

GROUNDWORK ORGANICS



May 4, 2022

In your box

Salad mix
Red leaf lettuce
Arugula bunch
Golden Globe potatoes
Bunched Spring onions
Carrots
Vates kale
Strawberries

Every winter as we go through our crop plan, we eliminate a few things that we're ready to be done with or are just tired of struggling with - there can be a bit of spite in this and sometimes we come back around the following year. But the real heartache comes when we find that a variety we loved has been discontinued and is no longer available. Such has been the case with the incredible carrot variety Nelson, a Nantes type blunt-nose carrot that we grew for 20 years. That kind of thing sets off a scramble that honestly takes a year or two to get right, as we trial new varieties and figure out what works best. Flavor, shape, germination and, with carrots, their tendency to bolt and length of greens is actually a huge deal. We've found a few promising Nantes varieties, and are getting you the last of a nice greenhouse planting before our field carrots come on.

It's also the first year we've grown this variety of **yellow potato** and are super happy with it, a beautiful and productive replacement for German Butterballs. New potatoes are fresh dug and will cook up more quickly than your average storage potato. They're best used within a few days of harvest, as they begin to oxidize without cured skin. A total spring delicacy, their flavor and texture is so good they need little more than to be boiled till just tender and finished with a handful of chopped herbs or onion greens and a little butter and salt. Or try them cut up and pan fried in a bit of good olive oil for incredible home fries (new potatoes cook so quickly that you avoid the problem of them getting too dark before they're cooked all the way through).

Spring onions harvested with their luscious greens are kind of a two for one, the tops can be finely chopped and used like you would green onions. Or save them and throw into a pot of vegetable or chicken stock. With a high water content, you'll find these onions to be mild and sweet, delicious fresh in salads, in a wrap or pita, or quickly pickled. If you do choose to cook them, leave them in wider pieces than normal so they don't completely disappear.

Even with the cold temps, **strawberries** are ripening up well, and it looks like it should be a nice strong early season for one of our most important crops. We're growing about six acres this year, with a small amount for early production in unheated greenhouses. We're about three weeks away from the main season of field berries, when quality and prices are best, if you're looking to stock up. We'll also be doing U-Pick at the farm stand this year and will keep you posted.

We started the CSA in our third year as a farm when we felt confident enough that we could reliably grow good food, it was 2002 and we offered just a winter box for a few seasons till we were ready to do more. We were farming about 35 acres, had a propagation greenhouse and maybe six or eight tunnels and about 10 employees plus Gabe and myself. Fixing up the farm house and raising two girls came next, and we took on a few nearby fields, year by year. Things have changed quite a bit, we now farm about 135 acres, our kids are taller (and possibly smarter) than I am, we have a bigger crew, but more than a few have been with us all these years. So many of you have been CSA members for longer than you can probably easily remember as well, we are so incredibly grateful for the support and the community you've helped us create! And for all you new members who have found your way to the farm, thank you so much for placing your trust in us. Hope you all thoroughly enjoy the season! *Sophie*

The Kale Salad That Started It All

Joshua McFadden from Six Seasons

1 bunch lacinato or vates kale, thick ribs cut out
½ garlic clove finely chopped
¼ cup finely grated Pecorino Romano cheese
Extra virgin olive oil
Juice of 1 small lemon or ½ large lemon
1/8 tsp dried chile flakes
kosher salt and freshly ground black pepper
¼ cup dried breadcrumbs

Stack several washed and dried kale leaves on top of one another and roll them up into a tight cylinder. With a sharp knife, slice crosswise into very thin, about 1/16 inch ribbons. Pile the kale into a salad bowl. Put the chopped garlic on a cutting board and mince it even more until you have a paste (you can sort of smash and scrape the garlic with the side of the knife as well). Transfer the garlic to a small bowl, add ¼ cup pecorino, a healthy glug of olive oil, the lemon juice, chile flakes, 1/4tsp salt and plenty of twists of black pepper and whisk to combine.

Pour the dressing over the kale and toss well to thoroughly combine. Taste and adjust with more lemon, salt, chile flakes or black pepper. Let the salad sit for about 5 minutes until the kale softens slightly. Top with the breadcrumbs, shower with more cheese, and drizzle with more olive oil. Serves 2-4

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