

GROUNDWORK ORGANICS



August 31, 2022

In your box

Green cabbage

Corn

Basil

Rainbow carrots

Cherry tomato mix

Modoc red potatoes

Bell pepper mix

Padron peppers

Mini Love watermelon

One small change from the list, the red leaf lettuce was starting to bolt so we left that out and put in more corn, potatoes and bell peppers this week. Some very nice greens coming on soon though, we have plantings of little gem, spinach and salad mix all about ready for these last two months of the CSA.

Happy to have a new planting of **red potatoes** to harvest, these are a great variety with a nice firm texture and will hold together well for salads and roasting. I know we've had a lot of **green cabbage** in the boxes this year, but this is some of the nicest we've grown. If you want to move thru it quickly you can always slow cook it in a more eastern European style and let it really condense down and sweeten up. But I do love wide chopped pieces thrown in at the very end of cooking fried rice or Asian style noodle dishes so it stays nice and crisp.

We've been short on **carrots** for the summer, but have lots planted for the fall that are just about ready - this rainbow mix is the first to come on. Full flavored, these varieties represent the roots of what has been bred into a rather boring, bland and orange staple. They're amazing cut in half lengthwise and roasted in olive oil till just tender and a little crisp - had this at MEC in Portland with a dollop of whipped feta and have been thinking about it ever since. They're also beautiful grated on salads or in veggie wraps, as many of their interiors have a different color than their skin.

Mini Love watermelons are red fleshed, juicy and the perfect size to eat in one day. We lost a good amount of our melon plantings to some late April flooding this year, alas. Normally we put them in the boxes a few times, but this may be it for the season, we'll see. Wishing you all a good holiday weekend, wow that came up quickly!

Japchae (Korean Glass Noodles)

From the Korean Vegan by
Joanne Lee Molinaro

7 oz sweet potato vermicelli
1 carrot, julienned
¼ cup julienned red bell pepper
¼ cup julienned yellow bell pepper
¼ cup julienned green bell pepper
½ cup julienned cabbage
4 cups adult raw spinach
½ cup julienned yellow onion
1 tablespoon minced garlic
4-5 mushrooms, thinly sliced
2 tablespoons extra virgin olive oil
Salt and fresh ground black pepper
3 tablespoons soy sauce
2 tablespoons maple syrup
1 tablespoon sesame oil
1 tablespoon toasted sesame seeds

Soak the sweet potato vermicelli in water for about 15 minutes. In a pot of boiling water, cook the spinach until it turns bright green, about 2 minutes. Drain the spinach and run it under cold water to stop the cooking. Squeeze out as much excess liquid as possible and set aside. In a very large skillet, heat 1 tbsp of the olive oil over medium-high heat. Add the carrots and saute until they start to turn soft, about 2 minutes. Season with salt and pepper. Remove the carrots and place in a large bowl. Repeat with the red, yellow and green bell pepper. Remove and cook the cabbage, seasoning each to taste with salt and pepper and adding to the bowl with the carrots. If necessary, add more oil to the pan as you go. In the same pan, heat the remaining 1 tbsp olive oil over medium-high heat. Add the onion, garlic, mushrooms, and salt and pepper to taste and saute until the mushrooms are browned, about 5 minutes. Add 1 tbsp of the soy sauce and 1 tbsp of the maple syrup to deglaze the pan. Transfer the onions, mushrooms and garlic to the large bowl of vegetables, add the cooked spinach. Bring a large pot of water to a boil. Add the soaked vermicelli and cook them for 3 minutes. Add ½ cup cold water to the pot when the water starts to boil again, add another ½ cup cold water. When the water comes to a boil, check the noodles to see if they are cooked. They should be tender and springy. If not, repeat. Drain the cooked noodles and rinse them in very cold water. Shake off the excess water and add them to the bowl of vegetables. Add the remaining 2 tbsp soy sauce and 1 tbsp maple syrup along with the sesame oil, a dash of black pepper and the sesame seeds. Mix using chopsticks or your hands. Taste and add additional soy sauce, maple syrup or black pepper if desired. Serves 4