



Riverland Family Farms



CSA Week 3

Corvallis, Oregon

Gustavo Velasco

To fully appreciate farming we must know and appreciate those who work in the searing heat and bitter cold to put food on our table. This week I got a chance to do just that and speak with one of our farm employees, Gustavo Velasco. Gustavo has been with the farm for 18 years. He came to the farm with little farming experience and started by learning weeding and pruning in his first year. He has always enjoyed working outdoors in a dynamic environment.



Working at the farm has always kept him engaged with new challenges to tackle daily. In short time period, Gustavo learned everything from planting to pruning, weeding, picking, etc. Today 16 crew members report to him and he manages all aspects of the fieldwork. He has a lot of family in Mexico and tons of childhood memories from there as well. Growing up his mom used to make him tamales, pozole, and other traditional delicacies. He has had days of eating pizzas and burgers, and has seen the health impact of fast food. Now he tries to eat healthy and cooks with broccoli, asparagus, and other greens. He loves eating strawberries and raspberries at the farm and hopes we will start growing watermelon someday.

In his free time, Gustavo enjoys playing basketball. A few years ago he went back to the village where he grew up and organized and participated in a basketball tournament. The

highlight of his Sundays is getting together with friends and playing basketball. He wishes more people would give their phones a break and play basketball instead (amen!). Gustavo's work and leadership at the farm is exemplary, and we are absolutely grateful that he is a part of our farm family!!!

This week's harvest box includes an assortment of summer colors with tomatoes, zucchini, cilantro, raspberry and more. We hope you enjoy it.

Until next week, Stay Safe, Stay Healthy!
Ruby

WHAT'S IN THE BOX?

- Rainbow Chard *bunch*
- Cilantro *bunch*
- Garlic Head
- Purple Magic Potatoes *1.5lb*
- Snap Peas *pint*
- White Spring Onion *each*
- Grape Mix Cherry Tomato *pint*
- Zucchini *3 each*
- Red Raspberry *half pint*



Pozole Soup

source: *food.com*; Serves 10
Ingredients:

- ◊ 1 1/2 lbs pork shoulder
- ◊ 2 garlic cloves, peeled
- ◊ 1 tablespoon cumin powdered
- ◊ 1 onion, chopped
- ◊ 2 tablespoons oil
- ◊ 1/2 teaspoon cayenne
- ◊ 2 tablespoons California chili powder
- ◊ 1 tablespoon salt, and more for taste
- ◊ 1/4 teaspoon oregano
- ◊ 4 cups canned white hominy, drained and rinsed
- ◊ 3-5 cups pork broth, from cooking pork shoulder
- ◊ 1 cup canned diced green chilis
- ◊ 2 whole fresh jalapenos, chopped
- ◊ 3 whole ancho chilies, seeded and stemmed
- ◊ Lime/ lemon wedges, sliced radish, chopped cilantro for garnish



Place the meat in a large saucepan and just cover with lightly salted water. Add 1/2 chopped onion, 2 cloves peeled garlic, pepper, cumin, and oregano. Bring to a boil over medium heat, skim off any foam that rises, reduce heat and cover and simmer for 45 minutes. Remove meat and broth, reserving both. Sauté the remaining chopped onion and garlic in oil until translucent. Add the remaining spices, stir for a minute. Cut the reserved pork into 1 inch cubes and add to the pan. Stir in the canned hominy, pork broth, green chilies and jalapenos. Cook at a simmer, covered for 45 to 60 minutes until the meat and hominy are tender. If necessary, cook for up to an additional 60 minutes until the chilies and onions are well blended into the broth. Degrease the stew, taste for salt and serve in soup bowls. Garnish with lime/ lemon wedges, sliced radish, and chopped cilantro, shredded cabbage, fried corn tortillas etc.