

GROUNDWORK ORGANICS



June 24, 2020

In your box

Green cabbage
Cucumbers
Cherry tomato mix
Garlic whistles
Fava beans
Gold beets
Broccoli
Mint
Raspberries

Garlic whistles are the flowering stalks sent up by the plant just before the bulb is ready to harvest. A fleeting treat, they have a sweet, light garlic flavor and an almost asparagus like texture and can be prepared much the same way. Chop off the bottom inch or two, then give a quick blanch, and saute in a bit of olive oil, either whole or chopped into segments. They are wonderful in pasta or as a simple side dish.

Fava beans one last time, these are on the larger side so if you're short on space in the fridge, I recommend shelling them promptly and sealing tightly in a zip lock bag to reduce the bulk. Use within 3-4 days by blanching in salted water about 90 seconds, dunk in ice water and drain. Then pop the bright green pea-like bean out of its skin using your thumb and forefinger.

First of the **cherry tomatoes** and sliced **cucumbers** made our pita and falafel the other night very satisfying. Yogurt sauce with grated cucumber (squeezed to remove some moisture), chopped mint and fresh garlic was the kicker. **Cabbage** one more time until the fall, favorite ways to use include finely shredding for traditional crunch on tacos, as the bulk of a big coleslaw, or cut into wide squares for stir fry. Enjoy!

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 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.

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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