

GROUNDWORK ORGANICS



July 20, 2022

In your box

Red leaf lettuce
Baby butter lettuce
Bunched red onion
Basil
Padron peppers
Rainbow chard
Green cabbage
Garlic
Marionberries
Strawberries

Berries everywhere! Now's the time to freeze or jam them, we have flats for sale at market and often have 'day old's at the farm stand for nearly half price (Thursday – Sunday, 9am-5pm. Call in the morning for best availability, 541-654-4941). To freeze, just lay them flat on a sheet pan in the freezer, and transfer to a ziplock bag once frozen for smoothies and desserts all winter long. Gabe wanted to add some fresh dug **garlic** this week not on your list to kick off the harvest so we snuck that in there. Perfect for the recipe below which is easier to make than you might think.

Sauerkraut

A nearly fool-proof technique, based on a tasty recipe from our friends in Berkeley at the Cultured Pickle Shop. You can leave out the dill, but the lemon and garlic help the culturing process happen cleanly.

Quarter, core and slice cabbages 1/8"-1/4" thick, the thicker your cabbage slices, the crunchier the final kraut. Leave a few inches head space in whatever jar or crock you use to allow for fermentation.

Per 2 1/2 pounds chopped cabbage, add:

1 1/2 tablespoons salt

Juice from 1 1/2 lemons

3 garlic cloves, finely grated

1 tablespoon dry dill, or a little more fresh

Mix well, massaging ingredients together in a large bowl, one batch at a time. Pack into clean and sterile crock or wide mouth mason jar, pushing cabbage down below the liquid. If mixture is dry, add a mix of 1 cup water: 1tsp salt as needed.

A 3 times batch should fill a 1 gallon crock.

Place a clean sterile plate on top to weight the cabbage down. Fill a quart size bag with salted water (1 cup water : 1 tsp salt) and put it on top of the plate. Lay plastic wrap over the filled bag, and cover with the lid.

Put the crock in an area with moderately constant temperature. Check occasionally, to be sure cabbage is below the liquid, and no mold is forming along the sides. Allow to ferment for 10-12 days, then pack into clean sterile jars and refrigerate. Keeps well for a month or more in the fridge.

Tapas-Style Padron Peppers

Found just about everywhere at Spanish markets & food stalls, these are simple to prepare and a delicious summer treat to start a meal. Padron peppers mostly have pleasant medium heat but one in ten or so can be quite hot.

In a wide cast iron skillet, heat 2-3 tablespoons good quality olive oil over medium-high heat. Once the oil is hot, toss in whole peppers, stems on, no more than one layer deep. After about 30 seconds, give the pan a shake. Continue this, every 20-30 seconds until all sides are nice and charred, and the peppers begin to collapse a little, about 4 minutes.

Toss with a big pinch of best quality coarse salt, transfer to a plate and finish with a little more coarse salt. Serve immediately and use the intact stem to grab and enjoy.

For a more substantial appetizer, serve with a scoop of whipped goat cheese to dip the peppers in. Or try chopping them fine after cooking and incorporate into pasta or egg dishes, as a pizza topping, or blend with a little crème fraiche for a creamy dip or spread.

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