

GROUNDWORK ORGANICS



July 7, 2021

In your box

Italian kale
Cherry tomatoes (bend)
Beefsteak tomatoes (eug)
Basil
Fresh garlic
Eggplant
Romano Green beans
Bunched red onions
Gold beets
Modoc red potatoes
Marionberries

A Mediterranean flare to your boxes this week. **Romano green beans** are an Italian pole bean similar in taste and texture to a green string bean, and can be cooked or eaten raw. I like them very simply prepared, either steamed or sauteed until just tender with a little butter and salt. We'll be harvesting most of our **garlic** this week and got a jump start by putting it in your boxes too. This is uncured, and can either be kept fresh in the fridge or allowed to start drying on your counter. Two favorite **eggplant** recipes are below, both will benefit from that pungent full flavored garlic. We are mid-season on our **basil** plantings, and it's looking really nice right now - if you're interested in picking up a few extra bunches at market to freeze for pesto, now would be a great time for it. *Enjoy!*

Eggplant Rollatini

1 large or 2 medium Italian eggplants
¾ 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 1/4 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 *Note: These can be assembled and frozen in a ziplock bag prior to topping with sauce and cheese for an easy winter meal. Thanks to dear friend Bethany Little for the recipe.*

Baba Ganoush

1 large or 2 medium eggplants
olive oil
sea 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 (or – bake in the oven instead and finish on broil for a minute if need be). 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.