

GROUNDWORK ORGANICS



June 29, 2016

In your box

Red leaf lettuce
Carrots
Broccoli
Walla Walla onions
Butterball potatoes
Tomatoes (Bend/Pdx)
or Eggplant (Eugene)
vates kale
Raspberries
Blueberries

A few switches from the proposed list, sorry for any inconvenience. We'll have Little Gem lettuce and cucumbers soon, for this week **German Butterball potatoes** and some very nice **raspberries**. Berry season is just about at its apex, a glorious sight at market – tay, boysen, logan, black and blueberry, raspberry, strawberry, wow... if you are into freezing and jamming, now is the time! Fresh picked flats galore at farmers market and the farm stand. We often have discounted flats of day-old berries in our cooler at the farm stand too, for those of you in Eugene (Thursday – Sunday).

First of the **broccoli** for the season, we don't grow a whole lot, but always try to include it in the boxes when we can. Such a fresh clean flavor, it's hard to want to make a stir fry with out it. Don't overcook, and serve with great basmati rice (I am a big snob, and love trader joes organic white basmati above all others). For a light salad, steam and blanch it, chop to your liking, then toss with olive oil, lemon juice, fresh parsley or other herbs, and salt and pepper to taste and serve as a cold salad.

Tomato and **eggplant** switch is completed this week. The beefsteaks have had great flavor already, we are excited to have a better looking tomato crop this year but they sure are tricky, and between diseases and bug pressure there are no guarantees even at this point. Lots of nice variety though, heirlooms and a great mix for cherry tomatoes, all coming soon. Thanks so much, enjoy the holiday.

Favorite Veggie Melt

Good for breakfast, lunch or dinner, I find this to be a most satisfying meal and very kid friendly. The idea comes from Explore Café in Aspen, Colorado, where I worked at 18 as a dishwashing prep cook. My absolute lack of interest in skiing was ironic, but I really did learn how to love cooking at this job.

Slice about 6 well scrubbed potatoes into 1/4 inch rounds. Toss in a bowl with an onion, sliced in half and then into cut length-wise, olive oil and salt and pepper to taste. Spread on a well greased baking sheet and bake uncovered at 375, flipping once, until potatoes are golden brown and onions start to caramelize, about 45 minutes.

Prepare vegetables for steaming. Use any combination that sounds appealing. Carrots, broccoli, cauliflower, zucchini... Steam above boiling water until just tender, adding vegetables in order according to cook time, with greens like kale or spinach at the very end.

Grate 1- 1 1/2 cups of cheese (cheddar, jack, mozzarella or mix). On your baking sheet, pull the potatoes, cheese, vegetables, and a little more cheese. Melt until just golden under a hot broiler, about 3 minutes. Especially good served with slices of avocado and chopped green onions or walla walla tops.