

GROUNDWORK ORGANICS



July 6, 2022

In your box

Salad mix
Cherry tomatoes
Basil
Eggplant
Zucchini
Italian Parsley
Garlic whistles
Italian kale
Raspberries

Quite the Mediterranean box this week, especially with one small change from Monday's list, first of the season **eggplant** swapped for nopales. We'll definitely try to put them in at some point this season to give you a taste, but the past few weeks of cooler temps have slowed down those heat loving cactus even in the greenhouse. **Garlic whistles** (also called scapes) are the flowering stalks of the garlic plant which are helpful to remove for better bulb production. They also happen to be very tasty, with an asparagus-like texture and a bright, mellow garlic flavor. Steam, sautee or grill briefly till tender, whole or chopped into one inch pieces, and serve as a side or toss into pasta or on a homemade pizza. **Cherry tomatoes** and **Italian parsley** combine perfectly in all sorts of cold salads, the recipe below is an all-time favorite, super simple to make and keeps great in the fridge for a quick satisfying lunch. **Raspberries** for both Eugene and Bend, with a big beautiful harvest this week. Thanks everyone, hope summer is treating you well! *sophie*

Farro Salad with Cherry Tomatoes

Adapted from [The Art of Simple Foods](#) by Alice Waters

¾ 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

Eggplant Rollatini

2 medium Italian eggplants
1 cup ricotta cheese
¼ cup parmesan cheese
½ cup fresh goat cheese
½ cup grated mozzarella cheese
3 cloves garlic, peeled and chopped fine
Chopped basil, parsley and chives
Salt and fresh ground black pepper
1 quart tomato sauce

Slice eggplants lengthwise into ¼ inch strips, coat lightly with a bit of olive oil and salt. Pre-cook them on a grill or in a 375 degree oven, until mostly tender and beginning to darken. Combine fresh ricotta, shredded parmesan and goat cheese plus chopped garlic, basil, chives and fresh ground pepper to taste. Place a big spoonful of filling on a strip of eggplant and roll, starting from one end until you have a nice tight spiral. Nestle them into a 9x13 glass baking dish. Top with tomato sauce and mozzarella, and bake at 375 for about 20 minutes till bubbling and cooked well throughout. Serves 4

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