

GROUNDWORK ORGANICS



June 22, 2016

In your box

Romaine lettuce
Rainbow carrots
Red radishes
Garlic
Basil
Romano green beans
Eggplant or tomatoes
Strawberries
Blackberries

Happy solstice, what a beautiful week! The full lush picture is all around, crops drenched in sunshine after last week's rain literally glow. The field of mid season potatoes across the street gleams with good health and almost no bug damage, having gotten two inches of compost a few weeks after we planted them. One of the most complex aspects of farming is soil fertility. After many years, it is easy to see it as the key, the ultimate investment we are making, the parable. Very simply put, you get back what you put in. Healthy well-fed plants are able to defend themselves better against bugs and disease, presenting far fewer challenges down the line. And ultimately, those nutrients go straight towards nourishing us better too.

More **Romano beans** this week – top them, blanch 1 minute in boiling water then quickly sauté with a whole garlic clove and a little olive oil in a hot pan, salt to taste. **Italian eggplant** or **beefsteak tomatoes** in the boxes and we will switch next week. We've had incredibly good luck with a greenhouse variety of eggplant this spring, and planted it a little earlier with excellent results. Invariably I like to make eggplant parmesan with the first shiny fruit, slice into one-inch rounds, bread (flour/beaten egg/panko) and fry, then top with a simple tomato sauce and mozzarella and bake 20 minutes more. Tomato flavor always improves with a bit more summer heat, but this early planting of beefsteaks is one of the nicest we've grown. Heirloom and cherry tomatoes are looking great too, and will be in your boxes soon. Thanks!

Strawberry Shortcake

5/6/2015 Register Guard

For the biscuits:

2 cups unbleached flour
1 tablespoon baking powder
½ tsp table salt
1 to 1 ½ cups heavy cream
2 tsp sugar for the tops

For the filling:

2 ½ # strawberries, hulled and quartered
¼ - ½ cup sugar
1 teaspoon finely grated orange zest
Lightly sweetened whipped cream

To make the biscuits, head the oven to 425. Line a baking sheet with parchment paper. In a large bowl, stir together flour, baking powder and salt. Pour in enough of the cream to just form a dough. The dough should be shaggy and clumpy, but moistened.

Turn out the dough onto a lightly floured surface. Knead the dough 2 or 3 times, or just until it comes together. Use your hands to form the dough into a square. Using a rolling pin, roll out the dough into a 6-inch square, about ¾" thick.

Cut the dough into 6 equal rectangles, transferring them to the prepared baking sheet. Leave about 2 inches between them.

Brush each square lightly with cream, then sprinkle each with the sugar. Bake on the oven's middle shelf until pale golden, 12 to 15 minutes. Transfer to a rack to cool completely.

Meanwhile, make the filling. In a medium bowl, toss the strawberries with the sugar and zest. Adjust sugar to taste. Use a fork or potato masher to lightly press on the strawberries. Set aside for 1 hr.

To serve, cut the biscuits in half horizontally using a serrated knife. Arrange the flat bottoms on 6 serving plates. Spoon a sixth of the strawberry mixture (including any juices in the bowl) over the biscuit bottom. Top with the other half of the biscuit, then spoon whipped cream onto the top and serve immediately. *Serves 6*

About Vacation Credit

One more 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, we 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.

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