

GROUNDWORK ORGANICS



July 12, 2023

Glad to have the switch for this week, Bend members are getting **raspberries** and Eugene gets **boysenberries** today (something about these juicy giants really makes me jump for joy). First of the season **eggplants** are ready, this is an incredibly beautiful and prolific Italian varietal we discovered a few years back and have been very happy with. Such a versatile vegetable that can transform itself readily, from caponata to baba ghanoush, and serve as a sponge for the great flavors of the Mediterranean and Middle East. **Fennel** can be enjoyed raw using a mandoline or very sharp knife and scattering over fresh greens, or braise it sliced into fans in some olive oil for a simple side dish to accompany meat or fish. It keeps incredibly well, no rush. **Alsea Craig onions** this week are a true sweet onion, and it seemed only right to put in this very good onion ring recipe. They would also make for a delicious onion soup gratin. Corn's almost ready, peaches are ripening up, sunflowers are blooming, and we're about to be swimming in tomatoes. Summer's here! Hope yours is off to a good start. *Sophie*

In your box

Romaine lettuce
Slicing cucumbers
Red Cherry tomatoes
Radishes
Eggplant
Fennel
Golden Globe potatoes
Sweet onions
vates kale
Boysenberries (Eugene)
or Raspberries (Bend)

Buttermilk Onion Rings

With a big salad and a fresh herby dip, this is a real treat.

1 large onion, cut into 1/4" rings
1 1/4 cups flour
1 tsp baking powder
1 tsp salt
1 egg
1 cup buttermilk
3/4 cup dry fine breadcrumbs or panko
Sunflower oil for frying

Separate the onion slices into rings and set aside. In a small bowl, stir together the flour, baking powder and salt. Dip the onion slices into the flour mixture until they are all coated. Set aside. Whisk the egg and buttermilk into the remaining flour mixture using a fork. Dip the floured onions into the batter to coat, allowing the excess to drip off. Spread the breadcrumbs on a plate, and dredge the rings thru the crumbs, coating well.

Meanwhile, heat about two inches of sunflower or other high heat cooking oil in a shallow, heavy bottom pot until shimmering and a drop of batter fries up quickly. Fry the rings a few at a time, 2-3 minutes or until golden brown. Remove to a paper towel lined plate. Try serving with a dip of sour cream thinned with a little buttermilk and spiced with onion or green garlic powder, Espelette or chili flake, chopped parsley or basil and salt and pepper to taste.

Eggplant Rollatini

1 large or 2 medium Italian eggplants
3/4 cup ricotta cheese
1/4 cup parmesan cheese
1/2 cup fresh goat cheese
1/2 cup grated mozzarella cheese
3 cloves garlic, peeled and chopped fine
Chopped basil, parsley and chives
Salt and fresh ground black pepper
1 quart tomato sauce

Slice eggplants lengthwise into 1/4 inch strips, coat lightly with a bit of olive oil and salt. Pre-cook them on a grill or in a 375 degree oven, until mostly tender and beginning to darken. Combine fresh ricotta, shredded parmesan and goat cheese plus chopped garlic, basil, chives and fresh ground pepper to taste. Place a big spoonful of filling on a strip of eggplant and roll, starting from one end until you have a nice tight spiral. Nestle them into a 9x13 glass baking dish. Top with tomato sauce and mozzarella, and bake at 375 for about 20 minutes till bubbling and cooked well throughout. Serves 4 *Note: These can be assembled and frozen in a ziplock bag prior to topping with sauce and cheese for an easy winter meal. Thanks to dear friend Bethany Little for the recipe.*

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