

GROUNDWORK ORGANICS



May 20, 2020

In your box

Bunched Arugula
Mini Lettuces
'Diana' radishes
Yellow new potatoes
Celery
Basil
Green Garlic
Walla Walla onions
vates kale

Well-grown **arugula** is a thing of beauty, and when the crew showed me a sample bunch, I knew it needed to be in the box this week. I promptly ate half of it, and used the other half for a mixed salad with shaved radishes and simple vinaigrette that went with a quiche and smashed **new potatoes**. How to smash a new potato: boil 6 or so potatoes (cutting largest potatoes in half) till almost tender, maybe 12-15 minutes, drain well. In a large cast iron pan, heat a little olive oil, a few tablespoons of butter and a clove or two of garlic or chopped green garlic. Add potatoes, and with a large mason jar, push down and gently smash the potatoes until you have a nice, craggy irregular collection, some bigger, some smaller. Cook over medium heat until brown and golden, salt and pepper to taste, then flip them and add a bit more butter to the edges of the pan and let that side crisp up. Finish with a little more salt and pepper, and maybe some Espelette or chili flake too.

We had good success with an early greenhouse planting of **celery** this year, a crop we're still experimenting with as far as timing and variety. Chop into tuna, egg or potato salad, or snack on it spread with a little cream cheese and some thin sliced radishes on top. It's a good keeper, and when you finally get down to the heart, include it in your next batch of stock. Strawberries had a soggy week out there in the field, and the green house plantings were slow to ripen in this cool weather. More for you next week, new rotations of carrots and peas on the way as well. Thank you!

Ariel's Kale Caesar Salad

I've put this recipe in before, but it's so good it's worth sharing again. The perfect side dish to pesto and pasta, or a wonderful light lunch all on its own. This works best with the curly kale in your box this week, but can also be made with Italian kale.

Wash 1 bunch of kale, remove the large ribs and roughly chop. Spin dry. Squeeze juice of half a lemon over the kale in your serving bowl, and massage it in with your hands. Toss with caesar dressing to coat. (You may have a little extra dressing, don't add it in all at once).

Caesar Dressing

2 teaspoons anchovy paste
1 large garlic clove, chopped (or sub green garlic)
1 teaspoon kosher salt
1 large egg yolk
2 tablespoons fresh lemon juice
3/4 teaspoon Dijon mustard
2 tablespoons olive oil
1/4 cup sunflower oil (or other vegetable oil)
4 tablespoons Parmesan, finely grated

DIRECTIONS:

Mix first 6 ingredients in a medium size bowl. Drizzle a few drops of oil into yolk mixture, and whisk together. Continue drizzling drops, going very slowly, until mixture looks slightly thickened and glossy. Continue to whisk, gradually adding oil in a slow, steady stream until all oil has been used and mixture looks creamy. Add parmesan and whisk until smooth. Taste and adjust seasoning with salt and pepper if needed. Can also be thinned with a little water if it seems too thick.

30699 Maple Drive, Junction City OR 97448
PO Box 42292, Eugene OR 97448 www.groundworkorganics.com
groundworkorganics@gmail.com 541.998.0900