

GROUNDWORK ORGANICS



July 15, 2020

In your box

Romaine lettuce
Cherry tomatoes
Heirloom tomato mix
Summer squash mix
Carrots
Yellow Potatoes
Garlic
Italian parsley
Strawberries

Heirloom tomatoes this week include a mix of Marvel Stripe, Cherokee Purple, Brandywine and Carbon. A nice crop this year, we hope to have a good long season. Some interesting and tasty **summer squash** right now too, including Lebanese (oblong light green) Costata Romanesco (slightly striped with ridges running lengthwise) Patty pan (yellow or light green starburst shape) and Zephyr (pretty two-tone yellow with a light green bottom).

Big bunches of **Italian parsley** will work well in all the cold salad recipes below. With some hot days ahead, this might be a great week for eating light and stowing easy meals in the fridge for later.

The last few beds of **garlic** being dug this week. We had planted more than usual last fall anticipating big orders for green garlic from our restaurant and specialty accounts, but with the pandemic hitting so hard in the spring, orders were down and we let most of it mature and head up. Gratefully a versatile crop, at least. It has been such a very strange year, needless to say.

A reminder that for those of you who did not pay in full, **second half payments are due August 1st** and can be sent to the Maple Drive address below: \$360 for full season, \$295 for main season. If you'd like me to run a credit card on file, please let me know as we don't automatically charge them. Thank you so much, all!

French Potato Salad

Cook 1 ½ pounds potatoes in salted boiling water until tender. Drain, cool, peel (if desired) and cut into bit sized pieces. Place in a mixing bowl. Cook 2 eggs in the same pot of simmering water for 9 minutes, cool in cold water and peel. Mix together 1 tablespoon wine or rice wine vinegar, salt and fresh ground black pepper. Pour over the potatoes, stir gently and let sit for a few minutes. Add ½ red onion, (*or sub 1 smaller sweet onion*) cut into small dice and ¼ cup olive oil (*or ¼ cup crème fraiche or mayo for a creamy version*). Mix carefully. Adjust salt and vinegar to taste. Chop the egg and gently stir into the potatoes with 1 tablespoon chopped chives (*or thinly sliced greens of onion tops*) and 1 tablespoon chopped parsley.

Tabbouleh Salad

Cover ½ cup bulgur wheat by 1 inch with cold water. Soak for 20 minutes to plump the grains, then drain in a sieve. While the bulgur is soaking, prepare the other ingredients. Chop 1 cup parsley, 1/3 cup mint, 1 cup scallions (*or onion tops*). Mix the herbs with 2 medium tomatoes, cored and diced small. With your hands, squeeze the soaked bulgur to remove as much water as possible and mix it into the chopped herbs and tomatoes, along with the juice of half a lemon, ¼ cup extra virgin olive oil and salt to taste. Mix well, taste and add more salt lemon juice or oil if needed. Let rest for about 1 hour before serving to allow the bulgur to absorb the flavors.