

GROUNDWORK ORGANICS



August 4, 2021

In your box

Green cabbage
Cherry tomatoes
String beans
Corn
Eggplant
Italian parsley
Onions
Anaheim peppers
Jalapeño
Tuscan cantaloupe

What a week! This heat is a lot to keep up with, cool mornings go by way too quickly. But peppers and tomatoes are happy, and melons are extra good right now. We did switch to a Tuscan cantaloupe for your boxes, with six beautiful beds coming on. Several other varieties should make it in before the season's up.

Lots of easy to enjoy produce this week, I'm at a bit of a loss for words so I'll just let the box speak for itself. Here's three favorite recipes from Alice Waters, all gems I've included in years past. Stay safe, stay strong everyone, take care!

Cherry Tomato and Green Bean Salad

½ pound cherry tomatoes
½# green beans
½ large shallot
1 ½ tablespoons red wine vinegar
salt and pepper
1/3 cup extra virgin olive oil

Top and tail the beans and parboil them in salted water until tender. Drain and immediately spread them out to cool. (The beans retain more flavor if you avoid shocking them in cold water.) Stem the cherry tomatoes and cut them in half.

For the vinaigrette, peel and dice the shallot fine and put it in a bowl with the vinegar, salt and pepper. Whisk in the oil. Taste and adjust with more vinegar, oil, or salt as needed. Toss the cherry tomatoes in with the vinaigrette. This can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinegar. Garnish with basil or some other fresh herb such as fresh parsley or chervil. *Serves 4 as a side dish.*

Corn Cakes

1 1/2 cups corn flour
1 1/2 tsp baking powder
1/2 tsp salt
2 eggs
1 tbs honey
1 cup milk
4 tbs unsalted butter
2 ears sweet corn

In a bowl, combine the corn flour, baking powder, and salt.

Separate the eggs. In a small saucepan, combine the honey, milk and butter, and heat gently until the butter is just melted. Cool slightly, then whisk in the egg yolks. Make a well in the dry ingredients and add the egg yolk and milk mixture. Blend to make a smooth batter.

Cut the kernels from the corn cobs and add to the batter. Beat the egg whites until they form soft peaks and fold into the batter. Cook the cakes on a lightly oiled, medium-hot griddle.

Serve with a handful of blueberries and maple syrup...

Melon Agua Fresca

For about 2 quarts, cut a medium melon in half, remove seeds, and cut the flesh off the rind into smaller chunks. Working in batches, liquefy the melon in a food processor or blender, pulsing for about a minute in brief spurts so as not to grind up any left over seeds. Strain, pushing as much pulp through the strainer as you can. You should have about 5 cups juice. Thin out with about 2 cups water, 1/4 cup sugar and the juice of one lime. Chill in the refrigerator, and serve over ice.