

GROUNDWORK ORGANICS



May 3, 2017

In your box

Spinach
Red leaf lettuce
Red radishes
Hakurei white turnips
Zucchini
Kale mix
Italian parsley
Calcots (spring onion)

We needed to make one change from your proposed list, substituting beautiful **baby white turnips** for carrots – sorry for any inconvenience! We have lots of nice beds on the way and almost ready, but the overwintered green house plantings didn't do great this year. These turnips, on the other hand, planted outside during about 14 minutes of dry weather in February, triumphed over incredibly terrible conditions and couldn't look or taste more lovely. Known as 'salad turnips' they are sweet and tender, and can be eaten raw like a radish, or quickly steamed.

At this size, I like to cut the greens off just a ½ inch or so up from the root, leaving a beautiful and tasty little green stem for contrast, and steam them whole till just tender, maybe five minutes. Season with a bit of butter and salt, couldn't be easier. The greens themselves are wonderful sauteed up on their own, and could be combined in with the **baby kale** to make a nice braising mix.

After a truly incredible trip last November to Spain, I learned that 1) the Spanish really know good food, and 2) 'calcots', the traditional spring onion shoots grown from a full size onion that's been re-planted in the fall, are pronounced with a soft c, cal-sots. While we have grown these for many years, we are finally paying tribute to their heritage by calling them by their Spanish name (and pronouncing it correctly). And they are a *very* big deal in Spain, huge La Calcotada parties are thrown in the spring with these grilled onions at the heart of the celebration. We grilled some last week, and took the time to prepare them as instructed by a very thoughtful market customer who dropped off a few fascinating pages from an authentic recipe, and wow. Truly wonderful. The sauce is crucial, easy to make, and keeps for days in the fridge. Of course, they can also be used like you would a mild onion, green onion, or leek. Enjoy! Sophie

Calçots

"Calcots are grilled an hour or two before they are to be served, then wrapped tightly in newspaper and plastic and allowed to steam – which makes them butter-tender and loosens their burnt outer skin. They're brought to the table piled in the hollows of long terra-cotta roofing tiles (this keeps them warm)... and eaten with a spicy nut sauce called *salvitjada*. (*I've omitted the authors very detailed description of exactly how a Spaniard eats a calot, but they are eaten in hand, with the burned skin slipped off, then dipped in sauce.*)

Over a hot barbecue, grill the onions in batches until well-blackened on all sides. As they are removed from the grill, wrap them in several layers of newspaper. When all are cooked, wrap the newspapers tightly in a plastic bag, and set them aside to steam for 1-2 hours. Meanwhile make the sauce.

Salsa per Calcots (makes 1 cup)

10 hazelnuts, roasted
10 almonds, roasted
1 tomato, seeded and chopped
several cloves garlic
a few sprigs parsley
a pinch of espelette of cayenne pepper
½ tsp salt,
1 teaspoon red wine vinegar
3 tablespoons best quality olive oil

After toasting the nuts quickly in a pan over medium heat, allow to cool slightly, then transfer to the bowl of a small food processor. Add tomato, garlic, and parsley, then blend together well until smooth. Transfer the mixture to a bowl, and stir in pepper, salt, vinegar and oil. Mix well by hand adjust seasonings for flavor and consistency, then allow to sit for up to two hours before serving.