

GROUNDWORK ORGANICS



November 2, 2016

In your box

Italian mixed greens
Nantes carrots
Rainbow carrots
Green cabbage
Jaqueline Lee potatoes
Brussels sprouts
Onions
Italian Parsley
Rainbow chard

Sweet from the cold, and juicy from the rain, this is carrot time of year. Doubled up on them for the boxes, they were too beautiful to choose between. We farm several different properties all within a few miles and within that small distance; there are at least four different types of soil, each ideal for different crops. Fall and winter carrots were planted this year in the lightest loam soil we farm - one part luck one part planning. The crew is happy = a much easier task when the roots slip out clean, and the carrots are happy too, growing without resistance from clay or rock.

Greens in the **Italian mix** will be on the bitter side, you may opt to soak them in ice water for up to 30 minutes then spin them dry in a salad spinner, if you plan to use them fresh (this pulls out some of the bitter flavor). Or sauté them in olive oil with a few cloves of garlic and use in combination with other flavors to mellow out the impact. Good for digestion, high in vitamins and minerals, Mediterranean cultures have long been incorporating them into balanced diets – bitter greens and flavors are often paired with a rich or creamy element in Italy, they know how to make it work.

Brussels sprouts can be popped off the stalk and bagged up for keeping in the fridge. When ready to use, trim the bottoms and take off any bad leaves, rinse in cold water, and leaving a little water still clinging, add to a hot pan with diced onion a knob of butter and a little chopped bacon if you like. Cook till just tender, 10 minutes or so, stirring often.

The farm stand is open three more weeks, thru November 20. Farm grown pork is ready for sale (ground pork or chops) along with Matthew's incredibly good hot sauces, jams, quince butter(!) and other wonderful staples for your winter cupboard. Come stop by! Thursday – Sunday, 10am -5pm.

White Beans & Cabbage

From Super Natural Every Day by Heidi Swanson

2 tablespoons olive oil or butter
4 oz potatoes, unpeeled, scrubbed and cut into tiny cubes
Fine-grain sea salt
1 large shallot thinly sliced
2 cups cooked and cooled white beans,
or 1 can white beans rinsed and drained
3 cups very finely shredded green cabbage
Freshly grated Parmesan cheese

Pour the olive oil into a large skillet over medium-high heat. Add the potatoes and a big pinch of salt. Toss, cover and cook until the potatoes are cooked through, 5-8 minutes. Be sure to scrape the pan and toss the potatoes once or twice along the way so all sides get color. Stir in the shallot and the beans. Let the beans cook in a single layer for a couple of minutes until they brown a bit, then scrape and toss again. Cook until the beans are nicely browned and a bit crispy on all sides. Stir in the cabbage and cook for another minute, or until the cabbage loses a bit of its structure. Serve with parmesan.

30699 Maple Drive, Junction City OR 97448
PO Box 42292, Eugene OR 97448 www.groundworkorganics.com
groundworkorganics@gmail.com 541.998.0900