

GROUNDWORK ORGANICS



September 21, 2016

In your box

Napa cabbage
'Paris Market' carrots
Shelling beans
Vates kale
Sweet potatoes
Corn
Tomato mix
Hot pepper mix
Delicata squash

These round little **market carrots** are something we've talked about growing for years since we noticed them, not surprisingly, at Joel Thiebault's beautiful market stall in Paris. They can stand up to a slow cook, braised or roasted, or would be perfect for the recipe below. **Hot peppers** this week are a most international bunch as well – *Aji Limon* are a light yellow, long thin-walled and very hot Peruvian pepper, *Hungarian hot wax* have thicker flesh and medium heat, pointy with a colorful range when ripe, yellow to orange to apricot. *Aleppo* are small, red and lobbed, with deep base note heat, to remind us how small the world really is, some *habanero* and a few others in the mix, too. By the way, I apologize we didn't bag these up – next time.

Fresh shelling beans have a relatively short season, so I always get a little excited about them. Shelling them is a great task for the young people in our lives, quick and easy and a few really do go a long way in a dish. The minestrone recipe represented our farm in the Portland Farmers Market Cookbook which came out this spring, worth checking out, a nice tribute to a truly great market. Winter squash holds well out of the fridge, on your counter. Great variety on the way!

Fresh Shell Bean Minestrone

This is a lighter version of what can be a thick soup, letting the creamy fresh beans take center stage. Good broth is important, the addition of parmesan rind is traditional in an Italian 'brodo' and helps build big flavor. I like using an heirloom tomato like Marvel Stripe, which gives the broth a golden orange color.

brodo

- 8 cups water
- 1 rind parmesan cheese, about 3 oz
- 2 cloves garlic
- 2 tablespoons olive oil
- 4 peppercorns
- ½ tsp salt plus more to taste
- carrot, celery and onion trimmings (no onion skins) to equal about 2 cups
- several sprigs Italian parsley & 1 bay leaf

Combine ingredients in a large pot, bring to a simmer and cook uncovered over low heat for 1-2 hrs, until slightly reduced and flavor is nutty and rich. Strain. Freezes well, or keeps in the fridge 5 days.

- 6 cups brodo or homemade stock
- 3 tablespoons olive oil
- 1 tsp salt
- ½ medium yellow onion, chopped fine
- ½ shallot, chopped fine
- 2 cloves garlic, roughly chopped
- 2 cups fresh shell beans, removed from pod
- 1# heirloom tomato, cored, blanched and skinned
- 2 stalks celery, sliced into crescents
- 3 carrots sliced into coins
- 1 medium potato, diced small
- chopped parsley or basil, and parmesan cheese for serving

Heat olive oil in a large heavy bottom pan over medium heat. Add shallots, onions, garlic and half the salt, and cook till onions wilt and start to color up, about 5 minutes. Add the shell beans and 5 cups broth. Press skinned tomatoes thru a small sieve into the pot, or chop them fine and add. Adjust salt to taste. Cook over low heat, avoiding a boil, about 45 minutes, stirring occasionally. Add celery, carrots and potatoes, and more broth if needed and cook another 45 minutes, until the beans are very soft and vegetables are tender. Adjust salt and pepper to taste, and serve with good parmesan cheese, and chopped fresh parsley or basil.