

GROUNDWORK ORGANICS



August 29, 2018

In your box

Little Gem
Gold beets
Romano green beans
Corn
Slicing tomatoes
Bunched baby leeks
Yellow potatoes
Bunched spinach
Red bell peppers
Grapes

In a moment of lightness a few nights ago, I said sincerely and quite simply, I love cooking. It is one task that seems to cover all the bases; an act of generosity *and* indulgence, both physical and mental, a chance to appreciate ingredients in their time and place. And this is definitely the time to enjoy alright, plus can, jam, freeze! So worth the effort – however I find I do best when I preserve in small quantities. The process is far less stressful, the outcomes are often better, and after all, nobody needs last year frozen pesto when next summer rolls around. It's been a pleasure to be at the farm stand more again this year, to be present for all of the recipes, techniques and history our customers bring with them. It's only natural to be inspired by one another, and I truly enjoy that part of it too.

Grapes this week are from our new field, this week you are getting Jupiters, a lovely dark red seedless grape, and coming soon we'll include Canadice, a seedless dessert grape. **Leeks** are just starting to come on for the fall, and are so nice at this small size. Use the bottom six inches or so, and save the tops for soup stock or broth. More sweet and herby than an onion, they are fantastic in egg dishes like quiche or tarts, or in this classic soup.

Potato Leek Soup

Trim the root end and leafy greens of 2-3 medium sized leeks. Wash well to remove any dirt from the layers. Slice into 1-inch coins. Peel 4-5 medium potatoes and cube and dice one small shallot or ½ an onion. Melt 3 tablespoons butter in a medium size pot, and sautee leeks and onions for 5-6 minutes. Season with salt, add potatoes and cook a minute more. Add 4-5 cups stock, till potatoes are covered but not by much.

Bring to a near boil, then turn down to low and simmer for 30 minutes to one hour. Using a potato masher, crush the potatoes until smooth. I've found it is important to really wait until the potatoes are cooked thru before you mash, the result is a creamier soup in the end.

Cook a few minutes more, turn heat off and add a few tablespoons half and half or cream, and plenty of salt and pepper to taste. Garnish with chopped chives or crème fraiche if you like. Love you, mama!

The annual CSA tour will be Sunday September 30th. Hope you can join us, we meet at the farm stand property from 2-5pm at 91360 River Rd, Junction City (3 miles north of Beltline Hwy).

Enjoy some light bites from our friends at Party Downtown, good drinks and a tour of the farm. Pumpkin picking and pepper roasting too. The farm stand will be open too if you have any vacation credits to use, or special items to stock up on. Rain or shine, we'll see you then!

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