

# GROUNDWORK ORGANICS



May 1, 2024

## In your box

Spinach bunch  
Carrots  
Purple radishes  
Bunched sweet onions  
Green garlic  
Basil  
Broccolini  
Italian kale  
Yellow potatoes

While this program gets called by many names by different farms – harvest box, crop share, etc- I've always wanted to stick with Community Supported Agriculture in all its full lengthy glory. Because it's no joke, I really do feel supported by this community. Some of you have been members for many years, some are dear friends, some are newer to the farm. These fruits, vegetables and herbs will be our connection for the next twenty five weeks, and I really do love that and feel honored to help make it happen.

We are working this year towards more precision on the farm, I guess that's every year's goal, but with increased costs for nearly every supply, input and wage, we want to be sure we're making the most of what we're choosing to grow and staying on track with planting, weeding and fertility. Folding in farming with family has always been a balancing act, and this year is no exception as we're getting ready to send our oldest daughter off to college, teaching our younger daughter to drive, and you know, trying to keep everything on track and as full of love as possible.

So with that personal intro, here's a few details on the season to remind you of. Produce is packed into reusable cardboard boxes this year, and we'd love to get them back every week. Up to you if you'd rather bring everything home as it's packed, and return your clean empty and flattened box to the pick up the following week, or unpack produce at the drop spot and leave the flattened box there. I think the number one tip I hear from CSA members is to do at least a small amount of prep as you're putting produce away at home. Wash and spin-dry loose greens, cut tops off carrots or radishes, and of course bag up any bunched greens or herbs like **basil** that will store better that way. If an item is ever missing or damaged in your box, please let us know and we'll gladly give credit. We do our best at the farm to harvest and pack carefully, but mistakes do happen.

We had one small change from Monday's list. With a planting of beautiful **broccolini** ready, we substituted it for mixed zucchini which we will have plenty of in the weeks to come. **Green garlic** is the slim bunch of alliums in the box this week. It's the entire young garlic plant pulled up whole, and all but the top three inches or so can be chopped into stir fries, sauteed for pasta dishes, or even blended into a delicious pesto with that basil. The **bunched baby onions** are Walla Walla, and you can again use all but the top few inches. Any of the excess greens on these are delicious saved for veggie broth (simmer in a medium pot nearly full with water - any onion or garlic tops, a few carrots, a stalk or two of celery or handful of parsley, a glug of olive oil, and several whole black peppercorns for about an hour and strain. Incredible as the liquid for a pot of beans, basmati rice, or of course soup).

These **yellow potatoes** stored really well over the winter, and we're getting them to you just this once before the new potatoes are ready. The variety is Agata, and I'm impressed with their waxy but versatile flesh and their rich, sweet flavor. Our friend Ariel made them for us the other night by boiling them whole till just barely tender, then gently smashing them flat on a sheet pan, drizzling with olive oil, salt and pepper and baking in a hot oven till crisp and slightly browned. Served with labneh and a big salad, they were truly delish. Cheers and happy cooking, *Sophie*

## **Joshua McFadden's Kale Salad** from Six Seasons

1 bunch lacinato or vates kale, thick ribs cut out  
½ garlic clove finely chopped  
¼ cup finely grated Pecorino Romano cheese  
Extra virgin olive oil  
Juice of 1 small lemon or ½ large lemon  
1/8 tsp dried chile flakes  
kosher salt and freshly ground black pepper  
¼ cup dried breadcrumbs

Stack several washed and dried kale leaves on top of one another and roll them up into a tight cylinder. With a sharp knife, slice crosswise into very thin, about 1/16 inch ribbons. Pile the kale into a salad bowl. Put the chopped garlic on a cutting board and mince it even more until you have a paste (you can sort of smash and scrape the garlic with the side of the knife as well). Transfer the garlic to a small bowl, add ¼ cup pecorino, a healthy glug of olive oil, the lemon juice, chile flakes, 1/4tsp salt and plenty of twists of black pepper and whisk to combine. Pour the dressing over the kale and toss well to thoroughly combine. Taste and adjust with more lemon, salt, chile flakes or black pepper. Let the salad sit for about 5 minutes until the kale softens slightly. Top with the breadcrumbs, shower with more cheese, and drizzle with more olive oil. Serves 2-4.