

GROUNDWORK ORGANICS



May 17, 2017

In your box

Spinach
Bunched Arugula
Green kale
Basil
Fresh garlic
'Red Ace' Beets
German Butterballs
Green zucchini

Coming into the most important time of year on the farm, where all things start clamoring for time and attention – a major push to plant, trellis, weed, and harvest, with strawberry season just around the corner, and all our markets starting by the end of the month. Not to mention, we are in the process of rebuilding our packout and barn, after a rather intense turn of events this February, when we lost it in a late night electrical fire. Life is crazy, but we know we can rise to meet these challenges, especially with the help of such an incredible crew of people we are lucky and honored to work with. Digging deep!

A few crop notes, the **fresh garlic** has not papered up yet, so you'll find you can peel just the very outer layer, and chop most all of the interior up if you like, or separate out the cloves if you prefer. **Beets** are on the small side, but so wonderful and sweet at this size. They will cook more quickly than your average storage beet, should you roast or steam them. Try them roasted, peeled and sliced over arugula with a little chevre, for a classic delicious salad. Or just shred them raw over greens. Lastly, a very heartfelt thanks to CSA member Eric Redmond for sending in this perfectly timely recipe yesterday. I can't wait to try it myself, looks fantastic, and always appreciate hearing from you all. Thanks and enjoy, Sophie

Portuguese Kale Soup

This is a quick and easy soup that not only is full of flavor but really allows the individual flavors of all the fresh spring vegetables to be showcased. This is the perfect soup for after work on a cool, rainy, Oregon spring day. It only uses one pot and only takes about an hour, which makes it perfect for after work.

Ingredients:

- 1 Tablespoon Olive Oil
- 1 lb chorizo or linguica sausage, cut into 1/8 inch slices. (leave this out if you are making it vegetarian. You can replace it with
- 1 lb of good mushrooms if you want)
- 1 onion, chopped into 1/2 inch pieces
- 1 bulb of fresh garlic, diced
- 1 bunch kale, coarsely chopped
- 2 lbs new potatoes, cut into bite size pieces
- 4 cups chicken broth
- 1 cup white wine (optional)

Directions

1. Heat a 6-8 qt stock pot over medium heat
2. Add the olive oil and the sausage pieces.
3. Cook the Sausage pieces for approximately 2 minutes, stirring frequently to cook all sides
4. Add the garlic and onion and cook for approximate 1 minute, or until softened and you can smell them cooking
5. Add either the white wine (if you are using it) or 1 cup of chicken stock to the hot pan and scrape the bottom.
6. Add the Kale and potatoes (it will look like the pot is overflowing but it will cook down)
7. Add the rest of the chicken stock and put the lid on
8. Bring up to a high simmer and allow to cook for 5 minutes and then stir everything together.
9. With the lid on turn the heat down to a low simmer and allow to cook for 1 hour
10. Add salt and pepper to taste and enjoy!