

# GROUNDWORK ORGANICS



May 3, 2023

## In your box

Bunched Spinach  
Red radishes  
Carrots  
Baby bok choy  
Cabbage raab  
vates kale  
Calçots  
Leeks  
Purple Majesty potatoes

It's been a long wait but spring feels like it's finally arrived! Thanks to you all for joining up for the full season this year, we have lots of luscious crops nearly ready for these early boxes including what looks to be a very good strawberry crop on the way. We've been taking advantage of brief moments of dry weather to get all sorts of greens, broccoli and onions planted out in the field, and doubly grateful this year for our cold-frame greenhouses that have allowed us to keep up with transplanting early salad mix, new potatoes, basil, zucchini and cucumbers, all of which you should see soon.

In the meantime, a few crops that we won't have much longer this spring.

**Raabs** are the shoots of overwintered brassicas (a category that includes kales, collards, cabbages etc), harvested before the flowers bloom in their attempt to go to seed. Similar to rapini and with an asparagus-like texture, the entire bunch including stems, leaves and tops can all be enjoyed. I usually cut the bottom ends by about an inch, give a quick rinse and with water still clinging, sautee in a hot pan over medium heat with a bit of good olive oil and a few whole cloves of garlic. Add a few more splashes of water a minute later and cook till bright green and just tender, maybe a minute or two more, adding salt to taste, and a little squeeze of lemon and some pepper flakes if you like.

**Calçots** (also called spring onions) are the spring shoots sent up by a whole onion when left unharvested in the ground. They are super versatile, very sweet, and can be used in place of onion in any recipe or chopped fresh, as you would a green onion. More traditionally, they are enjoyed all over Spain and especially in Catalonia by grilling over a hot flame till well charred, and served with a rich tomato and garlic sauce, as in the recipe below. Thanks everyone for supporting local farms, and for taking the time to enjoy and make some delicious memories for you and your friends and family. *Sophie*

## Calçots

Calçots are grilled a half hour or so before they are to be served, then wrapped tightly in newspaper and allowed to steam – which makes them butter-tender and loosens their burnt outer skin. Traditionally, they're brought to the table piled in the hollows of ra-cotta roofing tiles (this keeps them warm)... and dipped into a spicy nut sauce called *salvitjada*. They are eaten in hand with the burned part peeled off, all over Catalonia in spring celebrations known as Calçotadas.

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 30 minutes to 1 hour. Meanwhile make the sauce.

### **Salsa per Calçots** (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 or 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.