

GROUNDWORK ORGANICS



June 5, 2019

In your box

Red butter lettuce
Red radishes
Green onions
Red Gold new potatoes
Fava beans
Fresh garlic
Basil
Casper Kale
Strawberries

Welcome to our main season members! We have had a wonderful turn-out this year, and are truly grateful for the support. Lots of new crops just coming on and looking beautiful, we hope you enjoy and feel nourished from the experience.

Fava beans are ready, an extremely seasonal spring treat with a fast and furious season. Planted in the fall, a ritual on November 1st 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 May and 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 (even your two year old can do it). 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 your thumb and forefinger, from the surrounding slightly tough skin for a much more delicate and sweet result. Toss into pasta dishes, composed salads or try 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, if you wish. Store in the fridge to keep fresh. Thank you all! *Sophie*

Fava Bean Puree adapted from [Chez Panisse Vegetables](#)

2 ½ pounds fava beans
scant 1/2 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 4-5 days.

Vacation Credit 101

Just a reminder, we offer up to two weeks of vacation credit during the season. Please give a minimum of five days notice by email or phone, including your pickup site, and the exact date you wish to cancel. We'll send a \$25 credit by mail, good all year at our market stands, for each box cancelled.

And of course...please remember dates you have cancelled and be sure NOT to pick up a box. Though your name will remain on the check off list, we adjust numbers and leave an exact amount of boxes.