

GROUNDWORK ORGANICS



June 1, 2016

In your box

Romaine lettuce
Oskar red oak lettuce
Bunched beets
Walla Walla onions
Red Gold new potatoes
Basil
Zucchini
Vates Kale
Strawberries (Bend/PDX)
or Raspberries (Eugene)

Hello to main season members! We have had a wonderful, robust sign up this year, and are full at nearly every drop spot. So, a big thank you - to returning members for building us into your lives, and to new members who found your way to us this year. We hope to reward you with a delicious season!

A few quick reminders. Please unpack your produce into your own box or bags and leave the empty totes stacked neatly at the drop spots. Thanks in advance for respecting the pick up times, and privacy of our drop spot homes, we are very grateful for their participation! Any questions or problems should be directed to the farm, not the home owners.

The list on this newsletter should match what's in your box - sometimes we need to make a small change from the proposed list I email on Mondays. If an item in your box is ever damaged or missing, please contact the farm, we are more than happy to issue market credit. If you forget to pick up your box, you're welcome to check first thing Thursday morning, but we make no guarantees beyond official pick up time.

These **Red Gold new potatoes** are fresh dug and the skins are just beginning to set on them. They are best enjoyed within 5 or 6 days, as they start to oxidize. They are a great all-purpose potato, delicious simply boiled till tender and topped with fresh herbs and a little butter, or a spoonful of pesto - a great way to use up your big bunch of **basil** in one fell swoop. I store it in a bag in the fridge, unwashed and dry, but it is generally best to use within a few days.

Lots and lots of beautiful berries! **Raspberries** for Eugene members this week, as most of you have been doing the full season and getting lots of strawberries, and we'll switch next week.

Beets are gorgeous this week, maybe not everyone's favorite, but give these a chance. Shred them fine on your salads, or try the method below. The greens have a very nice, chard-like flavor, and could be cooked in combination with the kale for a nice side dish. Thanks again everyone! *sophie & crew*

METHOD: ROASTING BEETS

This is the simple and delicious way to prepare roasted beets, for salads like greens with fresh goat cheese and nuts, or as a wonderful side dish.

Top greens a 1/2 inch above the beet. Wash well and cut off tails. Line a small baking dish with foil, toss clean whole beets with a little olive oil and kosher salt and place in pan. Add a tablespoon of water, and wrap foil up and over the beets tight. Bake at 375 for 30-45 minutes, depending on size.

To peel, allow beets to cool enough to handle. Using a paper towel or clean rag, gently rub the skin off. Serve hot or cold, sliced into rounds or quarters.