

GROUNDWORK ORGANICS



June 21, 2023

In your box

Red butter lettuce
Romaine lettuce
Cucumber
Red radishes
Sugar snap peas
Fava beans
Cilantro or dill
Italian kale
Strawberries
Raspberries

Heading into some warmer weather this week. Tomatoes, eggplants and peppers are all right around the corner, and looking excellent in the cold-frame greenhouses. In the mean time, the cool spring has provided us with an extra long season on crops like **sugar snap peas** which we had a surprisingly large harvest of yesterday and were able to put in one more time – hopefully a happy surprise (we switched them for onions this week). Try them very quickly blanched and then sauteed in a little butter, or just rinse and eat raw. This second planting of **fava beans** is yielding really well too, so we wanted to include them one more time. They can be shucked several days before using if you want to reduce the space they take up in your fridge, just put raw in a ziplock bag with the air pressed out till you're ready to use. They can also be frozen like this too.

Our earliest variety of **raspberries** came on in a hurry, and we should have a nice long season with some newer plantings from last year and the year before in their prime. Blackberries and tayberries for the boxes soon too. Lots of beautiful berries to choose from at farmers market if you'd like to stock up, they are so easy to freeze and a lovely thing to have on hand in the winter months. U-pick strawberry season at the farm stand has been a lot of fun this year, Thursday and Sunday mornings are your best bets for good picking and we should be open another two to three weeks with them. Best to call the farm stand before coming out, to be sure. Happy solstice everyone, and happy end of the school year to all you hard working kids and teachers out there!

Smashed Fava Beans, Pecorino and Mint on Toast

from Six Seasons by Joshua McFadden

2 1/2 pounds fava beans
2 fresh garlic cloves
Kosher salt and fresh ground black pepper
1/2 cup lightly packed fresh mint leaves
Extra virgin olive oil
Fresh grated pecorino romano cheese
About 1 tablespoon fresh lemon juice
Four 1/2 inch thick slices country bread

Shell, blanch and peel the favas as previously described. Put the garlic and a pinch of salt into a food processor and pulse a few times. Add half the mint and pulse a few more times so the garlic is fairly fine. Add the peeled favas and 2 tablespoons of the olive oil and pulse again. Your goal is to bash up the favas but not completely puree them. You may need to scrape down the sides of the processor bowl between pulses.

Scrape the mixture into a bowl, season with some pepper and stir in 1/4 cup grated pecorino and the lemon juice. Taste and season with more salt, pepper or lemon juice, and adjust the consistency with olive oil so that it's loose and luscious.

Brush the bread on one side with olive oil and grill or broil until crisp. Arrange on plates, top with the fava mixture and rest of the mint leaves (torn if they are big) and finish with a nice shower of grated pecorino and another drizzle of oil.

A reminder we are happily taking clean CSA boxes back this year for reuse. Please empty completely, flatten and leave neatly stacked at your drop spot. *Thank you!*

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