

# GROUNDWORK ORGANICS



November 9, 2016

## In your box

Salad mix  
Red leaf lettuce  
Purple Dragon carrots  
Broccoli  
Leeks  
Red potatoes  
Collard greens  
Hakurei turnips  
Butternut squash  
Persimmons

**Fuyu persimmons** are from Tom Denison in Corvallis, one of the best organic farmers in the valley and a good friend and inspiration to us. Unlike the Hachiya type, these remain firm even when ripe. They can be left out on the counter a few days to sweeten up and turn a deeper orange, or refrigerated to save for a later use – they keep very well. Cut and eat them like an apple, skin and all.

Given their texture and beautiful bicolor, I like the purple carrots grated best of all. Try them on a salad or in a veggie wrap (salad greens, grated carrots, sliced avocado, dressed with a little olive oil, salt and pepper rolled into a warm flour tortilla with a little melted jack or cheddar cheese – quick, healthy and tasty).

Oh my, late night and I can't think of anything else to say right now. I should have written this yesterday. I think I'll make some soup.

## **Potato Leek Soup**

Trim the root end and leafy greens of 2-3 medium sized leeks. Wash well to remove any dirt from the layers. Slice into one inch coins. Peel 4-5 medium potatoes and cube and dice one small shallot or ½ an onion. Melt 3 tablespoons butter in a medium size pot, and sautee leeks and onions for 5-6 minutes. Season with salt, add potatoes and cook a minute more. Add 4-5 cups stock, till potatoes are covered but not by much.

Bring to a near boil, then turn down to low and simmer for 30 minutes to one hour. Using a potato masher, crush the potatoes until smooth. I've found it is important to really wait until the potatoes are cooked thru before you mash, the result is a creamier soup in the end.

Cook a few minutes more, turn heat off and add a few tablespoons half and half or cream, and plenty of salt and pepper to taste. Garnish with chopped chives or crème fraiche if you like.

**CSA wraps up next Wednesday, November 16! Please remember to return any empty totes that may have accidently made it home with you to your drop spots by next week.**

**Winter markets continue on Saturdays at PSU in Portland year round (9am-2pm). The Holiday Farmers Market in Eugene runs Saturdays and Sundays at the fairgrounds, November 19 – December 24<sup>th</sup>.**

**Registration for the 2017 season opens the first week in January, we'll send out the brochure by both mail and email then. Thanks everyone.**

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