

GROUNDWORK ORGANICS



July 6, 2016

In your box

Green butter lettuce
Arugula
Red Ace beets
Broccoli
Green Cabbage
Mixed zucchini
Parsley
Rainbow chard
Beefsteak Tomatoes

Hope your summer is off to a great start! Lots of vacation credit requests coming in, just a gentle reminder, five days notice is very much appreciated in order to guarantee credit.

With so many lovely **tomatoes** ready, we gave a big bag and extra **broccoli**, and will wait a week or two for padron peppers. This is a pretty crazy time of year, and a change or two from the Monday list becomes a little more common, but we'll do our best to call it right. Great combinations for stir fry and big salads this week, I believe **baby arugula** in July is a new record for us. Flea beetles normally devastate it this point, so we are trying out some very fine insect netting that goes over the row, which keeps the bugs out without suffocating the plants in the summer heat. It's working!

I've been enjoying making dressings and dips with lots of fresh herbs – **parsley**, mint and cilantro are very good together, shaken up in a mason jar with yogurt or sour cream plus a splash of buttermilk & bit of mayo, and fresh garlic. All of five minutes work. When I am on my game, it feels like there is so much less to buy. Make it, bake it! Very empowering. In that spirit, I present you with my favorite kraut recipe, which I will now get busy on myself. Best, Sophie

Sauerkraut

A nearly fool-proof and extremely tasty recipe, given to me by dear sister Jen, as developed by our friends at Cultured Pickle Shop in Berkeley, CA. The lemon, garlic and dill give it fantastic flavor, but are optional.

Quarter, core and slice cabbages 1/8"-1/4" thick, the thicker your cabbage slices, the crunchier the final kraut.

Per 2 1/2 pounds chopped cabbage, add:

1 1/2 tablespoons good quality sea salt

Juice from 1 + 1/2 lemons

3 garlic cloves, finely grated

1-2 tablespoon chopped fresh dill

Mix well, massaging ingredients together in a large bowl, one batch at a time. Pack into clean and sterile crock or gallon glass jar, pushing cabbage down below the liquid. If mixture is dry, add a mix of 1 cup water: 1 tsp salt as needed, but be patient and do this only at the very end of the process if necessary, you'll be surprised how much liquid the salt pulls from the cabbage. (3x batch should fill a 1 gallon crock, a 1x batch roughly fills a wide mouth quart mason jar. It packs down a lot.

Place a clean sterile plate on top to weight the cabbage down. Fill a quart size bag with salted water (1 cup water : 1 tsp salt) and put it on top of the plate. Lay plastic wrap over the filled bag, and cover with the lid.

Put the crock in an area with moderately constant temperature, 70 degrees or so is ideal. Check occasionally, to be sure cabbage is below the liquid, and no mold is forming along the sides. Allow to ferment for 10-12 days out of the refrigerator, then pack into clean sterile jars and refrigerate. Keeps well for several months in the fridge.