

# GROUNDWORK ORGANICS



May 27, 2020

## In your box

Salad mix  
Little Gem lettuce  
Sugar snap peas  
Rainbow chard  
Red onion  
Zucchini  
Bunched spinach  
Violet Queen turnip  
Strawberries

A perfectly needed break in the weather is helping us get lots of important ground worked up. Spring planted crops are soaking up the sunshine and kicking into production, including early plantings of **zucchini**, which we try and pick at this tender size. I love them cut in half lengthwise and grilled, in a quick marinade of olive oil and a little garlic, salt and pepper. Lots of great comments about the white turnips the other week, thought you might also enjoy this slightly different variety called **Violet Queen** with a pretty pink blush to them. They can be prepared much the same way, these are a little sturdier and a shade spicier, better for roasting or steaming than fresh eating, but I leave that up to you. And hooray for more **peas**! Finally won the battle here on the farm and Gabe is on board with growing them... they are a bit of work to trellis and pick and we've had our ups and downs with timing and varieties, but I think we've got them figured out. Our girls have been cooking a lot these days, and I'm always happy when they have an idea for a meal instead of a dessert. Nola (almost 12) made strips of panko crusted chicken breast and broth cooked rice a few evenings ago, and on the side we quickly topped some peas and sautéed them whole with nothing but a bit of butter and salt in a fairly hot pan for a minute or two – delicious and easy.

**Spinach** bunches this week in place of baby bok choy from Monday's list. Rinse chop and wilt into a pot of hot pasta, or combine with the chard for a side dish of greens. Try adding a bit of diced red onion in there as well – something about the sweetness of the onion cuts the acidity of the chard in a remarkable way. Spinach and red onion would make great toppings for the pizza recipe below too. **Strawberry** crop is looking great, we are coming into full production here in the next week or two, so you should be seeing these often. If we are able to do u-pick at the farm stand, we'll keep you posted. As of now, it's sadly looking unlikely.

Important! Several of you gave notice for vacation credit on your registration forms. **If your vacation plans have changed, please let me know by email and I can add you back on for those weeks.** The blue credits that were sent out with your confirmation letter can simply be recycled at home. If you have already used those credits, and would also like to receive the cancelled boxes, \$25 payments can be sent to the farm for each credit you used. We leave an exact number of boxes at the drop spot each week based on vacation dates, however the list of names on the check-off sheet does *not* change from week to week in order to protect your privacy and prevent office errors. Please let me know if you have any questions at all, happy to help.

### **Method: Pizza** from Flour Water Salt Yeast by Ken Forkish

*I have long sought a perfect same-day straight pizza dough recipe with character. Found it! Thank you Ken of Ken's Artisan Bakery in Portland. Very little yeast, almost no kneading and a long rise make this a slow but simple process, like all good bread. This is a big recipe that makes 5 x 12" pizzas, but extra dough can be refrigerated and used the next day for focaccia, or just make them all and lucky you, have some cold pizza left over.*

7 ¾ cups white flour  
3 cups water at 90-95 degrees  
1 Tbsp + ¾ tsp fine sea salt  
½ tsp instant dried yeast

**Simple red sauce:** Drain 1 (28oz) can whole tomatoes into a colander. In a food processor, blend well drained tomatoes, 1 ½ tbsp good olive oil, 1 clove garlic, ½ tsp sea salt and a pinch of oregano until smooth and thoroughly combined.

Measure warm water. Remove about 3 tablespoons water and add to ½ tsp yeast in a small container to hydrate. In a separate large bowl, combine the flour with the rest of the water. Mix by hand until just incorporated. Cover and let rest for 20-30 minutes. Sprinkle the salt over the top of the dough, then stir the yeast mixture with your finger and pour over the dough. Mix by hand in the bowl, wetting your working hand before mixing so the dough doesn't stick to you. Reach under the dough and grab about ¼ of it, gently stretching this section of dough and folding it up and over. Working in a circle, repeat three more times with the remaining dough. Make sure all the salt and yeast are fairly well incorporated. Let sit 30 to 60 more minutes, then repeat this folding process on more time. Lightly coat a large lidded Cambro type container with olive oil and transfer dough to the tub. When the dough is about double its original volume, about 6 hours, it's ready to be divided.

Ease dough out of the tub onto a moderately floured work surface. Dust the top of the dough with flour and divide into five equal pieces. Shape into medium tight rounds, place on a lightly floured sheet pan and cover with plastic wrap or a large clean bag. Leave out 30 minutes, then refrigerate 30 minutes. Meanwhile, heat oven with pizza stone to 500 degrees and prep your sauce and toppings. Remove dough from fridge one at a time. Shape on a floured work surface, gently pat and flip to flour both sides. Leaving a one inch rim undeflated, gently punch down the middle, flip and repeat. Grab the rim and let gravity help you stretch it, running the rim between your hands until it's about 12 inches wide. Place on a floured peel, sauce up to 1 inch of the rim and add your toppings ( Note: if you don't have a peel or stone, you can shape and bake directly on the back side of an unheated sheet pan dusted with a little corn meal, not quite as good but works fine). Bake for 5 minutes, rotate and bake another 2-3 minutes till bubbling and golden.

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