

GROUNDWORK ORGANICS



June 7, 2023

In your box

Little Gem lettuce
Purple radish
Cucumbers
Carrots
Green onions
Fava beans
Basil
Vates kale
Strawberries

Welcome main season members! We luckily needed to wait till this week to include **fava beans**, a quintessentially spring crop we didn't want you to miss. Favas may seem like a lot of work to prepare but their flavor and texture are so uniquely satisfying, a little goes a long way in a pasta dish, or strewn on top of bruschetta. Popping them out of their big puffy pods is also a perfect task for just about any age child in your life. The recipe for fava bean puree below is something I look forward to all year, and last week made it to start a meal with friends along with a batch of crusty sourdough. Our sleepover guests slathered it on toast in the morning to go with scrambled eggs, brilliant combination.

Carrots are not the prettiest this week, they came out of a field that had gotten consumed with spring weeds and had to get pulled, it was now or never. These weren't going to get any bigger and we didn't want them to go completely to waste. Thank you for giving them a little grace. Lovely **Little Gem** baby romaine and the first harvest from a planting of **slicing cucumbers** are looking good, and the **strawberries** continue to enjoy this near perfect weather. Thanks all! *Sophie*

Alice Water's Fava Bean Puree

3 pounds fava beans in pods
½ - ¾ cup good quality olive oil
Salt and pepper to taste
2 cloves garlic, peeled and chopped fine
¼ bay leaf
1 small sprig each rosemary & thyme
½ lemon

Put a large pot of water on to boil. Shell the fava beans and parboil them for 1 minute. Drain & immediately plunge into ice water for a few minutes to cool. Drain them well and remove their pale green skins, popping out the bright green beans with your thumb and forefinger.

Warm ½ cup of the olive oil in a shallow non-reactive saute pan. Add the beans and salt lightly. Add the garlic, the herbs and a splash of water. Slowly simmer, stirring frequently, until beans are completely soft and pale green, about 30 minutes. Add another splash of water from time to time to prevent the beans from drying out.

Remove from pan and discard the herbs, then pass through a food mill or puree with a food processor. Add lemon juice, and a few more drops of olive oil if need be, taste for seasoning. Serve warm or at room temperature, by itself or spread on grilled bread or baguette slices. Makes about 2 cups.

Ariel's Kale Caesar Salad

Wash Italian or curly kale, remove the large ribs and roughly chop. Spin dry. Squeeze ½ a lemon over the kale in your serving bowl, and massage it with your hands. Toss with Caesar dressing to coat, finish with extra parmesan.

Caesar dressing:

2 teaspoons anchovy paste
1 large garlic clove, minced
1 teaspoon kosher salt
1 large egg yolk
2 tablespoons fresh lemon juice
¾ teaspoon Dijon mustard
2 tablespoons good quality olive oil
¼ cup vegetable oil
4 tablespoons fresh grated parmesan

Place first six ingredients in a medium size bowl. Drizzle a few drops of olive oil into yolk mixture. Whisk and continue adding oil a few drops at a time - *very* slowly until mixture looks slightly thickened and glossy. Continue to whisk, gradually adding all the olive oil and then the vegetable oil in a slow steady stream until all the oil has been used and mixture looks creamy. Add most of the parmesan, taste & adjust seasoning. Add a few drops of water or more lemon juice to thin if needed. Dress to taste, you may have a little extra.

Just a reminder, we are happily taking empty boxes back this year, you can either unpack your produce at the dropspot into your own bag or box and leave unfolded there, or return your clean and flattened box the following week at pick up. Thank you!

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