

# GROUNDWORK ORGANICS



August 16, 2023

## In your box

Romaine lettuce  
Slicing cucumbers  
Beefsteak tomatoes  
Basil  
Golden Globe potatoes  
Mixed summer squash  
Red onions  
Anaheim peppers  
Bunched green onions  
Mint  
Cantaloupe

Smoke has filled the valley, and the hot week of weather is making for a rather unpleasant situation, hopefully everyone is staying relatively cool, sane and safe. As easy as it is to feel sad and inconvenienced, it's obviously nothing compared to those who's realities are truly impacted, and for the incredible unimaginable work of fighting these fires. The situation in Hawaii is so heartbreaking too. For those looking for ways to contribute, one of my favorite Portland based companies Seek and Swoon is sending 100% of proceeds from their Aloha Ombre throw blanket to relief groups for Maui residents, if anyone is looking for a beautiful gift or in need of one for yourself. The quality is awesome and they're made in the US (<https://www.seekandswoon.com>). And, if you don't need more \*stuff\*, I applaud you and you could check out [Hawaiicommunityfoundation.org](http://Hawaiicommunityfoundation.org) to make a donation. Hope you enjoy the produce and are getting in some time with friends and family before fall and the school year heads into full swing. Thank you!

## Herbal Cooler

Refreshing, economical and healthy, this is loosely based on the Genesis Juice recipe but lighter and less sweet. My family drinks this all spring and summer, and Gabe has decided he likes it even better unsweetened and just as an iced tea, no juice at all. In a half gallon mason jar, add one big handful rinsed fresh mint, one handful dried nettle leaves and one handful dried hibiscus flowers. Fill the jar a few inches from the top with cold water, screw a lid on, and set it in a sunny window for 12-24 hours. Meanwhile, combine about 3 tablespoons honey, 1/2 cup water and a bit of cut fresh ginger (optional) on the stove. Simmer 20-30 minutes, then remove ginger. Strain the tea into a pitcher and add about 1/2 cup unsweetened pure cranberry juice (Lakewood brand is organic and delicious) and the honey syrup to taste. Other juices work well so long as they're tart and strong – pure cherry or pomegranate are good too. Adjust the sweetness with a bit more honey or agave, or add a little lemon juice. As you might imagine this works as a great cocktail mixer too.

## Vietnamese Crepes

This recipe comes from a very fun evening learning something new at our dear family friends' home a few weeks ago. It is traditional and simple all in one, though the actual process of cooking the crepes is an art and deceptively not that simple.

In Eugene, we are lucky enough to have Sunrise Asian Market on West 29<sup>th</sup> & Willamette, where you can source the two key ingredients, Kim Tu Thap Banh Xeo 'Saigon Pan Cake Flour Mix' (Pyramid brand is what we used) and CoCo Rico coconut flavored sparkling beverage to mix in for a light and crispy pancake.

Whisk up the Banh Xeo mix according to directions, using the sparkling Coconut soda in place of coconut milk for a lighter texture if you want (the mix is rice based, and calls for no egg, which is neat.) Add in a large handful of chopped green onions.

In a hot, 10 inch preferably non stick skillet, add a small bit of oil, toss in 6 or so small pieces of chopped deveined shrimp (optional) and stir quickly. Add a small handful of beansprouts, quickly toss, then pour in about a 1/2 cup of batter, swirling the pan to allow it to spread thinly and evenly as it coats the pan. Give it long enough that the top begins to set, then turn one half over like you would an omelet and let it cook another minute or two on each side. Continue on in this way, piling the finished ones onto a sheet pan until you have used all the batter. Cut each semi circle pancake in half with kitchen shears.

Serve with very thinly julienned cucumber and carrots, piles of fresh herbs – mint, basil, cilantro, and large torn leaves of crisp lettuce. You can either roll the vegetables into the opened up crepes, or quickly dip rice paper wraps in a dish of water, and use those almost like a salad roll to tightly wrap everything up inside. Serve with little dishes of fish sauce mixed with garlic, hot pepper, a bit of sugar and a little water to accompany, or peanut sauce if you prefer to complete this delicious situation.

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