

GROUNDWORK ORGANICS



August 21, 2019

In your box

Red leaf lettuce
Mixed cherry tomatoes
Green beans
Basil
Carrots
Jaqueline Lee potatoes
Yellow onions
Raspberries
Superbowl watermelon

Grateful to be back home on the farm! A new planting of **carrots** is ready this week, and we should have a good supply thru the fall. Several acres are also germinating well for winter harvest. If not for weeds, this would be too easy. Coming in to some new crops soon – lots of fall brassicas (napa cabbage, broccoli, kale) and a variety of turnips, radish and salad greens as we circle back around to cooler loving plants. Still more corn, melons and tomatoes and grapes on the way before then.

My apologies, our order of little red nets did not ship in time for this week's box, so we're nestling pints of cherry tomatoes and raspberries in there carefully. If anyone has an issue, please let me know. We are just over half way thru the main season, boxes run this year thru **October 30**. Here's a pair of favorite indulgent recipes - with a chill in the air this week, I can't help but crave a little comfort food. Don't judge.

Buttermilk Onion Rings

With a big salad and a fresh herby dip, this is a real treat.

1 large onion, cut into 1/4" rings
1 1/4 cups flour
1 tsp baking powder
1 tsp salt
1 egg
1 cup buttermilk
3/4 cup dry fine breadcrumbs or panko
Sunflower oil for frying

Separate the onion slices into rings and set aside. In a small bowl, stir together the flour, baking powder and salt. Dip the onion slices into the flour mixture until they are all coated. Set aside. Whisk the egg and buttermilk into the remaining flour mixture using a fork. Dip the floured onions into the batter to coat, allowing the excess to drip off. Spread the breadcrumbs on a plate, and dredge the rings thru the crumbs, coating well.

Meanwhile, heat about two inches of sunflower or other high heat cooking oil in a shallow, heavy bottom pot until shimmering and a drop of batter fries up quickly. Fry the rings a few at a time, 2-3 minutes or until golden brown. Remove to a paper towel lined plate. Try serving with a dip of sour cream thinned with a little buttermilk and spiced with onion or green garlic powder, Espelette or chili flake, chopped parsley or basil and salt and pepper to taste.

Green Beans with Blue Cheese

2 large handfuls green beans, about 1/2#
2 tbs olive oil
1 tbs each finely chopped garlic and shallot
1/3 cup heavy cream
2 tbs good crumbled blue cheese
1/3 cup toasted chopped cashew or macadamia nuts
salt and pepper to taste

Tail and top the green beans and blanch in salted boiling water, 2-3 minutes. Remove beans and plunge them in an ice water bath to stop the cooking.

Heat the olive oil in a medium skillet. Add beans and cook a minute until warmed and just starting to brown. Season with salt and pepper, add garlic and shallots, and cook a minute more.

Add 1/3 cup heavy cream, toss and cook till cream reduces down and nicely coats the beans. Stir in blue cheese and cook another minute till cheese begins to melt. Plate and top with chopped toasted nuts.

Thanks go to ex Eugene chef Brendan Mahaney of Belly for this recipe. He recommends a more sturdy, mature green bean for this dish, this week's harvest would be perfect. Unbelievably good alongside a tender piece of grilled steak, if that's your thing.

Serves 4 as a side.