

# GROUNDWORK ORGANICS



October 12, 2016

## In your box

Salad mix  
Bunched arugula  
'Paris Market' carrot  
Curly parsley  
Leeks  
Red peppers  
Broccoli  
Vates kale  
Butternut squash

Lovely leeks, last of the sweet peppers, another round of broccoli, and plenty of greens for this week. The farm is looking great this year as we head into fall, amazingly a little ahead of the curve. A huge new planting of strawberries is in for next spring, cover crops of oats, rye and fava are springing up, and of course lots of prep work getting beds fertilized, shaped and covered for early production in January/February/March. Four acres of mixed table grapes are ready to plant at our new field at the end of the road, and ground is even worked up for a little chestnut orchard. Woohoo!

### **Parsleyed Rice**

*From the Silver Palette Cookbook by Julee Rosso and Sheila Lukins*

4 cups water or chicken stock  
2 cups uncooked long grain rice  
1 tablespoon salt  
8 tablespoons butter, cut into 8 pieces  
1 1/2 cups finely chopped parsley

Bring the water or stock to a boil in a heavy pan. Stir in the rice and salt, return to a boil, reduce the heat to low, and cover tightly. Let the rice cook, undisturbed for 25 minutes.

Uncover the pan, add the butter and parsley (do not stir), and cover. Remove pan from heat and let stand for 5 minutes. Uncover the pan, toss rice with a fork to mix in the butter and parsley, and serve immediately. Serves 6-8.

### **Risotto di Porri (Leek Risotto)**

3 tablespoons good quality olive oil  
3 leeks - whites and just a bit of greens, sliced thin  
1/2 yellow onion - chopped fine  
1/2 shallot - minced (if you've got it)  
1/2 cup white wine  
2 1/2 cups Arborio rice for Risotto (*Fior di Riso is an excellent brand, available at the Kiva and Longs in Eugene*)  
6 cups (+ or -) vegetable or chicken broth  
1/4 cup heavy cream or 2 tablespoons butter  
1/2 cup grated parmesan cheese plus more to serve with  
salt and pepper to taste

Have your broth simmering over low on the stove. In a large heavy bottom pot, heat olive oil, then add leeks, onions and shallots and a big pinch of salt and cook 10 minutes until wilted and reduced a bit, but not browned. Add a bit more olive oil if the pan is dry, then add rice. Cook just a minute or two, then add white wine and cook a minute more, stirring frequently. Begin adding the hot broth, a few ladlefuls at a time, or enough to just barely cover the rice. Cook over gentle heat, stirring often. As the rice absorbs the broth, add more broth, always adding just enough to barely cover the rice. Continue adding broth until the rice is al dente and the risotto is creamy and quite moist. Turn off the heat, and add the butter or cream, and grated parmesan cheese. Serve in shallow soup bowls, with extra grated parmesan cheese on the side. Serves 4