

GROUNDWORK ORGANICS



May 17, 2023

In your box

Salad mix
Red leaf lettuce
Radishes
Diva cucumbers
Red Gold new potatoes
Green onions
Basil
Sugar snap peas (Bend)
or zucchini (Eugene)
Carrots
Strawberries

Beautiful crisp mornings warming to sunshine filled days, everything starting to grow so quickly now – I love this time of year. And I love the produce that comes along with it too. **Strawberries** were picked this very morning for you all, the season is just starting and it looks to be a good one. We should have them for lots of upcoming boxes, and are about a week out from the main field plantings coming on if you want to stock up on flats to freeze. We pick daily at the farm stand, open Thursday thru Sunday 9am-5pm, and hope to be able to offer U-pick as well this year too. More details to come on that soon.

Try these **new potatoes** simply prepared to savor their texture and sweetness. I like to just quickly boil them till tender, drain and cover a minute more, toss in a chunk of butter and plenty of chopped green onion, fresh basil, maybe a little parsley too. So simple, so good! They store best in a bag in the fridge, but will start to oxidize after three or four days so use em up sooner rather than later.

We did have a few changes from the list this week – had to switch out the white turnips for **red radishes** (the wire worms won that battle). I also got my wires crossed and had carrots on the list for the crew to pick instead of Italian kale – we'll get it in the boxes for next week. The carrots are so good right now, hopefully no one minds too much.

A no brainer to enjoy, these **Diva cucumbers** are a real treat. Grate them into some full fat yogurt with a little garlic to sauce up a falafel pita or serve with curry. Or make one of my all-time favorite lunches, the veggie wrap: a warmed tortilla with a sprinkle of melted cheese, folded burrito style around grated carrot, chopped cuke, a big handful of salad greens and avocado (if you're in Eugene, the Kiva has been getting the most insane farmer-direct CA avocados). Moisten with a little olive oil and mayo, season with salt and a few grinds of black pepper. Delish! I will need to eat that today now that I mention it. This recipe from the fabulous Deb Perelman popped up on her most recent newsletter, perfect for this week's box. Thank you Deb! Hope you enjoy, *Sophie*

Spring Salad with New Potatoes

2 pounds small new potatoes
1 pound asparagus
¼ pound sugar snap peas
4 small to medium radishes, thinly sliced

Pickled spring onions

3 spring onions (calcots if you have) or 4-5 green onions
¼ cup white wine vinegar
¼ cup water
1 tablespoon kosher salt
1 ½ teaspoons sugar

Sharp mustard vinaigrette

¼ cup olive oil
2 tablespoons whole grain mustard
2 teaspoons smooth Dijon mustard
2 tablespoons white wine vinegar
Salt and fresh ground pepper to taste

Place potatoes in a medium saucepan and cover with one inch of water. Bring to a boil and cook for about 15 minutes, or until the tip of a knife easily pierces the potatoes and let them cool until they're just about room temperature. Meanwhile, pickle your spring onions. Whisk vinegar, water, salt and sugar together in the bottom of a small container with a lid until the sugar and salt dissolve. Slice the bulbs and paler green parts into very thin coins and submerge them in the vinegar mixture. Cover and put in the fridge until you're ready to use them; if you can put them aside for an hour or even overnight, even better. Reserve the onion greens. Refill the saucepan you used for the potatoes with salted water and bring to a boil. Prepare an ice bath, a large bowl with ice and water in it. Trim the tough ends off the asparagus. Once the water is boiling, add the asparagus. One minute later add the sugar snap peas. Two minutes later, drain both together and dump them into the ice bath to chill. Drain the vegetables and spread them out on towel to absorb excess water. Slice the asparagus and sugar snaps into ½ inch segments, and combine with chopped potatoes, thin sliced radishes and the reserved green onions, thinly sliced into slivers in a large bowl. Whisk the dressing ingredients together and toss it with the vegetables, to taste. Stir in as many pickled onion coins as you please, and season with salt and fresh ground pepper.

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