

GROUNDWORK ORGANICS



May 6, 2020

Where to begin? This year more than ever, the farm has felt like a refuge, both physically and mentally. And while we've made some hard choices and necessary adjustments, we're deeply grateful for what we can contribute and for the good systems that were already in place. CSA as it turns out is a pretty perfect model for the times we're in, and the past few months have been a bit of a whirl wind of interest. I've had some really wonderful conversations in the process, and hope you all know how crucial your support is, how encouraging and affirming. We are all being affected so differently, but I think one thing is certain. Food now more than ever has become a source of comfort and joy, and a way to sustain our sanity. Most of us have some extra time to devote to cooking, which is truly a beautiful thing. And now you have a reason to remember what day of the week it is!

New potatoes this week are a favorite variety called Red Gold. Fresh dug, they will cook much faster than a storage potato with a higher water content and tender skin. There is really nothing like them - delicate and sweet, they are delicious simply boiled till tender and tossed with a little butter and good salt. They are a great all-purpose potato too for mashed or hashed browns, curries or whatever you please.

Green garlic may be new to some of you, this is the whole plant pulled up young. It has a pronounced garlic flavor, but is still fairly mild. Use all the way up to the top three or four or inches, chop and sautee in a little butter or olive oil in any dish where you'd normally use cloves of mature garlic. The other bunched allium this week is over-wintered **baby Walla Walla onions**. Same idea, use all the way to within a few inches of the top, the greens can also be thinly sliced like green onions, or saved for stock. I will say this all year till you're probably annoyed by it - make stock! It's so super easy, and a great way to maximize your box and get your fridge cleared out once a week. Onion tops, a random carrot or two, stalk of celery, handful of parsley, glug of olive oil, a few peppercorns. Throw in a pot of water, simmer a few hours and strain. It will make your meals sing with flavor, definitely not just for soups... use it in place of water when cooking rice or beans especially.

Strawberries are just starting to come on, and it's looking to be an excellent year. We have several plantings in cold-frame greenhouses, but the bulk is planted outside. These are day-neutral varieties, including Albion, Seascape and Sweet Anne. Other berries are also looking pretty incredible this year, and should be ripening by mid-June. We will have plenty of quantity at markets if you're looking to stock your freezer. And remember to ask for your 10% CSA discount. Lots of hard work on the part of farmers market staff, as well as support from the state have enabled markets to remain open: we are downtown in Eugene on Saturdays and Tuesdays, and the Bend market is set to open Wednesday, June 3. Our farm stand is also open Thursday thru Sunday, 9am-6pm. Thanks again, everyone. From all of us at the farm, we wish you good health and happy eating!

In your box
Red leaf lettuce
Radishes
Carrots
Fresh onions
Italian kale
Green garlic
Basil
New potatoes
Strawberries

Storing Basil and Basic Pesto

The main trick to storing fresh basil is to keep the leaves dry. I usually just put it in a bag in the fridge and try and use it fairly quickly. Others swear by trimming the stems a bit and putting it in a jar of water like a bouquet of flowers in a cool place on your counter top. No matter what, it's best to use it up within a few days. There's no better way to do that than by making pesto (which itself keeps well for several more days refrigerated in a close-fitting, air tight container).

Take leaves off the stems of one bunch basil. In a Cuisinart or similar device, add 3 cloves garlic (or 1-2 stalks of chopped green garlic), scant ¼ cup pine nuts, juice from ½ lemon, several tablespoons olive oil, ¼ cup good quality grated parmesan, and a healthy pinch of salt. Blend thoroughly, drizzling in more olive oil as needed. The classic pasta to serve this with is linguine, but it's also incredible on new potatoes or as a spread on pizza or sandwiches.