

GROUNDWORK ORGANICS



August 3, 2022

Roma tomatoes are coming on strong. Like it or not, if you're a canner now is the time - we should have them available at markets all month. I've found that doing a dozen quart jars at a time is about what I can knock out in a few hours and not drive myself too crazy. The process is fairly straight forward, I go off the Ball Blue Book method, using lemon juice to raise the acidity and pack them in jars peeled, whole and hot, and can in a water bath for 40 minutes. There is really no substitute, and when I run out mid spring I kick myself for not taking on another batch back in August.

Another wonderful use for these Romas is to halve them lengthwise and cook at the lowest possible temperature in a wide sautee pan with a few tablespoons good olive oil and garlic. Our friend Pete, one of the best cooks I know made these for us last summer, SO GOOD. Here's what he says "I learned that recipe from my aunt in Rome. She would make them in the morning while the kitchen was cool and we had to wait till lunch to eat them. They were irresistible and an unbelievable smell to wake up to. The key to that is to go low and slow to caramelize both sides which of course brings out the sweetness. Salt generously and start with the cut side down on low for about 20 minutes then flip for another 20 minutes. Use whatever you like or have on hand – basil thyme garlic etc." They store great in the fridge and are amazing all on their own as part of an antipasta, with ravioli or on pizza. Couldn't resist sharing his memory with you all. Hope everyone's enjoying the produce and making a few good memories of your own.

In your box

Red leaf lettuce
Bunched spinach
Red radishes
Cherry tomatoes
Roma tomatoes
Anaheim peppers
Bunched onions
Yellow potatoes
Italian kale
'Beauty' Plums

Chili Rellenos

Roast Anaheim chilies whole over a gas flame or grill till nicely charred. You can also do them under the broiler. Put charred peppers in a bowl and cover, allowing them to steam. Rub off skin, make a small slit and remove seeds. Cut Monterey jack cheese into long sticks, and insert a few pieces into each pepper. Dredge the peppers in flour, hold cut edge gently together and dip into batter, allowing excess to drip off. Fry in at least an inch of hot vegetable oil, flipping once, till nice and golden. Serve with pico de gallo and warm tortillas (Tip! Get fresh ones from El Metate Tortilleria at 1124 Main St in Springfield if you really want a treat)

For the Batter: Gently mix together 1 cup milk, 1 cup flour, 1 tsp baking soda, 1 tsp baking powder, 1 tsp salt and 1 egg.

Plum Poppyseed Muffins

From Smitten Kitchen by Deb Perelman

6 tablespoons unsalted butter, melted and browned
1 large egg, lightly beaten
¼ cup granulated sugar
¾ cup brown sugar
¾ cup sour cream or full fat plain yogurt
½ cup whole wheat flour
1 cup all purpose flour
¾ tsp baking powder
¾ tsp baking soda
¼ tsp table salt
Pinch of cinnamon
Pinch of nutmeg
2 tablespoons poppy seeds
2 cups pitted and diced plums

Preheat oven to 375. Butter twelve muffin cups.

Whisk the egg with both sugars in the bottom of a large bowl. Stir in the melted butter, then the sour cream. In a separate bowl, mix together the flours, baking powder, baking soda, salt, cinnamon, nutmeg and poppy seeds, and then stir them into the sour cream mixture until it is just combined and still a bit lumpy. Fold in the plums.

Divide batter among prepared muffin cups. Bake for 15 to 18 minutes until the tops are golden and a tester inserted into the center of a muffin comes out clean. Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool completely.