



# Riverland Family Farms



CSA Week 10

Corvallis, Oregon

## Coastal Giants



Wildfires, floods, excessive heat, tropical storms, COVID, UN's climate change report.! This is all a lot to take in, but unfortunately is the reality we are facing. We are all trying to adapt to this rapidly changing climate and I always wonder if trees, plants, and wildlife that surrounds us would be able to do the same.

Tyler and I finally got away for a few days and went camping along the coast with the kids. Trees were the main focus of this trip, especially coast redwoods. It is such a surreal feeling walking through these coastal giants that have been standing there for hundreds and some for over two thousand years. Fire scars on many of the redwoods were a good reminder of the growing threat along the west coast. I was happy to share such a



beautiful place with my kids, but I wasn't sure how long this beauty will remain. The scariest part of all was seeing dried-out rivers and creeks. What a sight it could have been if there was water in the river (referring to Eel River, CA). We can't reverse climate change fast enough, but maybe we can help slow it down. For our immediate reality, we will have to learn, adapt, and help our surroundings. On this trip, I learned that two mature redwoods remove and store roughly 1,600 tons of carbon from the atmosphere. That is about the average an American produces in their lifetime through carbon emission. Safe to say redwoods alone won't be able to offset our carbon emission, but protecting them is a step in the right direction. I am happy to be back home with this experience, and now I hope I can help some trees around me get through this yet another heatwave.

At the farm, keeping everyone hydrated and safe is the key focus this week. We finally got some corn and we are excited to share it with you. I am including a corn casserole recipe. Basil and Parmesan add such a unique flavor to this casserole. You will also find Ubileen pears in the box. If the neck of the pear feels soft when pressed, it is ready to eat. You can leave them out on a countertop and they will ripen in a day or two. Hope you enjoy!

Until next week, Stay Safe, Stay Healthy, & Stay Hydrated!

Ruby

### WHAT'S IN THE BOX?

- Corn *4 ears*
- Salad Mix *1/2 lb bag*
- Italian Basil *bunch*
- Italian Peppers *3 each*
- Radish *bunch*
- Red Spring Onion *each*
- Purple Magic Potatoes *1.5 lb*
- Roma Tomato
- Pear *3 each*



## Corn Casserole

Source: [thekitch.com](http://thekitch.com)

### Ingredients:

- ◇ 8 ears of fresh corn, husks removed
- ◇ 1 large egg, beaten
- ◇ 1/4 cup half & half
- ◇ 1/2 teaspoon kosher salt
- ◇ 2 ounces finely grated parmesan cheese, divided
- ◇ 2 tablespoons chopped fresh basil leaves, divided



Arrange a rack in the middle of the oven and heat to 350 F. Cut the kernels off corn cobs and transfer to a large bowl. Use a butter knife to scrape the cob clean, collecting the milk and any bits of corn kernel into the bowl. You should have about 5 cups of kernels.

Add the egg, half & half, salt, half the Parmesan, and half the basil and stir to combine. Transfer mixture to an 8X8 inch baking dish and spread into an even layer. Top with the remaining Parmesan.

Bake until bubbling, fragrant, and the corn color intensifies, 40 to 45 minutes. Set aside to cool on wire rack for 10 minutes. Top with the remaining basil and serve.