

GROUNDWORK ORGANICS



August 12, 2020

In your box

Romaine lettuce
Baby spinach
Cherry tomatoes
Carrots
Green beans
Red onion
Sweet bell peppers
Vates kale
Raspberries

What beautiful weather! Saw our farmer friend Charles Little the other day who commented on the remarkable hydrating power of dew each morning around here, crisp and cool it's true - these plants wake up happy and refreshed. We should all be so lucky! Hope everyone's getting to enjoy the tail end of summer a bit, and appreciating this amazing place where we get to live.

Baby spinach is in its prime right now, and would work perfectly in the recipe below, along with the **sweet peppers**. Guessing you might still have some carry over ingredients like cabbage and cilantro from last week's whopper of a box. **Green beans** one more time this week, the season goes quickly on them, and they were looking so good I wanted to get them in again. And yes, it's time to get canning, roma tomatoes and pickling cucumbers are on right now if anyone is interested in ordering 20# boxes for market pick up. Also my sincere apologies, if you happened to mail your check to an old PO box I mistakenly had on the newsletter footer for a few weeks there, it will be returned. I confirm by email when all checks arrive, so if it's been a while and you haven't heard from me, please let me know. Thanks so much, Sophie

Asian Noodle Salad

With thanks to member Casey Hire, this is adapted from a Jamie Oliver recipe

1 lb Linguine, cooked, rinsed and cooled (*or sub a more traditional rice noodle or soba*)
½ head cabbage, sliced thin
½ lb baby spinach
2 sweet bell peppers, sliced thin
Large handful mung bean sprouts
Up to 1 bunch chopped cilantro
3 green onions, thinly sliced
2 cucumbers, peeled and sliced
10 oz whole cashews, lightly toasted in skillet

For the dressing:

Juice of 1 lime
8 tbsp olive oil
8 tbsp soy sauce
2 tbsp sesame oil
1/3 cup brown sugar
3 tbsp fresh ginger, chopped
2 fresh hot peppers, chopped
Chopped cilantro

Mix salad ingredients together. Whisk dressing ingredients together and pour over salad. Mix with tongs and serve on a platter. Note: dressing keeps for up to three days before serving, without cilantro.