



# Riverland Family Farms



CSA Week 5

Corvallis, Oregon

## Ciro Javier Lazo Sanchez

Water is essential for our survival, but we need just the right amount at the right time. Plants are no different and need water to absorb nutrients from the soil. Plant survival and quality of the produce depend heavily on how and when they are watered. Therefore, managing irrigation is a crucial role at the farm, and is proudly held by **Ciro Javier Lazo Sanchez**. **Ciro** has been with the farm for 14 years. He came to the farm with prior farming experience and started here with weeding, planting, and harvesting. Over the years as he gained more experience with the farm, the climate, and plant needs, he started managing all of the irrigation. Outside farm work, he loves to travel. One of his fond memories is going to the beach for the very first time and being amazed by how vast the ocean is. He has family in New Jersey and has traveled to the East Coast to see New York Times Square and Statue of Liberty. Now that he has checked Space Needle and Golden Gate Bridge off of his list, his near-future plans include a trip to Crater Lake and Hawaii. Long term, he would like to travel across Central and South America. **Ciro** enjoys eating strawberries, raspberries, and



blackberries at the farm. He would like to see us try and grow Avocados and Mangoes here at the farm. He is already thinking of the irrigation and climate control challenges that these two crops would present. We and all the plants at the farm are grateful for the work **Ciro** does in keeping the crops healthy!

Adding summer colors to your harvest box this week, with tomatoes, zucchini, poblano peppers, radish, and more. Enjoy!

Until next week, Stay Safe, Stay Healthy

Ruby

### WHAT'S IN THE BOX?

- Red Round Radish *bunch*
- Salad Mix *1/2 lb bag*
- Parsley *bunch*
- Red Gold Potatoes *1.5 lbs*
- White Onion *each*
- Cherry mix Tomato *pint*
- Zucchini *3 each*
- Poblano Pepper *2 each*
- Red Raspberry *basket*



## Mediterranean Quinoa Salad with Radish

(source: allrecipes.com)

Ingredients:

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| ◇ 2 cups water                    | ◇ 2 teaspoons olive oil               |
| ◇ 1 cup quinoa                    | ◇ 2 tablespoons fresh lemon juice     |
| ◇ 1/2 teaspoon salt, divided      | ◇ 2 tablespoons chopped fresh mint    |
| ◇ 1/2 cup cherry tomatoes, halved | ◇ 2 tablespoons chopped fresh parsley |
| ◇ 1 baby cucumber, sliced         | ◇ 1/4 teaspoon ground black pepper    |
| ◇ 1/4 cup chopped red onion       | ◇ 1/4 cup toasted sliced almonds      |
| ◇ 1/4 cup halved kalamata olives  | (optional)                            |
| ◇ 4 small radishes, quartered     |                                       |



Bring water to boil in a saucepan. Add quinoa and 1/4 teaspoon salt. Reduce heat to medium-low. Simmer, covered, until quinoa is just tender and liquid is absorbed, 12 to 14 minutes. Remove from heat, uncover, and let cool completely. Stir together cooled quinoa, tomatoes, cucumber, onion, olives, radishes, oil, lemon juice, mint, parsley, pepper, and remaining 1/4 teaspoon salt in a large bowl. Serve immediately or chill up to 2 hours. Sprinkle with almonds (if using).