

GROUNDWORK ORGANICS



September 28, 2016

In your box

Rainbow carrots
Parsnips
Red potatoes
Walla Walla onions
Shallots
Sweet pepper mix
Cherry tomatoes
Italian Parsley
Chard
Apples

CSA Pumpkin pick and farm tour is this **Sunday October 2nd from 2-5pm** at 91360 River Rd, Junction City. This is our Farm Stand location, ½ mile north of Beacon Dr. on the west side of River Rd. Come for any or all of this time, it looks like rain will surely be a factor, so bring your boots and raincoats – dang weather! – anyhow we'll have hot cider, some delicious bites from Party Downtown, and the pumpkins are planted right by the stand this year, so there's not too much slogging. You are also welcome to come out any time in October to pick your pumpkin (Thursday-Sunday 9am-6pm), just check in at the stand and let them know you're with the CSA.

Other important info, the last Bend market of the year is October 12th, for anyone with vacation credits still left to use. If this has been your drop spot, pick up moves as in years past to a nearby home for the final five weeks, more info on that to be emailed shortly. **The last box of the season is November 16th.**

The long red peppers in the mix today are **Jimmy Nardello**, a sweet Italian frying pepper. Named after the first generation Italian immigrant who brought them over, he cultivated them all his life and then gave the seeds to Seed Savers Exchange in 1983. They have since been given a 'prestigious' place in the SlowFood 'Ark of Taste' (you too can learn all this and more on the internet).

First nice crop of **liberty apples** from our eight year old orchard this year, these are one of my favorite varieties, crisp tart juicy sweet. It has been an incredible year for apples, even the abandoned roadside trees are loaded. Pressing more juice to share with you on Sunday! Hope you can make it, let me know if you have any questions.
Best, Sophie

Sliced apple with roasted brie and fig jam

Easy as can be, an elegant and delicious dish from my friend Suzanna in Umbria.

Preheat oven to 350. Place a good-sized wedge or whole small round of brie in a small cast iron or oven-proof pan that holds it without too much extra room. Spoon a generous scoop of fig jam over the top. Place pan on the stove over medium-low heat, and warm the bottom of the brie until it just starts to melt. Turn oven to broil and put in the whole pan. Watch closely, and cook maybe 30 seconds to 1 minute more, till the jam starts to ooze a bit too. Serve immediately with thinly sliced rounds of baguette and sliced apples.

Parsnips two ways

Earthy, sweet and mild, parsnips are underappreciated and easy to enjoy. They also store very well, several weeks at least in the fridge. I like them best either roasted or pureed.

to roast: scrub and slice into 1/2" pieces (I usually cut rounds with the narrow tip, then slice the top part in half and cut half circles, to get pieces of approximately the same size). Toss with olive oil and kosher salt and roast in a 400-degree oven for 25-30 minutes, using a spatula to turn once. Try a mixed roast with the rainbow carrots, prepped the same way and cooked together.

to puree: wash two medium parsnips and peel with a potato peeler. Cut the same way as above, to get 1/2-inch chunks of similar size. In a medium pot, add parsnips and enough water or stock to just cover the tops, like you would for mashed potatoes. Cover and cook over medium heat, bring to a boil, then simmer on low another 15 minutes or so, till parsnips are tender. Add 1-2 tablespoons butter, salt and pepper to taste and about a 1/4 cup half and half or heavy cream. Using a hand held blender is the easiest to whip them to an ethereal lightness, otherwise transfer to a blender or Cuisinart and puree.