

# GROUNDWORK ORGANICS



August 9, 2023

## In your box

Red Butter lettuce  
Cherry tomato mix  
Roma tomatoes  
Curly parsley  
Jalapeños  
Tomatillos  
Sweet Corn  
Rainbow chard  
Peaches  
Blackberries  
Figs

Here it is, summer in a box. Everything everywhere all at once is how it's feeling around here, so we didn't hold back. We did swap out the mint from Monday's list, in favor of **Roma tomatoes** (perfect for the tabouli recipe below) and **tomatillos** too. Tomatillos can be removed from their husk and simply blended raw with a few seeded jalapeños, garlic, salt and a little lime or acid for a very simple fresh salsa, or they can be roasted on a sheet pan with some sliced onions, blended from there with a splash of water or broth and spiced to taste, for a richer smoother salsa, perfect for enchiladas.

A mix of **peach** varieties this week coming from the field we planted in 2018, happy to get a nice crop this summer - you never know in the Willamette Valley. And **figs!** These should barely be turning yellow on the exterior and good and soft, you can let them ripen up on a plate if need be. The interiors are an ethereal pink, the variety is Desert King. Try them fresh with a scoop of vanilla ice cream, wrapped in crispy bacon for an easy party appetizer, or stewed into a fig jam, recipe below. Thank you all!

### **Lebanese Tabouli**

*Many thanks to Adam Poverman, our trusty farm stand worker who shared his mom's recipe after mentioning curly parsley is the only way to go for tabouli. This is a gluten free version subbing quinoa for bulgar wheat, but either would work well.*

1/2 c dry quinoa  
1/4 c olive oil  
1/2 tsp salt  
1/2 c fresh lemon juice  
2 medium tomatoes, chopped into 1/2 inch cubes  
2 bunches parsley, very finely chopped (we use curly but you could use flat leaf or a combination)  
Handful fresh mint, finely chopped  
1 bunch green onions, finely chopped

1. Prepare quinoa per package directions. Cool for approximately 30 mins. While cooling, prepare tomatoes, parsley, mint and onions.
2. After quinoa cools, add olive oil, lemon juice and salt. Stir well and set aside for at least 30 mins to marinate.
3. After quinoa marinates, add remaining ingredients and mix well. We love our tabouli lemony and tart. If it's dry, add more lemon juice or olive oil. Salt to taste if you think it needs it. Chill for at least an hour or overnight. Mix well before serving.

### **Lyndsey Shear's Fig Jam**

*I was thrilled to find this tucked into a Fig Cookie recipe in Chez Panisse Fruits. If you've never had fig jam over melty oven baked brie, you're in for a treat! Figs are abundant right now in yards and sidewalk strips all around Eugene if you need to collect a few more for a full batch. Otherwise half this recipe.*

1 3/4 lbs ripe figs  
3/4 granulated sugar  
1 tablespoon grated lemon zest  
1/4 tsp salt  
1/2 cup water

Cut the tough ends off the stems of the figs. Cut the figs in quarters and put them in a medium saucepan with the granulated sugar, lemon zest, salt and water. Simmer 10 minutes, until the figs are soft and translucent. Puree the mixture by passing it thru a food mill, or pushing thru a sieve, and return it to the saucepan. Cook over low heat until it is a very thick paste, about 15 minutes.  
Makes approx. 3 cups.

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