

GROUNDWORK ORGANICS



October 11, 2023

In your box

Roma tomatoes
Shungyu long radish
Red potatoes
vates kale
Eggplant
Mixed little wax peppers
Italian parsley
Lemongrass
Ginger
Butternut Squash

Growing **ginger** in Oregon is completely possible if you start it early enough in the year, and you'll see more and more at farmers markets in the fall these days. But I believe it was Tom Denison in Corvallis and Gabe working alongside him who came up with the idea first. It is just so beautiful when fresh, almost a different crop altogether. Tender, fragrant, juicy. No need to peel the skin, just grate it or finely chop and enjoy. It doesn't store well without a cured skin, so refrigerate and don't wait longer than a week to 10 days to enjoy. It would go incredibly well in a squash soup or in the recipe below.

Lemongrass is a voracious crop that does well here too when grown in a green house. You can actually just plant and root a stalk without too much effort. I'm writing this on a quick trip to Europe seeing friends and family, and I'm surprised how much you see it at the fresh markets in France, called Citronnelle. Bruising it before cutting helps to release the oils, as in the recipe below which was thoughtfully sent in by a CSA member several years back. It can also be simmered for a very nice tea, and will keep for weeks in the fridge till you're ready to use it. The piles and stacks of fresh herbs at market here continue to blow me away, a reminder that they are THE secret to good cooking. I ate one of the tastiest things for dinner last night in Lyon, tiny ravioli in a very light, almost brothy cream sauce baked with a small round of fresh and local St Marcellin cheese, showered with chives. I thought I might fall off my chair. Here's to food that lovingly prepared, *Sophie*

Thai Lemongrass soup

2 (4 to 6 inch) lemongrass stalks
1 tablespoon vegetable oil, divided
2 garlic cloves, minced
1 teaspoon freshly grated ginger
4 cups vegetable broth
1 teaspoon **sambal oelek**, or to taste
2 cups stemmed and sliced shiitake mushrooms
1 cup cherry tomatoes, halved (or sub carefully wide chopped Romas)
7 ounces extra firm tofu, drained and pressed for at least 15 minutes
¼ cup chopped fresh cilantro
1 tablespoon lime juice
Soy sauce or tamari, to taste

Bruise the lemongrass stalks by pressing on them with a large knife, until they flatten a bit. Cut each stalk into 4 sections. Set aside.

Heat 2 teaspoons of oil in medium saucepan over medium heat. Add the garlic and ginger. Sauté for 1 minute. Add the broth, lemongrass, chili paste, shiitakes and cherry tomatoes. Bring everything to a low simmer and allow to cook about 12-15 minutes, until the mushrooms are tender.

While broth simmers, cut the tofu into ½ inch cubes. Coat a medium skillet with remaining 1 teaspoon of oil and place it over medium-high heat. Arrange the tofu cubes in a single layer. Cook about 5 minutes, until lightly browned on bottoms, turn and cook another 5 minutes.

Add the tofu to broth mixture, along with cilantro and lime juice, then give everything a stir. Season with soy sauce to taste. Remove the lemongrass pieces and discard. Ladle the into bowls and serve.

Final CSA box is October 25th. Members are invited out to our farm stand
any day we're open to pick up your carving pumpkins, two per family.

The Farm Stand is located at 91360 River Road, 3 miles north of Beltline Hwy.

We're open Thurs-Sunday 9am-5pm thru October, then Saturdays and Sundays 10am-4pm thru Dec. 17

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www.groundworkorganics.com