

GROUNDWORK ORGANICS



June 30, 2021

In your box

Red Butter lettuce
Diva cucumbers
Beefsteak tomatoes
English shelling peas
Broccoli
Fennel
Bunched sweet onions
Italian parsley
Rainbow chard

First **tomatoes** of the year are an early beefsteak variety, with good flavor and great texture. If you're like me, the first thing you'll want is a BLT with some butter lettuce and plenty of mayo, it's pretty much an annual ritual with the very first pick Gabe brings in to try. A late planting of outdoor **shelling peas** is nice to have for you this week, this is a great variety we've grown for years and perfect for snacking on or tossing in at the very end of cooking pasta or mac and cheese.

Fennel is a versatile vegetable that can be eaten raw, very thinly sliced in salads, or sauteed till it's tender and golden. A favorite method is to trim the base of the bulb and cut it lengthwise into ¼ inch thick slices (the central core will hold the layers together). Sauté over medium heat in a bit of olive oil until the fennel is golden on both sides. Season with salt and pepper to taste, and serve as a side dish. Since **cucumbers** have gone in the box fairly often, here are three favorite recipes to keep you inspired. Thanks everyone!

New York style marinated cucumber salad

I grew up coming to New York City every year with my family to visit my grandma. Without fail, she would shop the neighborhood before our arrival, and stock the fridge with every incredible local specialty to the point where I remember the door would literally barely close. Smoked salmon from Zabars, cheese of every texture, bagels and Breakstone cream cheese. But cucumber salad from the Nevada Meat Market, the butcher around the corner, was by far my favorite. This is my version, pretty close and super easy.

Combine equal parts white vinegar and sugar in a small saucepan and bring to a boil. You'll want enough liquid to just barely submerge the cucumbers, approx 1 cup total for 2-3 cucumbers. Meanwhile, thinly slice cucumbers using the slicer side of a cheese grater, a mandolin or a sharp knife. Add 1 very finely sliced onion, (preferably red but these little bunched white onions would be lovely too), and mix with cucumbers in a medium size bowl. Pour the hot liquid over the cucumber mixture, cover and refrigerate for a minimum of one hour till chilled or even better, overnight.

Obsessively Good Avocado Cucumber Salad

From Deb Perelman's Smitten Kitchen website

"Fresh and green and totally hits the spot. It also takes about 5 minutes, tops, to put together."

¾-1# pound cucumber, washed and chopped into chunks
2 scallions, thinly sliced
1 large avocado, pitted and diced
2 tablespoons mayonnaise
Juice of half a lime, plus more to taste
Salt and sriracha to taste
Chopped cilantro or Italian parsley to garnish
Butter lettuce or hearts of romaine to serve over if desired

Combine cucumber, scallions and avocado in a bowl. Whisk together mayo, lime and seasonings, adjusting levels to taste. Drizzle salad with dressing and garnish with cilantro or parsley. Repeat again tomorrow. Serves 2 as a main or 4 as a side

Avocado Tartine with cucumber and sesame seeds

from [the Smitten Kitchen Cookbook](#) by Deb Perelman

One 6-inch length of baguette
½ cup minced cucumber, seeded
1 ½ teaspoons rice vinegar
½ teaspoon toasted sesame oil
Pinch of salt
1 teaspoon black sesame seeds, toasted
1 teaspoon white sesame seeds, toasted

Split your bread into top and bottom halves, and toast the halves. Arrange slices of half your avocado on each toasted baguette half. Stir together the cucumber, vinegar, sesame oil and salt. Dollop half the cucumber salad on top of each bread half. Sprinkle with mixture of seeds, and adjust seasoning to taste with a few more drops of vinegar, or another pinch of salt. Eat immediately. Serves 2