

# GROUNDWORK ORGANICS



August 17, 2016

## In your box

Salad mix  
Red leaf lettuce  
Cucumbers  
Jaqueline Lee potatoes  
Yellow onions  
Red bell peppers  
Green beans  
Cherry tomatoes  
Heirloom tomatoes  
Cantaloupe

So hot out, it's hard to want to cook. This is the perfect box to help you avoid doing much, big composed salads make a great light meal. Nicoise, or what we usually go for, the 'cold plate' - basically a decomposed chef's salad with halved cherry tomatoes, cucumbers, boiled potato or blanched green beans, halved hard boiled eggs and some thin sliced turkey or ham, serve with a little blue cheese dressing. Delicious. Melon for dessert!

We're beginning to dig our main season planting of potatoes including these **Jaqueline Lee**. They got a good deal of compost and periodic release of beneficial insects, and...wow, the quality is outstanding. This is a variety we started growing last year, a late blight resistant variety that's a taste test favorite. Great all around potato, not too waxy, not too dry, with thin, smooth skin, and nice yellow flesh. It's a winner. Thanks everyone, Sophie

### **Cherry Tomato and Green Bean Salad**

from Chez Panisse Vegetables by Alice Waters

½ pound cherry tomatoes  
½# green beans  
½ large shallot  
1 ½ tablespoons red wine vinegar  
salt and pepper  
1/3 cup extra virgin olive oil

Top and tail the beans and parboil them in salted water until tender. Drain and immediately spread them out to cool. (The beans retain more flavor if you avoid shocking them in cold water.) Stem the cherry tomatoes and cut them in half.

For the vinaigrette, peel and dice the shallot fine and put it in a bowl with the vinegar, salt and pepper. Whisk in the oil. Taste and adjust with more vinegar, oil, or salt as needed. Toss the cherry tomatoes in with the vinaigrette. This can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinegar. Garnish with basil or some other fresh herb such as fresh parsley or chervil. *Serves 4 as a side dish.*

### **Avocado Tartine with cucumber and sesame seeds**

from the Smitten Kitchen Cookbook by Deb Perelman

One 6-inch length of baguette  
½ cup minced cucumber, seeded  
1 ½ teaspoons rice vinegar  
½ teaspoon toasted sesame oil  
Pinch of salt  
1 teaspoon black sesame seeds, toasted  
1 teaspoon white sesame seeds, toasted

Split your bread into top and bottom halves, and toast the halves. Arrange slices of half your avocado on each toasted baguette half. Stir together the cucumber, vinegar, sesame oil and salt. Dollophalf the cucumber salad on top of each bread half. Sprinkle with mixture of seeds, and adjust seasoning to taste with a few more drops of vinegar, or another pinch of salt. Eat immediately. Serves 2