

GROUNDWORK ORGANICS



May 26, 2021

In your box

Salad mix
Red Kitten spinach
Fava beans
Green garlic
Red Gold new potatoes
Costata Romanesco Zucchini
Green onions
Italian parsley
Strawberries

The bunched green this week is **Red Kitten spinach**, an adorable name for a unique variety of red veined spinach. A crop that doesn't always do well for us thru the summer here, spinach is going in these early boxes often while we have it for you, hopefully easy enough to enjoy. Try it sauteed with green garlic and good olive oil, then put over or alongside the new potatoes in the recipe below. The **Red Golds** are gorgeous right now, refrigerate and remember they will oxidize after a few days so it's best to use them fresh. Fantastic in potato salad with some finely chopped Italian parsley and thinly sliced green onion.

Fava beans! The season will be short on them for us this year, so you'll probably just get them this one time. They are a bit of a labor of love, but well worth the effort (*hint: getting them out of the big puffy pods is a perfectly fun and foolproof task for the younger members of your household, and the beans can be stored shucked in the fridge well in advance of cooking to reduce the bulk). Follow the first part of the recipe below to prepare them for pasta dishes, minestrone, composed salads, or follow thru and make the puree, it is a most potent blast of spring flavor, and one of my all-time favorite recipes. Enjoy a beautiful week, Sophie

Smashed New Potatoes

Bring a large pot of water to boil. Gently scrub 1½ -2 pounds potatoes and cut any larger ones in half. Add potatoes to boiling water for about 10 minutes, or until just tender. New potatoes cook fairly quickly due to their high moisture content. Drain well, put back in the empty pot & using a quart mason jar, smash gently leaving lots of large chunks.

Melt a 2-3 tablespoons of butter in a cast iron skillet, add potatoes in an even layer and crisp up over medium heat, a few minutes on each side, flipping it like a pancake and adding a little more butter in between, until golden.

Possibilities are endless - finish with minced fresh herbs, or try caramelizing some sweet onions or sauteing green garlic in the pan first before adding potatoes. For a main dish, top the flipped and browned potatoes with steamed vegetables or spinach and shredded cheese of your choice, and finish in the broiler.

Alice Water's Fava Bean Puree

2 pounds fava beans
½ good quality olive oil
Salt and pepper to taste
2 cloves garlic, peeled and chopped fine (*or sub 2 stalks green garlic*)
¼ bay leaf
1 small sprig each rosemary & thyme
½ lemon

Put a large pot of water on to boil. Shell the fava beans and parboil them for 1 minute. Drain & immediately plunge into ice water for a few minutes to cool. Drain them well and remove their pale green skins, popping out the bright green beans with your thumb and forefinger.

Warm ½ cup of the olive oil in a shallow non-reactive saute pan. Add the beans and salt lightly. Add the garlic, the herbs and a splash of water. Slowly simmer, stirring frequently, until beans are completely soft and pale green, about 30 minutes. Add another splash of water from time to time to prevent the beans from drying out.

Remove from pan and discard the herbs, then pass through a food mill or puree with a food processor. Add lemon juice, and a few more drops of olive oil if need be, taste for seasoning. Serve warm or at room temperature, by itself or spread on grilled bread or baguette slices. Makes about 2 cups.