

# GROUNDWORK ORGANICS



July 5, 2023

## In your box

Little Gem lettuce  
Rainbow carrots  
Sungold Cherry tomato  
Padron peppers  
Mixed summer squash  
Green cabbage  
Italian parsley  
Red Ace Beets  
Boysenberries (Bend)  
or Raspberries (Eugene)

Two little changes from the list this week. Bend members are getting **boysenberries**, Eugene is getting **raspberries** and we'll plan to switch next week. Both are so good! Of all the cherry tomatoes, **Sungolds** are my hands down favorite, so I was excited to put them in your boxes first, lots of heirlooms and beefsteak tomatoes on the way. **Red beets** this week also look lovely, just roast them by wrapping in tin foil with a little olive oil and salt, bake at 375 for about 40 minutes, rub skins off with a paper towel once they cool and they keep in the fridge for a solid week. So delicious sliced thin over greens with a little goat cheese and vinaigrette. **Specialty summer squash** this week include Costata Romanesco (an Italian heirloom with light green ribs, very firm and few seeds) a Lebanese squash (oblong and light green, also quite firm) and a yellow crookneck, all great for grilling. Thanks everyone! Hope you had a fun Fourth and are staying cool during these hot days.

## 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.

## Farro Salad with Cherry Tomatoes

*Adapted from The Art of Simple Foods by Alice Waters*

$\frac{3}{4}$  cup uncooked farro  
1 pint cherry tomatoes  
1 small shallot or 2 scallions, diced fine  
2 tablespoons chopped parsley  
1 tablespoon red wine vinegar  
1 tablespoon fresh lemon juice  
3 tablespoons good quality olive oil  
Salt & fresh ground black pepper

Bring 6 cups salted water to a boil. Add farro and simmer for 20-25 minutes or until tender. Drain well and transfer to a medium bowl. Sprinkle with vinegar, lemon juice and a big pinch of salt. Taste and adjust.

Rinse, dry and halve cherry tomatoes. Stir in parsley, scallion, olive oil and black pepper. Gently fold in cherry tomatoes. Taste and adjust with more olive oil, vinegar or salt & pepper as needed. Serve at room temperature.

Variations: try adding diced cucumbers or halved ovalini of fresh mozzarella. Parsley can be swapped for cilantro or basil.

Serves 4