



Riverland Family Farms



CSA Week 1

Corvallis, Oregon

Welcome to 2021 CSA

We are excited to start 2021 harvest box delivery. If you have been supporting us through CSA programs in the past, thank you! If you are new to this, welcome!



Last year was our first year at the farm. It was a bumpy ride with COVID, fire/smoke, and wild weather. We are fortunate to have made it through 2020 safely and are happy to serve our community for, hopefully, many years to come. Last year I shared many personal stories through our CSA newsletters. Every week was a new yet exciting challenge to find a connection from my past



and relate it to our life at the farm & with the food we ate.

This year, I am moving the focus to those who really make this farm a success story every day, our many hard-working employees at the farm and the markets. I am looking forward to sharing their stories with you along with the farms' harvest. At the farm, we are starting to harvest tomatoes of all varieties. In the coming weeks, you will start seeing romano beans, tomatoes, carrots, cucumbers, zucchini,

ni, basil, bell peppers, eggplants, grapes, berries and more in your harvest box. As we get closer to the fall harvest you can expect to see winter squash, pears, turmeric, and lemongrass. I hope you enjoy this years' harvest and be ready to take more trips down memory lane with me.

Until next week, Stay Safe Stay Healthy!

Ruby



WHAT'S IN THE BOX?

- Fava Beans *1lb*
- Parsley *bunch*
- Beets *bunch*
- Rainbow Chard *bunch*
- Lacinato Kale *bunch*
- Red Gold Potatoes *1.5lb*
- Salad Mix *1/2 lb bag*
- White Spring Onion *each*
- Strawberry *pint*



Arugula & Fava Beans Crostini

Fava beans are extremely versatile. You can eat them raw, roast them in their pods, mix them in soup, or toss them in salad. Their buttery taste was perfect in veggie rice I made for dinner last night. Here is a recipe using Fava Beans. Hope you enjoy!

(source: Epicurious.com)

Ingredients:

- ◊ 1 cup shelled fava beans.
- ◊ 1/4 cup plus 1 tablespoon extra-virgin olive oil, divided, plus more for drizzling.
- ◊ 1 1/2 cups baby arugula
- ◊ 3 tbsp grated Parmigiano-Reggiano
- ◊ 1/4 teaspoon grated lemon zest
- ◊ 1/2 teaspoon fresh lemon juice
- ◊ 1 baguette
- ◊ 1 garlic clove halved crosswise.
- ◊ Mint leaves
- ◊ Salt & pepper



Preheat oven to 350 F with rack in the middle.

Cook fava beans in boiling water, uncovered, until tender, 3 to 4 minutes then drain and transfer to an ice bath to stop cooking. Gently peel off skin.

Pulse fava beans in a food processor until very coarsely chopped, then transfer half of mixture to a large bowl. Add 1/4 cup oil, 1/2 cup arugula, cheese, lemon zest and juice, 1/2 teaspoon salt, and 1/8 teaspoon pepper to fava in processor and puree until smooth. Add to bowl. Coarsely chop remaining cup of arugula and gently fold into fava bean mixture.

Cut 16 diagonal slices from baguette and put in a 4 sided sheet pan. Drizzle with remaining tablespoon oil. Bake until pale golden and crisp, 8 to 10 minutes. Rub with cut side of garlic. Spoon fava bean mixture onto baguette toasts, then drizzle with oil and top with mint.