

GROUNDWORK ORGANICS



June 6, 2018

In your box

Salad mix
French Breakfast radish
New potatoes
Bunched baby onion
English shelling peas
Zucchini
Garlic whistles
vates kale
Strawberries

This is the first box for main season and Bend members, and we're very glad to have you all! Things are off to a truly wonderful start this year, with near perfect spring weather and a powerhouse crew. A few quick reminders, please unpack your tote at the drop spot, and leave the empty boxes stacked with lids off. We are using a perforated liner bag inside the totes this year, which you are welcome to take if it's helpful. In addition to improved drainage and cleanliness, I'm hoping it simplifies the unpacking process at the drop spot – the whole bag should transfer neatly into your own box. All produce is washed at the farm, but we recommend a final rinse on greens, and any crops you may wish to consume raw. If you forget to pick up your share, please contact the farm, I'm happy to try and help. While we make no guarantees beyond the official pick up time, we ask the drop spots to leave shares out until noon the following day. Also – any adjustments to the Monday list will be reflected in the newsletter. If anything is ever missing or damaged, please let me know so we can send credit or have you pick up replacement at market.

Garlic whistles are sent up by the plant in late spring in its effort to make seed. A fleeting treat (especially around here as we don't grow much garlic) 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. These fresh dug **French Red potatoes** have a rich flavor and a firm, 'waxy' interior, making them especially great for potato salads or roasting, they'll hold their shape nicely.

We grew more peas this spring and seem to finally be getting them down. Very pleased about that. These **English shelling peas** are a total treat, nature's perfect snack food. Just pop them out of their shell, and enjoy. Or toss them into pastas or stir fried rice at the very end of cooking.

And last but not least, **strawberries**... we are in the midst of a very good strawberry season, so you should be seeing a lot of these in your upcoming boxes. This week, you're getting a quart of Sweet Anne, we opted for a big box to fit these big berries. Wonderful time to freeze a bunch for your winter pleasure, just top them and put them on a sheet pan in the freezer till firm, then bag into zip locks. We have flats available at farmers market, and at our farm stand, Thursday-Sunday on River Rd. Don't forget to ask for your 10% CSA discount! U-pick strawberries are also on right now at the farm stand, a very sweet time. Check our website for availability. Our house smoothie recipe – ½ a frozen banana, 1 cup organic Lakewood pineapple juice, a small glug of strauss whole milk yogurt plus about 1 cup frozen berries. I'm off to make one right now!

A big BIG thank you for joining the farm this year, we sure appreciate your support, and hope it's a very rewarding experience. All the best, Sophie and crew.

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