

GROUNDWORK ORGANICS



July 20, 2016

In your box

Salad Mix
Carrots
Baby bok choi
Onions
Green peppers
Corn
Beefsteak tomatoes
Mixed zucchini
Rainbow chard

First of the **corn** this year, always an easy treat to center a light meal around. This is a bodacious type yellow sweet corn, best eaten within a day or two. The trickiest part of growing corn organically is dealing with corn earworm - aside from hand applying drops of oil to the tips of each and every new ear in the field to discourage them, there is very little you can do about it. If you have a little damage to the top of an ear (we saw it in about 20%) just cut or snap it off.

Lots of sweet and colorful varieties on the way, but for now a few **green peppers** to get you started. Sliced thin, sauteed with onions, and maybe finished with a little melted swiss or provolone, you have an excellent flavor bomb to dispatch as you see fit. I am also fond of it raw in Greek salads, a strangely key component with onion, tomato, feta, and a red wine vinaigrette.

Baby bok choi is on the small side, please don't judge it too harshly. It was a good experiment though, direct seeded in the field. It needed to come out as it was in pretty direct competition with weeds, the issue with planting it that way, of course. Big beautiful **onions** make me want to include the recipe below for onion rings, serve with corn on the cob and a big salad with giant hunks of tomato.

Still working on getting Padron peppers in for you soon, and should have peaches for next week too.

Onion Rings

With a big salad and a fresh herby dip, these make for a very satisfying meal. This a great method off the web, light & crisp, classic.

1 large onion, cut into 1/4 " rings
1-1/4 cups flour
1 tsp. baking powder
1 tsp. salt
1 egg
1 cup milk or buttermilk
3/4 cup dry breadcrumbs or panko
oil for frying

Separate the onion slices into rings, and set aside. In a small bowl, stir together the flour, baking powder and salt. Dip the onion slices into the flour mixture until they are all coated; set aside. Whisk the egg and milk into the flour mixture using a fork. Dip the floured rings into the batter to coat, and allow excess to drip off. Spread the breadcrumbs on a plate, and dredge the rings thru the crumbs, coating well.

Meanwhile, heat about 2 inches sunflower or other high heat cooking oil in a shallow, heavy bottom pot. Fry the rings a few at a time, 2-3 minutes or until golden brown. Remove to a paper towel lined plate. Try serving with a dip of sour cream thinned with buttermilk and spiced with onion or green garlic powder, espelette or other chili flake, chopped parsley and salt and pepper to taste.

Just in case you missed this reminder last week, **second half payments are due August 1st** if you did not pay in full. \$295 main season, \$360 full season. Let me know if you have any questions on your balance, I'm happy to assist. Please send checks by mail to PO box below. We do not automatically charge credit cards if you paid with one for the first half, so please let us know if you'd like to use the card on file, or send new credit card info. I confirm all payments with an email. Thanks!

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