

GROUNDWORK ORGANICS



June 16, 2021

In your box

Red leaf lettuce
Diva cucumbers
Carrots
Beets
Yellow new potatoes
Walla Walla onion
Fava beans
Fresh garlic
Strawberries (Bend)
Raspberries (Eugene)

Couldn't resist putting **fava beans** in one more time so the main season members could enjoy them too. They are a bit of work, but welllll worth it. To prepare, put a large pot of lightly salted water on to boil. Shell the fava beans out of their puffy pods (this can be done a day or two in advance of cooking to cut down on the bulk in your fridge if you like, just store the shucked beans in a zip lock bag in your fridge). Parboil them for one minute. Drain & immediately plunge into ice water for a few minutes to cool. Drain them again and remove their pale green skins, popping out the bright green beans with your thumb and forefinger. From there they can be added to pasta dishes with fresh garlic, or sauteed longer and pureed into a most delicious spread (the recipe for fava bean puree can be found in this year's newsletter from May 26 on our website). **Diva cucumbers** are doing great for us this spring, I trust getting them three weeks in a row isn't too big a problem. **Raspberries** this week for Eugene, **strawberries** for Bend and we'll switch next week. Hustling off to pick flowers this morning for the Bend market, thanks so much everyone! *Sophie*

Crispy Salt and Vinegar Smashed Potatoes

From Half Baked Harvest website

Check this recipe out on line to get a visual on what these beauties should look like.

2 pounds baby yellow potatoes
¾ cup +2 tablespoons apple cider vinegar
1 tablespoon kosher salt
½ cup extra virgin olive oil
2 teaspoons onion powder
1-2 cloves garlic, minced or grated
Fresh cracked black pepper
¾ cup grated white cheddar cheese
¼ cup fresh herbs such as basil, parsley or cilantro, torn
2 tablespoons fresh chopped chive or green onion (*or use minced onion top*)
2 cups plain Greek yogurt or sour cream (*optional*)

Preheat oven to 450. Place the whole potatoes, ¾ cup vinegar and the salt in a large pot. Add water to cover by 1 inch. Bring to a boil, then reduce the heat to a simmer. Simmer 15 minutes until the potatoes are fork tender. Drain the potatoes and transfer to a rimmed baking sheet, let cool slightly.

Place another rimmed baking sheet on top of the potatoes, then push down firmly to smash potatoes. Alternately use the bottom of a mug to smash each one individually. Toss the potatoes with olive oil, onion powder, garlic and season with salt and pepper, lightly breaking the potatoes as you toss. Transfer to the oven and roast the potatoes until light golden brown, 25-30 min. Remove from the oven, sprinkle on the cheese and return to the oven for another 10 minutes, until the potatoes are crisp and golden brown. Toss the potatoes with the remaining 2 tablespoons vinegar, herbs and chives. Spoon the yogurt onto a serving plate and then add the potatoes. Sprinkle with more fresh herbs and flaky salt to taste.

Vacation Credit 101

Vacations! Possibly a thing again!
We offer up to two weeks of vacation credit during the season. Please give a minimum of five days notice by email or phone, including your pickup site, and the exact date you wish to cancel. We'll send a \$25 credit by mail, good all year at our farmers market stands, or at our farmstand for each box cancelled.

And of course...please remember dates you have cancelled and be sure NOT to pick up a box. Though your name will remain on the check off list, we adjust numbers and leave an exact amount of boxes.

You are always welcome to have a friend or neighbor pick up your share if need be, just be sure they know the address and times for pickup, and have them cross your name off the list.