

GROUNDWORK ORGANICS



July 5, 2017

In your box

Baby red leaf lettuce
Diva cucumbers
Bunched walla wallas
Baby bok choi
Mixed summer squash
Romano green beans
Eggplant
Italian parsley
Blueberries

Hi everyone, hope your summers are off to a great start and the produce is a good addition to it! A quick reminder, we offer two weeks of **vacation credit** with a minimum of five days notice, just send an email or call by phone, and I will mail out \$20 vouchers good anytime at our stand at market. We leave an exact number of boxes at each drop spot according to vacation dates, though your name remains on the check off list. If you have any questions or can't remember what dates you've cancelled, please check in with me, I'm happy to help.

We were able to switch radishes for **Diva cucumbers** this week. The plants are loving this weather and looking very healthy, hopefully we get a nice long season on them. **Eggplants** are also in full force in the greenhouse, this is an incredible variety from organic seed that we discovered last year - super early, productive and very tasty. I'm on a baba ganoush kick. Visiting my sister in CA last week, we grilled a bunch I'd brought from the farm while the grill was going, and had them on hand in the fridge ready to use when we had time to make it. I even wonder if it helped to have them sit for a few days once cooked, as all the water and juices percolated out, and made for a huge flavor and great texture. Recipe below.

Romano green beans are one of those crops you really only find at farmers markets in this country. An Italian specialty, they are easy to enjoy raw or cooked, and can be prepared essentially just like a regular green bean. I like them quickly boiled, blanched in cold water, and then buttered and salted. They'd also be great chopped up and used in stir-fried rice along with some of the lovely **bok choi**, wide squares of onion, scrambled egg...(yum, now I'm hungry).

Great looking **blueberry** crop this season too. Nothing easier than freezing blueberries, and they are my hands down favorite thing to have in the winter for pancakes and smoothies. If you love them too, be sure and pick up a flat at the farmstand or at market, we even have a little bit for upick starting tomorrow. They'll be in their prime for the next few weeks. Thanks everyone! *Sophie*

Baba Ganoush

3 medium eggplants
olive oil
salt

3 tablespoons tahini
3 tablespoons olive oil
3 garlic cloves
½ lemon, juiced
salt & pepper
¼ cup coarsely chopped Italian parsley

Slice eggplants in half lengthwise, brush with olive oil and sprinkle with a little salt. Place eggplants cut side down on a hot grill, flip every few minutes until nicely charred and very soft, maybe 15 minutes total. Allow to cool, or store in an air tight container in the fridge until ready to use.

Drain off any excess liquid, and scoop flesh from the skin into the bowl of a food processor. Add tahini, olive oil, garlic and lemon juice, a little salt, and pulse to blend. Taste and adjust with salt and pepper. Transfer to a serving bowl, mix in parsley, and top with a little extra of your best quality olive oil. Serve with pita or toasted baguette and cucumber slices.