

GROUNDWORK ORGANICS



June 12, 2019

In your box

Spinach
Baby bok choy
Violet Queen turnips
Bunched sweet onions
Carrots
Sugar snap peas
Agretti
Zucchini
Rainbow chard

Lots of beautiful greens this week, to keep you from cooking too much during these scorching hot days. **Spinach** is extra lovely right now- thick, sweet leaves that are practically juicy. It was all I had on hand last night for our first BLTs of the year and it took them to a new level (yep, tomatoes are just ripening up and the crop looks phenomenal so far - coming very soon). **Sugar snap peas** are a treat this week, these are the edible pod variety great for snacking on, or give a very quick saute as in the simple recipe below.

Agretti went into the boxes as a last minute addition, something that may be new for you to try. Lots of interesting information and recipes on the web for it, I leave it for you to google, but essentially it's an Italian green in the saltwort family that can be eaten raw in salads, or lightly cooked (boil or sautee) to use in pasta dishes, on pizza or as a side dish all its own. It has a mild unassuming flavor and nice crunch, very popular with chefs at market.

Sauteed Sugar Snap Peas

From Chez Panisse Vegetables

Top and tail the sugar snap peas, pulling off the thread like strings. Slice on the diagonal into 1/2 inch thick slices. Put into a saute pan with a 1/4 inch water, butter and a sprinkling of salt. Bring to a boil and reduce the heat to medium. Cook until done, about 3 minutes. The water and butter should be emulsified and coat the snap peas, which should be bright green and tender. Adjust the seasoning and serve.

Agretti with Pancetta

From the website Italian Food Forever

Wash 1 bunch agretti and cut off any especially thick stems. Dry well. In a large wide bottom saucepan, fry 1/2 cup diced pancetta in a little olive oil till crispy. Add the agretti and saute until it softens but still retains a little bite, 5-6 minutes. Season with salt and pepper and serve warm.

Zucchini Ribbons with Almond Pesto

from Smitten Kitchen by Deb Perelman

1/2 cup almonds, toasted and cooled
1/4 cup Parmesan cheese, grated
1 small garlic clove, peeled and crushed
Pinch of red pepper flakes
2 tablespoons lemon juice
1/4 teaspoon table salt
1/3 cup olive oil
3-4 medium zucchini

Grind the almonds, parmesan, garlic and red pepper flakes in a food processor until they are finely chopped. Add the lemon juice, salt and olive oil, and pulse a few times, until combined. Pour the dressing in the bottom of a large salad bowl, and let it roll up around the sides.

Using a vegetable peeler and working from the top to bottom of each zucchini, slice it into ribbons about 1/16 inch thick. Place the ribbons in dressing-coated bowl. Toss the ribbons gently, hands work best, attempting to coat the zucchini as evenly as possible with the dressing. Serve at room temperature. Serves 4