

GROUNDWORK ORGANICS



May 10, 2023

In your box

Little Gem lettuce
Purple radishes
Red Ace beets
Bunched arugula
Basil
Green garlic
Sugar snap peas (Eugene)
or Green zucchini (Bend)
Calçots
Rainbow chard

Sugar snap peas are a fleeting treat we wanted to be sure and get in the boxes this spring, so Eugene gets them this week and Bend next week. The lovely little **green zucchini** will be the item they're switched with, very tender and mild this time of year. I found myself surprisingly eating an entire one raw for lunch last week, sliced thin and dipped in a little dressing.

Little Gems got a tiny bit bigger than we usually harvest them, but they are plump with flavor and great texture. Peel off the outer layer if need be, and the leaves just get more and more adorable till you can't believe how cute those littlest ones are. Gets me every time. Perfect for sandwiches, composed salads or even use them as little cups to hold tuna or chicken or egg salad if you want to get fancy.

Green garlic and **basil** will make for a great combo this week. You can use all but the top few inches of the green garlic, and save the top leaves for veggie stock. Quick dinner idea - chop in rounds like a green onion, sautee briefly in a little butter or olive oil, toss in some of those peas cut in wide pieces for a minute more, and combine with fresh cooked pasta, lots of parmesan and handfuls of chopped basil, salt and pepper. Or go for a green garlic pesto, throwing basil and green garlic in a blender with good olive oil, fresh lemon juice, pinenuts and parmesan.

Arugula and **beets** are another favorite pairing. Top the beets to store them easier and sautee the greens if you like, maybe with the rainbow chard. I like to take advantage of a moment when the oven is already on and roast the beets up so they're ready when you want them. They keep really well in the fridge once cooked, and it's great to have them on hand for a quick salad as in the recipe below.

One last round of **calçots** before they're gone, if you're lucky enough and haven't used last week's bunch you'll have just the right amount to grill them up this weekend. I can happily report we made some last Wednesday, following the recipe on the newsletter (one small note, I did blend in a small chunk of bread to the romesco sauce to thicken it up which I'd seen in other recipes). We brought bundles wrapped in newspaper to our friends house for a very fun and delicious treat. If you need more inspiration, google Anthony Bourdain's episode on calçots, or check out this link sent to me by our slightly obsessed farm stand customer from Barcelona, it's in Spanish but the visuals explain it all. Enjoy a week of beautiful weather!
<https://www.youtube.com/watch?v=1GgLLoQtozg>

Roasted Beet Salad with Arugula and Chevre

Extremely easy to prepare, and a great contrast of flavors and textures.

Roasting the beets: Remove greens and tails and wash beets well. Rub with olive oil and season with a little salt, then place inside a length of tinfoil and close into a tight packet. Roast in a small pan to catch any liquid in a 375 degree oven. Check after about 30 minutes, these spring harvested beets cook more quickly than overwintered ones, and they'll continue to cook a little with their residual heat once you pull them out. Allow them to cool, and peel using a cloth or paper towel to rub the skin off.

For the dressing: A very simple vinaigrette is best, combine lemon juice or vinegar, maybe some finely chopped shallot, plus dijon mustard and olive oil, salt and pepper to taste, and shake up to combine in a small mason jar.

To assemble: Rinse and pat greens dry. Place beets, sliced into 1/6" rounds, over arugula on a wide serving plate. Crumble a few tablespoons of chevre on top, dress, and top with roasted and chopped hazelnuts if you please.

30699 Maple Drive, Junction City OR 97448
www.groundworkorganics.com
groundworkorganics@gmail.com 541.998.0900