

GROUNDWORK ORGANICS



June 23, 2021

In your box

Romaine lettuce
Cherry tomatoes
Green onions
Basil
Garlic whistles
Mixed summer squash
Green cabbage
Vates kale
Padron peppers
Strawberries (Eugene)
Raspberries (Bend)

This should be a fun box to play with on a hot week. Caesar salads and pesto, cold plates with hardboiled eggs and cherry tomatoes, tacos with crisp cabbage and green onions. The farro salad below is an all-time favorite, one of the first things I get excited for when cherry tomatoes are ready. It practically makes itself it's such an easy recipe, and keeps beautifully for a few days in the fridge.

The first planting of **padron peppers** came on in a hurry so we added them in as well this week. These are a classic Spanish treat, with big flavor and very little heat, see below. **Summer squash** is in its prime, trying not to put it in the boxes too often but it really is delicious and so pretty right now. The plants always taper off sooner than we wish, so lets just enjoy while we can.

Garlic whistles (also called scapes) are the flowering tops of the garlic plant. Harvested at this stage, they are sweet and tender, and when cooked have an almost asparagus-like texture. Trim them just a bit at the bottoms, and saute whole with a little good olive oil for 5-6 minutes, or until tender and bright green, for a nice side dish. Or chop into ½ inch segments leaving the flowering whole, and cook with garlic and onions at the beginning of a sauce or use to top pizza or pasta.

We complete the switch this week with **Raspberries** for Bend, and **strawberries** for Eugene. Lots more berries on the way! Tayberries, marionberries, blackberries all coming on strong, and should be in the boxes soon. Thanks everyone, have a great week. Sophie

Farro Salad with Cherry Tomatoes

Adapted from The Art of Simple Foods by Alice Waters

¾ cup uncooked farro
1 pint cherry tomatoes
1 small shallot or 2 scallions, diced fine
2 tablespoons chopped parsley
1 tablespoon red wine vinegar
1 tablespoon fresh lemon juice
3 tablespoons good quality olive oil
Salt & fresh ground black pepper

Bring 6 cups salted water to a boil. Add farro and simmer for 20-25 minutes or until tender. Drain well and transfer to a medium bowl. Sprinkle with vinegar, lemon juice and a big pinch of salt. Taste and adjust.

Rinse, dry and halve cherry tomatoes. Stir in parsley, scallion, olive oil and black pepper. Gently fold in cherry tomatoes. Taste and adjust with more olive oil, vinegar or salt & pepper as needed. Serve at room temperature.

Variations: try adding diced cucumbers or halved ovalini of fresh mozzarella. Parsley can be swapped for cilantro or basil. Serves 4

Tapas-Style Padron Peppers

Found just about everywhere at Spanish markets & food stalls, these are simple to prepare and a delicious summer treat to start a meal. Padron peppers mostly have pleasant medium heat but one in ten or so can be quite hot.

In a wide cast iron skillet, heat 2-3 tablespoons good quality olive oil over medium-high heat. Once the oil is hot, toss in whole peppers, stems on, no more than one layer deep. After about 30 seconds, give the pan a shake. Continue this, every 20-30 seconds until all sides are nice and charred, and the peppers begin to collapse a little, about 4 minutes.

Toss with a big pinch of best quality coarse salt, transfer to a plate and finish with a little more coarse salt. Serve immediately and use the intact stem to grab and enjoy.

For a more substantial appetizer, serve with a scoop of whipped goat cheese to dip the peppers in. Or try chopping them fine after cooking and incorporate into pasta or egg dishes, as a pizza topping, or blend with a little crème fraiche for a creamy dip or spread.