

GROUNDWORK ORGANICS



November 16, 2016

In your box

Watercress
Nantes carrots
Red radishes
Jerusalem artichokes
Celery
Brussels sprouts
Yellow onions
Jacqueline Lee potatoes
Rainbow chard
Mustard greens
Acorn squash

One change from the list, no red leaf lettuce to be had, so we harvested what we could out of our scrappy **celery** patch – definitely a few stalks to cull thru, but glad to be able to include it. I don't think I ever liked celery before we started farming, and then two things made me appreciate it. One, I realized how hard it is to grow - slow to germinate, fussy with water and light requirements, and a pretty heavy feeder (disappoint it and it will disappoint you). Two, I learned that it is a crucial flavor in soup stocks, and hard to do without. Anyhow...totally botched our crop this year, but we'll keep trying. **Mustard greens** are new this week, traditionally they are cooked slow and low, stewed with a bit of vinegar, southern style. Can't wait to make some, they are the choice first pick off some very healthy plants.

Looks like we've come to the end of the season, friends - thanks for giving us this opportunity. Like a good portion of our crew, many of you have been with us since nearly the beginning, sixteen years. It's an incredible community that surrounds us, and we are extremely grateful. Info on next season will be sent out the first week in January, and markets continue in Portland at PSU, and in Eugene at the holiday market, then back outside downtown beginning February 4th. Wishing you a wonderful winter, Sophie.

Jerusalem Artichoke Soup (Thanks go to CSA member Michele Clements who sent this in yesterday. Make soup!)

- 1 1/4 lb Jerusalem artichokes
- 1 1/2 Tbsp unsalted butter
- 1 medium onion, chopped
- 1 fresh lemongrass stalk, root end trimmed and 1 or 2 outer leaves discarded
- 2 cups water
- 1 3/4 cups heavy cream
- 1 teaspoon salt
- 1/4 teaspoon white pepper

Peel artichokes and cut in 1/2-inch thick slices, transferring to a bowl of cold water as cut.

Melt butter over moderate heat until foam subsides. Then cook onion, stirring occasionally, until softened, about 5 minutes.

Drain artichokes, then add to onion and cook, stirring occasionally, until onion is pale golden, 10-12 minutes.

Meanwhile, cut off and discard top of lemongrass, leaving a 6-inch stalk. Smash it with the side of a large knife. Add lemongrass and water to the artichoke/onion mixture and boil over high heat, stirring occasionally, until liquid is reduced by half, about 8 minutes.

Simmer, covered, until vegetables are very tender.

Finally, add cream, salt, and pepper and simmer for another 5-10 minutes.

(If you like, serve with a bit of creme fraiche on top. The soup is lovely without it though.)