

GROUNDWORK ORGANICS



August 24, 2022

In your box

Red leaf lettuce
Bunched arugula
Cherry tomatoes
Beefsteak tomatoes
Corn
Chives
Tomatillos
Nopales cactus
Jalapeno/serrano mix
Vates kale
Peaches or plums

Once established, these **Nopales** cactus grow pretty happily up here in Oregon in our cold frame greenhouses. The crew has been trying to get me to put them in the boxes for the past month or two but I wanted to wait till we could include tomatoes peppers and tomatillos to go with. They can be eaten raw in salad (sliced into thin strips or diced, then combined w tomato, onion, cilantro, and a little cotija cheese, vinegar and oil). Or try them in a very traditional breakfast dish, sauteed then added to scrambled eggs with a little chorizo and cheese. Or for a wonderful take on a salsa verde, quickly boil them till tender and blend well with roasted or raw **tomatillo**, a handful of chopped **jalapeno and serrano**, vinegar or lime, and salt and pepper to taste. They should keep for a week or more in the fridge, in a plastic bag so they don't go limp, look them up on line and you will find no shortage of great ideas.

Tomatoes just keep coming! This would be a good week to make the farro salad with cherry tomatoes and throw in a ton of chopped chives or even some fresh corn kernels, that recipe is super versatile. (it was in the July 6 newsletter, they're all up on our website at groundworkorganics.com). If you live in Eugene, you may well know our awesome friend Silas who grilled up a fabulous dinner for some of my farm stand workers this week. I blame it on him that I need to include yet another Smitten Kitchen recipe, I ate my weight in this incredible grilled corn salad. Thanks everyone! *Sophie*

Corn Salad with Chili and Lime

½ a small red onion, thinly sliced
2 tablespoons red wine vinegar
½ teaspoon granulated sugar
Slightly heaped ¼ tsp kosher salt
6 medium ears corn, shucked
1/3 cup sour cream
1/3 cup mayonnaise
Heaped ½ cup crumbled cotija cheese
1 lime, halved,
Tajin seasoning or chile powder
Handful of cilantro leaves (optional)

Combine red onion, red wine vinegar, 2 tbsp cold water, salt and sugar in a bowl or jar. Set in fridge to pickle for an hour or until needed. Heat a grill to medium high. Lightly oil grill grates and place corn cobs directly on them. Cook corn until charred in spots all over, turning as often as needed. Transfer them to a cutting board to cool slightly.

While you're grilling corn, combine sour cream, mayo and cotija cheese. Spread on the bottom of your serving plate. Cut corn from cobs with a sharp knife and heap it over the cheese spread on the platter. Squeeze the juice of half a lime all over, then scatter the corn with pickled onion rings from the fridge. Generously shake Tajin or chile powder all over; if you're using plain chile powder, season with salt and an extra squeeze of lime, too. Top with cilantro leaves if you like. Cut remaining lime half into wedges and serve alongside. Eat right away, while the dressing is cold and the corn is hot.

Fresh Corn Polenta

Adapted from Verdura, by Viana La Place

1 1/2 quarts water
2 teaspoons salt
1 1/2 cups imported coarse cornmeal
1-2 ears corn, cut from the cob
1 tablespoon butter
3 tablespoons good parmesan cheese
olive oil for sautéing

2 cups fresh tomato sauce
greens such as kale, arugula or spinach
sautéed quickly with a little garlic
1 cup grated mozzarella cheese
parmesan cheese to serve with

Bring the water to a boil and add salt. When the water returns to a boil, start adding the polenta in a thin, steady stream, stirring it well as you add it. Reduce the heat to medium and continue stirring steadily for 25 minutes. Add the raw corn kernels, the butter and the parmesan cheese. Continue cooking 5 more minutes, or until the polenta is thick and soft. To make slices, pour the hot polenta into a loaf pan and let cool. Unmold the polenta and slice about one inch thick.

In a wide, oven proof pan, heat a few tablespoons olive oil over medium heat. Add slices of polenta, and turn once when golden. Cover lightly in tomato sauce, add sautéed greens, and scatter mozzarella over the top. Put on the middle rack of your oven under the broiler, watching closely, till cheese is bubbling.