

GROUNDWORK ORGANICS



June 8, 2016

In your box

Butter Lettuce
Cucumbers
Carrots
Bunched red onions
German Butterball
potatoes
Romano green beans
Fennel
Italian Kale
Strawberries (Eugene)
or Raspberries (Bend/pdx)

Happy to be harvesting our first field grown rotations of **carrots**, planted early this spring. We had some rough luck this year with our overwintered greenhouse plantings, they are always a little tricky but this year got decimated by slugs. We should have a nice steady supply for the boxes from here on out. **Romano green beans** are a total treat. These are an excellent variety, trellised in the greenhouse and nice and early this year. Cook them as you would green beans, either steam or boil just for a minute or two until bright green and tender, or just enjoy them raw. I love this box, must be the Italian in me. I hope you do to! Thanks for being such a great farmer Gabe.

Raw vegetable and fresh Mozzarella Salad

"This mix of crisp, colorful vegetables and firm moist mozzarella makes for a salad so light and fresh as to be habit forming..."

8 ounces fresh mozzarella in water, drained
1 medium fennel bulb, stalks and leaves trimmed
6 small carrots, trimmed and peeled
1 small bunch radishes, tops trimmed, (or try romano beans & cucumbers)
4 tablespoons extra virgin olive oil
juice of 1/2 a lemon
salt and coarse pepper to taste

Cut the mozzarella into thin julienne strips and place on paper towel to absorb excess moisture. Cut the fennel bulb in half length-wise and cut away the core, cutting deeply enough to release the layers of fennel. Cut into thin slivers. Cut the carrots diagonally into thin slices. Thinly slice the radishes. Place the strips of raw vegetables and mozzarella on a serving platter. Drizzle with olive oil and lemon juice, and season with salt to taste. Toss quickly. Grind black pepper over the top and serve immediately.

Marinated Cucumber Salad

My grandmother used to take me to her butcher around the corner from her apartment in New York City to pick up a container of her favorite cucumber salad. Memories come flooding back when I eat this. So simple to make, and keeps for 2 weeks easy in the fridge.

Combine equal parts white vinegar and sugar in a small saucepan and bring to a boil. Meanwhile, thinly slice cucumbers using the slicer side of a cheese grater, a mandolin or a sharp knife. Add very finely sliced red onion 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, and preferably overnight.

Golden Fennel Fans

A simple tasty way to prepare fresh fennel. The fennel is cut lengthwise into fan-shaped slices held together by the tender core. The slices are sautéed in extra virgin olive oil until they turn a light golden brown, which intensifies their naturally sweet flavor.

1 medium fennel bulb
3 Tablespoon extra virgin olive oil
salt and fresh pepper to taste.

Cut off the stalks and the feathery tops of the fennel and discard. Trim the base of the fennel, and cut the whole bulb lengthwise into 1/4 inch thick slices. The central core serves to hold together the layers of fennel.

Heat the olive oil in a large sauté pan. Place the fennel slices in the hot oil a few at a time and sauté over medium heat until the fennel is golden on both sides. Season with salt and pepper to taste. Serve the fans hot as a vegetable side dish.

From Vianna La Place's Verdura