

# GROUNDWORK ORGANICS



October 26, 2016

## In your box

Salad mix  
Beets  
Leeks  
Parsnips  
Collard greens  
Italian Kale  
Potimarron squash  
Liberty Apples

Lots of rain! Wow – sure slows things down, the weight of mud. We focused on greens for the boxes, with some nice collards, salad mix and kale. Wanted to let you all catch up a bit this week, with lots more staples on the way. We always try to have the final few boxes help build up a little reserve for the long winter. **CSA runs thru November 16<sup>th</sup>.**

Excitingly, I got a call from La Mancha Ranch in Sweet Home, who offered us the last of their lovely **Liberty apples** for this week. Watch for their incredibly good hazelnuts as well, available at many of our local stores – it was a bumper crop this year. And one last time for **potimarron squash**, cut in half, scoop seeds and pulp, and bake face down on a lightly greased baking sheet with a splash of water at 350. So versatile, even dense and creamy enough to use in place of pumpkin in desserts and pies. I love travelling to Italy in the fall with zucca all over the menus – ravioli, soups, risotto. This year as luck would have it, I get to go to Spain! – any tips are welcome, I've never been. Enjoy the festivities this week!

### **Matthew's collard greens**

1 bunch collard greens, cut into thin ribbon with stems chopped finely  
1 onion  
¼ pound smoked bacon diced (optional)  
water or stock  
vinegar  
maple syrup  
red pepper flakes

Sauté bacon in a little oil in a cast iron pan until it starts to crisp and fat is rendered. Add onion and cook for 5 minutes over medium heat until they take some color and soften. Add collard greens and sauté for another 5 minutes over medium heat. Next, add 2-3 Tbsp of good cider or wine vinegar, ½ cup of water or stock, 2 Tbsp maple syrup, a generous pinch of salt, and a good blast of chili flakes. Cover, and cook on low for 25-30 minutes.

### **Steamed 'leeks' with miso-mustard**

From the unbelievably beautiful cookbook *Japanese Farm Food* by Nancy Singleton Hachisu

Note: *Negi*, a thin Japanese leek is called for, but halved down their length, nice fresh leeks should work very well too.

3 leeks, halved and cut into two inch lengths  
1 tablespoon hot Dijon mustard (like Edmond Fallot)  
3 tablespoons brown rice miso  
3 tablespoons organic rice vinegar

Separate the green tops of the negi from the white bottoms and place the bottoms in a bamboo (*or other*) steamer set over a pot of boiling water. Cover and steam for 4 minutes, then add the green tops (*all but about the top two inches of the leeks*) and steam 4 minutes more. Remove the cover and rest the steamer over a large bowl to cool and catch any drips.

Muddle the mustard, miso, and rice vinegar together in a small bowl. Transfer the negi to a suitably beautiful bowl, and fold the dressing in gently.