

# GROUNDWORK ORGANICS



May 13, 2020

## In your box

Salad mix  
Little Gem lettuce  
Baby bok choy  
Sugar snap peas  
Red Ace beets  
White turnips  
Italian parsley  
Green onions  
Strawberries

We've had such a relatively gentle spring, I suppose a little rain was in order this week. This is the time of year we really have to squeeze in every opportunity to plant and weed, as harvesting begins to take over our days. At least this is a familiar anxiety, amidst so many new uncertainties. Melons, cucumbers and winter squash, corn and beans are the crops we're focused on planting right now. Just keep working hard - head down and spirits up. This is the mantra right now.

Thanks to all of you for a very smooth first week of CSA. The few folks I talked to who needed direction or had any problems were so patient, it was greatly appreciated. If you ever have any issues with pickup, please don't hesitate to email or call asap. Also, the crew does a very thoughtful job of packing boxes starting at 4am Wednesday morning, but if anything is ever missing or damaged, we want to know so we can issue credit for a replacement at our farm stand or at farmers market.

Some lovely spring crops this week. **Little Gem** baby romaine is a total crowd pleaser (remember crowds?) Break each leaf off from the bottom reaching the tiny adorable leaves on the very inside, like a Russian doll. The perfect base for what my family calls a Cold Plate – the one we enjoyed last week had hard cooked egg, long thin chunks of swiss, sugar snap peas, radishes, sliced roasted beets and a good rich dressing like ranch or blue cheese.

I sing the praises of roasted **beets**. Delicious hot, but I think even better cold, they'll keep in your fridge ready for action for close to a week. Just throw them in the oven when you have it on for something else so you have them on hand. A great dose of fiber, very rich in iron, they even help oxygenate your blood. See the method below for roasting and be aware that spring beets will cook a bit quicker than you might think, and will continue to cook a bit after you pull them out of the oven. I prefer them with a tiny bit of tooth to them still, as opposed to slightly mushy.

**White turnips** are a Japanese 'salad' variety called Hakurei. These are fantastic simply steamed till just tender, maybe 12-15 minutes, either whole or cut in half, and topped with a little butter and salt. They are also mild enough to eat raw, very thinly sliced or grated (radish-like). Or roast them alongside your beets, as below. I'd suggest keeping them separate in little packets of tinfoil so the color of the beets doesn't bleed, and also because the beets will take a little longer to cook. Turnip and beet greens are your bonus cooking greens this week, and would be delicious sautéed up together with a little olive oil and garlic.

**Sugar snap peas!** So fun to eat, raw or sautéed, we've also been enjoying the different texture of slicing them thin with a mandoline and adding to stir fried rice or on top of salad greens. With baby bok choy and green onions, you definitely have the making for a great stir fry or fried rice this week. We have several plantings of peas still coming, including snow peas and shelling peas for future boxes. Enjoy, everyone!

## Method: Roasting Beets

This is a simple and delicious way to prepare roasted beets, try over salad greens with fresh goat cheese and a handful of chopped hazelnuts, or as a wonderful side dish.

Top greens a 1/2 inch above the beet. Wash well and cut off tails. Don't peel. Line a small baking dish with foil, toss clean whole beets with a little olive oil and kosher salt and place in pan. Wrap foil up and over the beets tight. Bake at 375 for 30-45 minutes, depending on size, checking with a tooth pick which should just poke in with a little resistance.

To peel, allow beets to cool enough to handle. Using a paper towel or clean cloth, gently rub the skin off. Serve hot or cold, sliced into rounds or quarters. Or store whole in the fridge for up to five days.