

GROUNDWORK ORGANICS



August 25, 2021

In your box

Green leaf lettuce
Little Gem lettuce
Braising mix
Yellow potatoes
Fresh shallots
Beefsteak tomatoes
Gold bell peppers
Padron peppers
Squash and zuke mix
Jupiter grapes

Tomatoes still keep coming, though they're winding down a bit. We've had a really good and productive year with them. Glad to have a new planting of summer squash and zucchini for the tail end of the season. **Grapes** are from our four acre patch we planted about five years ago, they're a beautiful crop but initially a huge undertaking so it's lovely to see them finally coming into their own. We planted a few varieties including Canadice, a small seedless dessert grape which will be ready in a week or two. Jupiter in today's box, is a seedless Muscat grape.

I always get excited when the **shallots** are ready. In his Les Halles Cookbook, Anthony Bourdain talked about how they are at the heart of all French cooking, that they are the ingredient regular people make the mistake of forgetting about, adding a deep base note of rich savory flavor to just about any dish. These are fresh picked and uncured, so keep them in the fridge till you use them, sliced or minced then typically sauteed in butter at the start of a dish.

One small switch, we picked **green leaf lettuce** for you instead of red leaf, to change it up from last week. Salad mix and lots of fall cooking greens on the way too, for this week you're getting a braising mix from the summer plantings of kale and chard. Wanted to give the carrots one more week to size up. The recipe below is adapted from a Tartine recipe by Elisabeth Prueitt. The custard makes an unearthly textured quiche, and can be used as a jump off with any veg you wish to add. Thanks everyone, take care and enjoy this beautiful weather. *Sophie*

Quiche with Caramelized Onion & Shallot

1 fully baked and cooled pie shell, baked in a 10 inch pie pan
5 large eggs
3 tbsp flour
1 cup crème fraiche
1 cup whole milk
1 tsp salt
1/2 tsp black pepper
1 tbsp finely chopped fresh thyme
1/2 cup grated gruyere cheese
1 large sweet onion + 1 shallot
2 tbsp butter

Preheat oven to 375. Cut onion and shallot in half, and slice thinly. Over medium heat in a heavy pan, melt two tablespoon butter, add onions, and cook until nicely browned, stirring often, about 25 minutes. Allow to cool.

Place 1 egg and the flour in a mixing bowl and whisk well, until smooth. Whisk in the remaining 4 eggs until blended. In a medium bowl, whisk the crème fraiche until it is perfectly smooth and then whisk in the milk.

Pour the egg mixture through a fine-mesh sieve held over the milk mixture. Whisk in the salt, pepper, thyme, gruyere, and caramelized onion and shallot. Pour the egg mixture into the pie shell, and bake for 10 minutes. Turn the oven down to 325 and bake until the filling is just set, about 30 minutes more. Cool for 20 minutes.

Shallot Vinaigrette

Chop half a small shallot very fine. Combine with enough vinegar (I prefer white wine, champagne or rice wine vinegar) to just cover shallots in a small mason jar or bowl, and set aside for at least 10 minutes. Whisk in a half teaspoon good Dijon mustard, and add olive oil, salt and pepper to taste. Drizzle on greens just before serving. These shallots are fresh and will keep best in the refrigerator.

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