

GROUNDWORK ORGANICS



November 9, 2016

In your box

Salad mix
Red leaf lettuce
Purple Dragon carrots
Broccoli
Leeks
Red potatoes
Collard greens
Hakurei turnips
Butternut squash
Persimmons

Fuyu persimmons are from Tom Denison in Corvallis, one of the best organic farmers in the valley and a good friend and inspiration to us. Unlike the Hachiya type, these remain firm even when ripe. They can be left out on the counter a few days to sweeten up and turn a deeper orange, or refrigerated to save for a later use – they keep very well. Cut and eat them like an apple, skin and all.

Given their texture and beautiful bicolor, I like the purple carrots grated best of all. Try them on a salad or in a veggie wrap (salad greens, grated carrots, sliced avocado, dressed with a little olive oil, salt and pepper rolled into a warm flour tortilla with a little melted jack or cheddar cheese – quick, healthy and tasty).

Oh my, late night and I can't think of anything else to say right now. I should have written this yesterday. I think I'll make some soup.

Potato Leek Soup

Trim the root end and leafy greens of 2-3 medium sized leeks. Wash well to remove any dirt from the layers. Slice into one inch coins. Peel 4-5 medium potatoes and cube and dice one small shallot or ½ an onion. Melt 3 tablespoons butter in a medium size pot, and sautee leeks and onions for 5-6 minutes. Season with salt, add potatoes and cook a minute more. Add 4-5 cups stock, till potatoes are covered but not by much.

Bring to a near boil, then turn down to low and simmer for 30 minutes to one hour. Using a potato masher, crush the potatoes until smooth. I've found it is important to really wait until the potatoes are cooked thru before you mash, the result is a creamier soup in the end.

Cook a few minutes more, turn heat off and add a few tablespoons half and half or cream, and plenty of salt and pepper to taste. Garnish with chopped chives or crème fraiche if you like.

CSA wraps up next Wednesday, November 16! Please remember to return any empty totes that may have accidently made it home with you to your drop spots by next week.

Winter markets continue on Saturdays at PSU in Portland year round (9am-2pm). The Holiday Farmers Market in Eugene runs Saturdays and Sundays at the fairgrounds, November 19 – December 24th.

Registration for the 2017 season opens the first week in January, we'll send out the brochure by both mail and email then. Thanks everyone.

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