

GROUNDWORK ORGANICS



June 14, 2023

In your box

Red leaf lettuce
Celery
Bunched sweet onions
New potatoes
Cilantro / eugene
or Parsley / bend
Green cabbage
Zucchini
Collard greens
Strawberries

A couple small changes, from Monday's list. We're waiting a week or two for spinach, and putting in the first of the season **collard greens** instead. The classic southern preparation is pretty hard to beat, they really do benefit from the richness of a little bacon and a hit of vinegar and heat, and do best cooked down for a bit, as in the recipe below as given by our dear old friend Matthew.

Cilantro is just coming on, so we needed to give it to Eugene this week and Bend next week. **Parsley** will be the switch on that. The specialty summer squash and zucchini is on it's way, but this cool weather has kept our field plantings kind of creeping along. For now some very nice green zucchini.

Good news! We're back at the Bend Farmers Market on Wednesdays, 11am-3pm downtown at Mirror Pond starting today. Hope to see you down there! We may not be there all thru the fall, so use your vacation credits accordingly! Thanks so much, Sophie

Matthew's Collard Greens

1 bunch collard greens cut into thin ribbons,
stems chopped finely
½ yellow onion or 1 medium shallot, diced
¼ pound bacon, diced (optional)
½ cup water or stock
2-3 tbs apple cider vinegar
1-2 tbs maple syrup
red pepper flakes and sea salt to taste

Sauté bacon in a little oil in a cast iron pan until it starts to crisp and fat is rendered. Add onion and cook for 3-4 minutes over medium heat until they take some color and soften. Add collard greens and sauté for another 2-3 minutes over medium heat. Next, add cider vinegar, stock and maple syrup, plus a generous pinch of salt, and a good blast of chili flakes. Cover, and cook on low for 25-30 minutes.

White Beans and Cabbage with Parmesan & Potatoes

from Super Natural Every Day by Heidi Swanson

2 tablespoons olive oil or unsalted butter
1-2 medium potatoes, unpeeled scrubbed and cut into tiny cubes
Fine grain sea salt
1 large shallot thinly sliced (or sub onion)
2 cups cooked and cooled white beans or 1 can white beans rinsed and drained
3 cups very finely shredded cabbage
A bit of freshly grated parmesan cheese

Pour the olive oil into a large skillet over medium high heat. Add the potatoes and a big pinch of salt. Toss, cover, and cook until the potatoes are cooked thru, 5-8 minutes. Be sure to scrape the pan and toss the potatoes once or twice along the way, so all sides get color. Stir in the shallot and the beans. Let the beans cook in a single layer for a couple minutes, until they brown a bit, then scrape and toss again. Cook until the beans are nicely browned and a bit crispy on all sides.

Stir in the cabbage and cook for another minute, or until the cabbage loses a bit of its structure. Serve dusted with parmesan. Serves 4.

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