

# GROUNDWORK ORGANICS



July 19, 2023

## In your box

Agretti  
Mixed cherry tomatoes  
Beefsteak or Heirlooms  
Basil  
Italian parsley  
Collard greens  
Mixed summer squash  
Bunched Red onions  
Raspberries or Blackberries  
Red currants

A few newbies this week, firsts actually in the history of our CSA. We always get questions on **Agretti** at the stand, it's something we best describe as an Italian salad herb – in the salt wart family, it has a pleasant and mildly salty crunch and can be used fresh in salads or as a garnish on fish, meat or soups. **Red currants** are another little treat this week, if you are a baker you will have no trouble folding them in with another berry or two for a fabulous little galette or hand pie, but for an easy way to enjoy, try adding them on the stove to a some sugar and water to taste, cook down and strain for a red currant simple syrup to add to sparkling water or your favorite cocktail. The whole pint container can go into the freezer to save for later, or to more easily remove the berries from their stems.

## **Stephanie Pearl Kimmel's Grand Aioli**

### **Rockfish Confit**

Individual portions of rock fish filets- aprox 5 oz pieces  
Olive oil – 2 cups  
Bay leaves, lemon zest garlic  
Salt and pepper  
Mixed Mediterranean olives  
Lemons and parsley (and agretti!) to garnish

Salt the fish and set aside for 30 minutes. After 30 minutes, rinse and pat dry. Heat olive oil, lemon zest and garlic in a dutch oven or saucepan over low heat to 125 F. Submerge the fish in the oil and cover with the parchment. Cook for 15-20 minutes over low heat until the fish is opaque and cooked thru. Remove from the oil with a slotted spoon, allowing the oil to drain. Serve on a family-style platter, garnished with lemon, olives and more bay leaves (and agretti!)

### **Aioli**

Garlic – 2 large cloves  
Salt  
1 tsp lemon juice  
1 egg yolk  
1 cup mixed oil – 1 part olive oil 1 part vegetable oil

With a microplane, grate garlic in a medium mixing bowl, add a pick of salt and mash with a spoon to form a paste. Add the lemon juice, then the egg yolk, and stir to combine. Using a whisk, slowly work in the oil, starting with just a few drops and incorporating completely so the egg yolk gets sticky and the texture of the mixture thickens. Continue to add oil in a thin stream while whisking to emulsify. Add cold water in small drops to achieve a saucy consistency. Add salt to taste

### **Veg etc**

Farm eggs, hard boiled with jammy centers, boiled new potatoes, grilled assorted summer squash, halved cherry tomatoes, green beans, blanched carrots. Serve all together on a giant platter, under some beautiful oak trees.

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