

# GROUNDWORK ORGANICS



June 15, 2016

## In your box

Diva cucumbers  
Carrots  
Green cabbage  
Zucchini mix  
Blue potatoes  
Italian parsley  
Rainbow Chard  
Strawberries  
Blueberries

We don't often participate in many research studies, but Gabe was contacted by some Washington State research students who wanted to conduct a bird survey here, and they came down a few weeks ago to spend two days in our fields. The resulting list of nearly 40 species they observed is such a beautiful, valuable compilation to have. No surprise that birds like this area, with the river and a lush complex of criss crossing sloughs all around, but the group was impressed with the incredible diversity of birds they found, especially in the berry and raspberry fields (ha, no surprise there I guess). It is a perfect reflection of the value of crop diversity, and reminds me that a good CSA box (fruit! please) depend every bit on that diversity in our fields as well. A win win situation, all that variety is a wonderful thing for the whole bigger picture.

Mixed **zucchini** and **summer squash** this week includes a 'Cousa' type (thin skinned, light green and oblong), 'Eight ball' (dark green, and round, great for stuffing), 'Patty Pan' (ripple edged saucer shape) and 'Costata Romanesco' (ribbed light green stripes, an Italian heirloom with great nutty flavor and a firm texture. All will cook at more or less the same rate, if cut to the same size.

The **diva cucumbers** are a Persian type, thin skinned and very few seeds, a nice treat. We are in between plantings of lettuce and salad mix, but a nice **green cabbage** will go a long ways towards some good salads. This recipe comes from my friend Bethany, who made a batch just for me one morning and wrote down the recipe (Espelette and green garlic powders are both farm-made and available at the farm stand, along with some very nice olive oils and vinegars and local honey). Thanks everyone! Sophie

### **Bethany's simple Cabbage Slaw**

2 tablespoons olive oil  
4 tablespoons apple cider vinegar  
¼ tsp salt  
¼ tsp fresh ground black pepper  
½ tsp green garlic powder  
¼ tsp Piment d'Espelette flakes

Cut a few carrots into 1 cup short thin matchsticks made using a mandolin with julienne blade. Set mandolin to 1/8" and slice 1 small green cabbage (or about 2 cups worth) and ¾- 1 cup sweet onion. Toss all ingredients together, and let rest in the fridge for an hour. Clean and simple flavors, nice and light.

### **About Vacation Credit...**

Just a reminder, we offer up to two weeks of vacation credit during the season. Please give a minimum of five days notice by email or phone, and include your pickup site and the exact date you wish to cancel. Upon cancellation, I send a \$20 credit by mail for each box cancelled, good any time at farmers market or the farm stand.

And of course...please be sure to record your requested dates off, and let us know if your plans change. We leave an exact number of boxes at the drop spots which changes weekly, but all names remain on the list.