

# GROUNDWORK ORGANICS



June 3, 2020

## In your box

Red Leaf lettuce  
Diva cucumbers  
Sugar snap peas  
Green cabbage  
Sugar snap peas  
Walla Walla onions  
Fresh garlic  
Fava beans  
Vates kale  
Strawberries

We ended up with **sugar snap peas** for your boxes this week, English shelling peas weren't quite ready yet. However you'll get your shelling in with these **Fava beans**. Planted in the fall, a ritual on November 1 in Italy, they germinate and grow a few inches before the weather turns cold enough to stop them in their tracks but hopefully not freeze them. Even at this point they are a remarkable crop, sequestering nitrogen from the soil, and storing it in little nodules on their roots. Many farms plant them as a winter cover crop for this reason. As it warms up towards the end of winter, the plants continue growing, then flower and produce large pods in early June. To prepare, first remove the large beans from the pods. This doesn't have to be done delicately, the pods can be snapped in half and then pried open (great work for little kids). Drop the shucked beans in a pot of boiling salted water for 1-2 minutes, until they are bright green, then drain and dunk in ice water to quickly cool them. They can be used like this, especially in minestrone, soups or stews, but most people prefer to pop the bright green pea-like center out, using thumb and forefinger, from the surrounding slightly tough skin for a much more delicate and sweet result. Toss into pasta dishes, or blend into a delicate earthy hummus type spread as in the recipe below, my all-time favorite. I look forward to making it at least once every Spring.

**Fresh garlic** can be used just the same as cured, though you can include the inner layers of skin which haven't papered up yet when you're chopping. It's fantastic in this fava recipe. Store in the fridge to keep fresh. Little **Diva cucumbers** are another personal favorite, thin skinned and with almost no seeds. Not the easiest to grow, this is about the only time of year we manage to have them until the plants succumb to any number of diseases. Grateful for what we've got! Thanks so much everyone, *Sophie*

### **Fava Bean Puree** adapted from **Chez Panisse Vegetables**

2 pounds fava beans  
1/3 cup extra virgin olive oil  
salt and pepper  
2 cloves garlic  
1/4 bay leaf  
1 small sprig each rosemary & thyme  
Juice of 1/2 lemon

Prepare fava beans as discussed above, popping out the bright green bean inside with a pinch of your thumb and forefinger. Warm most of the olive oil in a shallow, non-reactive sauté pan. Add the beans and salt lightly. Add the garlic, peeled and chopped very fine, the herbs, and a splash of water. Cook the beans at a slow simmer, stirring frequently, about 30 minutes, until they are completely soft and pale green. Add another splash of water from time to time to prevent the beans from drying out and sticking to the pan.

When the beans are done, remove and discard the herbs, and mash the beans into a paste with a wooden spoon, or puree with a food processor. Taste for seasoning and add a little more olive oil or a few drops of lemon juice to taste. If the flavor is at all dry, add more olive oil. Serve warm or at room temperature, by itself or spread on grilled bread. Makes about 2 cups, stores great in a jar in the fridge for up to 4 days.

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