

GROUNDWORK ORGANICS



June 22, 2022

In your box

Red butter lettuce
Diva cucumbers
Cherry tomato mix
Fava beans
Pea tendrils
Mint
Green onions
Rainbow chard

On the cusp of lots of crops ripening up, especially with a week or two of much needed sunshine and warmer temps in the forecast. Raspberries, blackberries, plums all looking great, plus tomatoes and a big new planting of carrots and potatoes a few weeks away. In the meantime, we can enjoy some spring flavors before they're gone. Main season members can look back to the newsletter from May 25th for more info on how to prep **fava beans**, and for a favorite fava bean puree recipe. They're a bit of work, but so worth it and even a little handful goes a long way in a dish. The other week I made a simple risotto with fava beans scattered on top at the end, just blanched and seasoned with a little olive oil and fresh grated parmesan. Delicate and satisfying at the same time.

Pea tendrils this week are another early season treat and should be fun to play with, there's no shortage of easy and delicious recipes on line. They have a distinctly pea-like flavor, and a tender crunch – so good last night cooked up just with plenty of garlic, good olive oil and salt to taste. The key is to add enough water when sauteing, several tablespoons, that they cook up juicy. They'd be equally good sauteed with sesame oil and a bit of soy sauce.

First of the year **cherry tomatoes!** Cut in half and add to a pesto pasta salad with fresh mozzarella or make a 'cold plate' with butter lettuce, and wedges of swiss, turkey, hardboiled egg and sliced cucumber. Can't go wrong. Enjoy the sunshine! *Sophie*

Smashed Fava Beans, Pecorino and Mint on Toast from Six Seasons by Joshua McFadden.

2 1/2 pounds fava beans
3-4 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. 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.

Herbal Cooler Refreshing, economical and healthy, my family drinks this all spring and summer. In a half gallon mason jar, add one big handful rinsed fresh mint, one handful dried nettle leaves and one handful dried hibiscus flowers. Fill the jar a few inches from the top with cold water, screw a lid on, and set it in a sunny window for 12-24 hours. Meanwhile, combine about 3 tablespoons honey, 1/2 cup water and a bit of cut fresh ginger (optional) on the stove. Simmer 20-30 minutes, then remove ginger. Strain the tea into a pitcher and add about 1/2 cup unsweetened pure cranberry juice (Lakewood brand is organic and delicious) and the honey syrup to taste. Other juices work well so long as they're tart and strong – pure cherry or pomegranate are good too. Adjust the sweetness with a bit more honey or agave, or add a little lemon juice. As you might imagine this works as a great cocktail mixer too.

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