

# GROUNDWORK ORGANICS



May 18, 2022

## In your box

Red leaf lettuce  
Carrots  
Red Ace beets  
Baby bok choi  
Zucchini  
Sugar snap peas  
Green onions  
Cilantro  
Italian kale

While we wait for a little more sunshine to ripen up berries and cherry tomatoes, we've got some lovely spring treats this week. **Sugar snap peas** are easy to enjoy, fantastic raw as a snack, or sliced into little slivers and put on salads or tossed in at the end of a pasta dish to just barely cook. Also fantastic sauteed quickly with a little butter. Tender little **green zucchini** will cook quickly too, err on the side of underdone to appreciate their texture and flavor. **Baby bok choi** is also so tender you barely need to cook. Try slicing them in half lengthwise, rinsing well and with the water still clinging to them, saute in a hot pan with a tablespoon of sesame oil for 30 seconds or so on each side.

**Green onions** and **cilantro** make such a good team, I'm always happy when we can harvest them together for your boxes. Chop a handful of each to finish off a pan of mapo tofu, perfectly satisfying and great on a rainy day. (Check out this favorite recipe <https://www.marionskitchen.com/mapo-tofu> for some excellent guidance.) Or add them to a bowl of homemade beans and rice with a little sour cream and avocado. If you haven't tried them already, Rancho Gordo dry beans are as good as they get. Available on their website, but also spotted at Capella in Eugene. I love mixing two varieties - Mayocoba and Santa Maria Piquito make a great combo, and I cook them with a simple veg stock for extra flavor. Make a big batch and freeze half in a yogurt container for another time.

Just a reminder, we offer up to two weeks of **vacation credit** during the season. Please give a minimum of five days notice by email with the exact dates you wish to cancel. We'll send a \$25 credit by mail for each box cancelled, good all year at our market stands or the farm stand. Please remember these dates and be sure NOT to pick up a box. Though your name will remain on the check off list, we adjust numbers and leave an exact amount of boxes each week. If you have any questions, just ask! Always happy to remind you of dates you asked off, or adjust them if plans change. Thanks everyone, *Sophie*.

## **Sugar Snap Pea Salad**

*From Bon Appetite by way of CSA member Maria Seip*

Whisk  $\frac{3}{4}$  cup buttermilk and 3 Tbsp whole milk Greek yogurt, 2 Tbsp fresh lemon juice, 1 finely grated small garlic clove and a large pinch of kosher salt together in a medium bowl. Toss 8oz sugar snap peas, strings removed, thinly sliced, 2 Tbsp olive oil and 1 tsp finely grated lemon zest in another bowl. Season with flakey sea salt and fresh pepper. Pour dressing into a shallow bowl, and pile peas in the center. Drizzle with more oil and top with more pepper and lemon zest.

Serves 4 as a side.

## **Basic Roasted Beets**

Top greens a 1/2 inch above the beet. Wash well and cut off tails. Line a small baking dish with foil, toss clean whole beets with a little olive oil and kosher salt and place in foil. Wrap foil up and over the beets tightly. Bake at 375 for 30-45 minutes, depending on size, till just barely tender. Allow to cool, then peel by rubbing off the skin with a paper towel or clean rag.

Slice into 1/3 inch rounds and use on salads, especially delicious with a little fresh chevre and simple olive oil vinaigrette. These keep in your fridge for several days once cooked, an excellent little item to have on hand.