

# GROUNDWORK ORGANICS



June 2, 2021

## In your box

Little Gem baby romaine  
Diva cucumbers  
Broccoli  
Purple snow peas  
Cilantro  
Calçot spring onions  
Green cabbage  
Gold beets  
Strawberries

Final week of the early season CSA, and it's starting to feel like summer's nearly here. Tomatoes are ripening quickly as nights finely start to warm a little, and raspberries and all our other cane berries are just starting to come on too. These warm temperature have also made for some isolated but happy aphid populations this year, unfortunately upon closer inspection the row of baby bok choy we had planned for the boxes this week had succumbed (under insect netting no less) but some gorgeous early **broccoli** was ready in its place.

**Diva** cucumbers are a spring treat. Thin skinned, distinctly crisp and not bitter. Dip them, slice onto salads, or dice them and toss into a pita with falafel, tahini sauce and some Little Gem. They are delicate and best stored absolutely dry in a ziplock bag in your fridge. These **purple snow peas** are a new favorite crop, a variety called Beauregard from Row 7 seeds. They keep their brilliant color when cooked, not always the case with purple vegetables. Remove the stem end and either leave whole or slice on the bias, they would be perfect this week in a stir fry. I like to start with shrimp, chicken or tofu dusted with cornstarch and spices, in a hot pan with a bit of sunflower oil and a few cloves of garlic. Remove the protein once crisped up, and add back to the pan after your vegetables are just barely done, in order of cooking time (go under, no mush!) - broccoli then peas then squares of cabbage, for example, with a splash of water added mid-way. Finish with soy sauce, a bit of Mae Ploy sweet chili sauce and chopped **cilantro**. Serve with basmati rice, and some Chili Crisp as a finishing condiment for added heat and texture.

**Calçot onions** are a crop mastered by the Spanish. Whole onions are planted in the fall, hilled up and left to send up shoots in the spring that are especially tender and mild. The spring festival of Calçotada is an annual celebration in Catalonia, but you'll find this dish all over Spain when in season. A few years back we had an excited market customer share with us a five page xerox describing the entire tradition which I've excerpted below. Obviously for any large gathering you'd want several bunches of these. Some are a little larger and more bulbed up this week than ideal calçot shoots, which should be slender like a baby leek, but they would still work great on the grill. Or use like you would any fresh onion, grate slice or chop. Thanks all!

## Calçots

"Calçots are grilled an hour or two before they are to be served, then wrapped tightly in newspaper and plastic and allowed to steam – which makes them butter-tender and loosens their burnt outer skin. They're brought to the table piled in the hollows of long terra-cotta roofing tiles (this keeps them warm)... and eaten with a spicy nut sauce called *salvitjada*. (*I've omitted the authors very detailed description of exactly how a Spaniard eats a calot, but they are eaten in hand, with the burned skin slipped off, then dipped in sauce.*)

Over a hot barbecue, grill the onions in batches until well-blackened on all sides. As they are removed from the grill, wrap them in several layers of newspaper. When all are cooked, wrap the newspapers tightly in a plastic bag, and set them aside to steam for 1-2 hours. Meanwhile make the sauce.

### **Salsa per Calçots** (makes 1 cup)

10 hazelnuts, roasted  
10 almonds, roasted  
1 tomato, seeded and chopped  
several cloves garlic  
a few sprigs parsley  
a pinch of Espelette or cayenne pepper  
½ tsp salt,  
1 teaspoon red wine vinegar  
3 tablespoons best quality olive oil

After toasting the nuts quickly in a pan over medium heat, allow to cool slightly, then transfer to the bowl of a small food processor. Add tomato, garlic, and parsley, then blend together well until smooth. Transfer the mixture to a bowl, and stir in pepper, salt, vinegar and oil. Mix well by hand adjust seasonings for flavor and consistency, then allow to sit for up to two hours before serving.