, I always saw my dad helping other farmers, solving their problems, lending a helping hand every opportunity he got. I was always fascinated by his ability to open

up and fix his tractor engine and other farm equipment. He always kept all of his tools organized and equipment running in great condition. I had no doubt that he loved what he did, at the same time, he always pushed us to get higher education and believed that was the path to a better future. He migrated to the USA with his family in his 40s and started from scratch here. He worked multiple jobs to keep up with all the bill and our school fees.

Today, he is back where he started from, in the farmland. He spends most of his days fixing farm equipment, weeding, cleaning up, giving his grandkids rides on tractors, and tending to his experimental crops (sugar cane, okra, and bitter gourd etc.). I see him at ease being back at a farm after 20+ years. I also sense the struggles of accepting new ways of farming in a different country and trying to hold back his opinions. All in all, he has an abundance of knowledge in organic farming and is a very valuable asset at the farm. We are so thankful that he is around and always willing to help!



More of this next week, until then, Stay Safe, Stay Healthy!

Ruby

OrganicGrown.com (News—>Blog): <https://www.organicgrown.com/blog/from-punjab-to-corvallis-riverland-family-farms-carries-on-a-legacy>

Co-Op Interview: YouTube—Know Your Farmers Riverland Family Farms; <https://www.youtube.com/watch?v=KliKsfjXEZ8>

WHATS IN THE BOX?

- Celery *bunch*
- Brandywine Tomatoes *1 lb*
- Eggplant *1 each*
- Garlic *1 or 2 each*
- Yellow Onion *1 each*
- Red Bell Pepper *2 each*
- Joker Potatoes *1.5 lb*
- Salad Mix *1/2 lb bag*
- Reliant Grapes *1 lb*



Baba Ghanoush

Source: allrecipes.com

Ingredients:

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| ◊ 1 eggplant, halved lengthwise (1 lb) | ◊ 1 head garlic | ◊ 1 tbsp chopped parsley |
| ◊ 1/2 tsp kosher salt | ◊ 1/4 cup tahini | ◊ 1/2 tsp lemon zest |
| ◊ 5 tbsp olive oil, plus more for brushing | ◊ 2 to 3 tbsp lime juice | ◊ 2 tbsp crumbled feta cheese |
| | ◊ 1/4 tsp cumin | ◊ Pita chips |
| | ◊ 1/8 tsp smoked paprika | |



Sprinkle cut sides of eggplant with salt. Let stand 20 to 30 minutes, then blot dry with paper towel. Preheat an air fryer to 400F. Brush cut sides of eggplant with 2 tsp oil. Cut 1/4 inch off top of garlic head, exposing cloves. Brush clove with oil then wrap in foil.

Arrange eggplant and garlic in fryer basket. Cook until eggplant is tender and deep golden brown, 15 to 20 minutes. Remove and let cool.

Scoop flesh from eggplant into a food processor. Add tahini, lemon juice, roasted garlic cloves, cumin, paprika, and the remaining 4 tbsp oil. Pulse to moderately smooth consistency. Top with parsley, lemon, zest, and feta. Serve with pita chips.