

# GROUNDWORK ORGANICS



July 8, 2020

## In your box

Red butter lettuce  
 Diva Cucumbers  
 Red onions  
 Grape cherry tomatoes  
 Beefsteak tomatoes  
 Cilantro  
 Broccoli  
 Vates Kale  
 Blueberries

A lovely summery box! Tomato crop is looking excellent and we should have a nice long season and be including them often. These **beefsteaks** have great texture for slicing on sandwiches or dicing for your taco or yum bowl needs - **cilantro** and **red onions** to make that come together too!

**Red butter lettuce** this week is one of my favorites, and the first of our summer varieties to come on. We were able to switch it for the red leaf lettuce from Monday's list to keep things interesting. Glad also to be having surprising amounts of success with cucumbers this year, these are from a new field-grown rotation of Divas.

**Blueberry** season is always shorter than I wish it was, every year I freeze as many for ourselves as I can and it never seems to be enough. Below are a few treasured recipes...hope you enjoy! Thanks everyone, Sophie

### **Blueberry Cornmeal Butter Cake**

*From the Smitten Kitchen Cookbook by Deb Perelman*

1 stick unsalted butter, room temp  
 1 cup all purpose flour  
 ½ cup cornmeal  
 2 teaspoons baking powder  
 ½ tsp table salt  
 1 cup sugar  
 2 eggs  
 ¼ tsp vanilla extract  
 ¼ tsp fresh grated lemon zest  
 1/3 cup sour cream  
 ½ pint blueberries

*For the Streusel*

½ cup sugar  
 6 tbsp all purpose flour  
 2 tbsp cornmeal  
 ¼ tsp cinnamon  
 pinch salt  
 2 tbsp butter, cut into small pieces

Preheat oven to 350. Line the bottom of an 8 inch square pan with parchment, then butter and flour the bottom and sides.

Wisk flour, cornmeal, baking powder and salt in medium bowl, and set aside. Using an electric mixer, beat the butter with sugar in a large bowl until pale and fluffy, at least 2 minutes. Beat in the eggs one at a time, scraping down the bowl between additions, then add the vanilla and zest. Add a third of the flour mixture, all of sour cream, and another third of the flour, beating until just blended after each addition. Scrape down sides of bowl. Mix the remaining third of the flour mixture with the blueberries. Fold the blueberry-flour mixture gently into the cake batter by hand with a wooden spoon or spatula.

Spread the cake batter in the prepared cake pan. Use your original dry ingredients bowl to combine the streusel topping ingredients with a fork. Mash in the butter with your fork, scatter the topping over the batter.

Bake the cake until the top is golden brown and the tester inserted into center comes out clean, about 35 minutes. Cool the cake in the pan on a rack for 5 minutes. Run the spatula around the edges to loosen, then flip out onto a cooling rack. Yield – 16 squares

### **Farro Salad with Cherry Tomatoes**

Bring to a boil 6 cups salted water. Add ¾ cup farro. Simmer for 20 to 25 minutes until tender. Drain and transfer to a bowl. Sprinkle with:

1 tablespoon red wine vinegar and salt to taste.

Stir in:

1 small shallot, or ¼ red onion diced fine  
 2 tablespoons chopped italian parsley or cilantro  
 3 tablespoons extra virgin olive oil  
 ½ pint halved cherry tomatoes  
 Fresh ground black pepper to taste

Serve at room temperature, or chilled. Makes 4 servings.