

# GROUNDWORK ORGANICS



July 13, 2022

## In your box

Romaine Lettuce  
Cucumbers  
Red radishes  
Beefsteak tomatoes  
Bunched onions  
Yellow potatoes  
Vates curly kale  
Plums  
Raspberries

**Beefsteak tomatoes** are just coming on! Good flavor, great texture and perfect for slicing thick on a BLT or for caprese salad, which our daughter Nola can't seem to stop making. **Plums** have been a fairly reliable crop for us, and with so many varieties, one can get an interesting long season from them. First to ripen are these Methley's, a Japanese cross, mild, juicy and sweet. We also grow Shiro, Green Gage and some nice dense Italian plums which ripen late in the summer. **Raspberries** just keep coming, I wanted to try packing them into pint containers instead of half pints to see if we could cut down on damage from the nets. If anyone's had any smushed berries in the past few weeks don't hesitate to get a replacement at market. So fragile! Thanks everyone, *Sophie*

### **Savory Yogurt Bowl with Spiced Chickpeas & Cucumber Salad** from the website Green Kitchen Stories

- 1-2 large cucumbers or 3-4 divas
- 1 spring onion
- 2 celery stalks
- 10-15 fresh mint leaves
- 1 avocado
- 6 radishes
- ½ romaine lettuce
- ½ lemon, juiced
- 1 tbsp good olive oil

*For serving:* 2 cups full fat Greek yogurt

#### **Spiced Chickpeas**

- 2 tbsp sunflower seeds
- 1 tbsp sesame seeds
- 2 tsp fennel seeds
- 1 tsp coriander seeds
- ½ tsp salt
- ½ tsp ground cayenne
- ½ tsp ground cumin
- 1 tsp ground paprika
- ¼- ½ cup good olive oil
- 1 14 oz can cooked chickpeas, drained and rinsed

**For the cucumber salad:** Wash all produce. Cut cucumbers into large bite size pieces. Trim and thinly slice spring onion, celery and mint leaves. Cut the avocado in half and remove the stone, then cut into cubes. Trim the radishes and thinly slice. And chop the romaine lettuce. Place all prepared ingredients in a mixing bowl and squeeze over lemon juice, drizzle with olive oil and a little salt, give it a good toss and set aside.

**For the spiced chickpeas:** Add all seeds and spices (except powdered spices) to a dry skillet, heat gently for a few minutes while stirring. When the spices start to pop and smell fragrant, they're done. Pour into a mortar and give them a few bashes with the pestle. Transfer the seeds and spices back to the skillet. Now add oil (starting with the smaller amount and add more later if it looks dry), ground spices and chickpeas and heat on low temperature for 2-3 minutes. Stir to combine. When the chickpeas are warm and covered in spices and seeds, remove from the heat.

**To serve:** Dollop the yogurt into four bowls. Use the back of a spoon to smooth it out. Arrange the salad on one side of the yogurt and the spiced warm chickpea on the other side. Drizzle a little extra oil on top. Enjoy immediately while the chickpeas are still warm.