

# GROUNDWORK ORGANICS



July 13, 2016

## In your box

Salad Mix  
Cherry tomatoes  
'Jaqueline Lee' potatoes  
Bunched fresh shallots  
Cilantro  
Beefsteak tomatoes  
Basil  
vates kale  
Yellow plums

Happy to have some lovely **salad greens** for the boxes this week, its a bit unusual for us this time of year, another success we owe to the new insect netting I wrote about. Great flavors and textures right now, plumped up and extra succulent from the summer rains. What an interesting season so far. Fresh **shallots**, **cilantro** and **basil** should make for some tasty dishes this week, great blended up together for chimi churi type sauces, dressings and marinades. Shiro type **yellow plums** have tart skin and a sweet juicy interior, and are incredibly productive here. The only trick is they seem to come on all at one time, so thank you for your help with this matter. These are from a six-year old mixed orchard that includes peach, apple, cherry, pear, fig and persimmon.

A reminder, second half payments are due August 1<sup>st</sup>. \$295 for main season, \$360 for Eugene full season. Let me know if you have any questions on your balance, I'm happy to assist. Please send checks by mail to the PO box below, and include the primary CSA name on the account if it's different from your own. We do not automatically charge credit cards if you paid with one for the first half, so please let us know if you'd like to use the card on file, or send new credit card info in by mail or email. Season runs thru November 18. Thanks so much! Sophie.

## **Farro Salad with Shallots, Parsley & Cherry Tomatoes**

From The Art of Simple Cooking by Alice Waters

*This is one of my favorite cold salads, super easy to make, especially for a crowd, and it keeps for days covered in the fridge. Very versatile, add in chive or green onion, feta, marinated roasted tomato, etc. Thanks for introducing me to this Matthew...*

Bring to a boil 6 cups salted water. Add  $\frac{3}{4}$  cup farro. Simmer for 20 to 25 minutes until tender. Drain and transfer to a bowl. Sprinkle with 1 tablespoon red wine vinegar and salt to taste. Stir in:

- 1 small shallot, diced fine
- 2 tablespoons chopped Italian parsley (or sub a mix of cilantro and basil)
- 3 tablespoons extra virgin olive oil
- $\frac{1}{2}$  pint halved cherry tomatoes
- Fresh ground black pepper to taste

Serve at room temperature, or chilled. Makes 4 servings. *Note: farro is available in the bulk section at most health food stores, check Capella in Eugene for the best price around. Also find it at the Saturday Portland Farmers Market at Real Good Food when Jim Dixon is there with his (fantastic & amazing) Italian olive oils.*