

GROUNDWORK ORGANICS



October 13, 2021

In your box

Salad mix
Iceberg lettuce
Bunched arugula
Green bell peppers
Carrots
Purple Top turnips
Italian kale
Garlic
Baby butternut squash

The last Bend farmer's market is today for all of you on the other side of the mountains who may want to stock up on some storage items, or have market credits to use. We are getting close to the end of the CSA season too, three more boxes after this for both Eugene and Bend. Final pick up is November 3.

These adorable **baby butternut** are a variety from Row 7 Seeds, culinary-driven breeders we've gotten some real gems from (they are also responsible for the Robin's Koginuts squash you got last week). Very sweet, rich orange flesh and tiny little seed cavities, cut in half lengthwise and bake at 375 cut side up brushed with a little salted butter, the perfect dinner-sized serving with a heap of well-dressed (kale caesar?) salad at its side.

Carrots and **turnips** would be great roasted together in a hot oven, throw in some of last week's rainbow carrots too if you still have, and try serving with whipped feta – had this a few years ago at M.E.C in Portland, delightful. **Green bell peppers** one last time as we wrap up harvest out of the tunnels and get plants pulled to prepare beds for winter production. Combine with some wide sliced onions and chicken breast (or other protein) in a searing hot skillet and go for fajitas. Best place for amazing homemade corn tortillas is El Metate in Springfield at Main and 11th. Pick up a warm kilo wrapped in paper for \$3.50. You won't be sorry.

Want to mention again in case you missed it ~ you and your family are cordially invited out to the **pumpkin patch** anytime during farm stand hours this month, Thursday-Sunday 9am to 5pm (in lieu of our farm tour and harvest celebration as we get thru one more pandemic year). Just mention to our staff that you're CSA members, and feel free to take one per person. We have plenty of Jack o lanterns big and small, pie pumpkins, Cinderella and other specialty varieties for you to pick. Our farm stand is at 91360 River Road, a few miles south of Junction City. Take care everyone, and thanks! *sophie*

Ariel's Kale Caesar Salad

Wash 1 bunch kale, remove the large ribs and roughly chop. Spin dry if needed. Squeeze juice of one lemon over the kale in your serving bowl, and massage it in with your hands. Toss with caesar dressing to coat. (note; this makes enough dressing for close to two bunches kale if you care to go big – refrigerate any leftovers, delicious the next day too.)

Caesar Dressing

3 teaspoons anchovy paste
1 large garlic clove, chopped
1 teaspoon (or more) kosher salt
1 large egg yolk
2 tablespoons fresh lemon juice
3/4 teaspoon Dijon mustard
1/4 cup vegetable oil
2 tablespoons olive oil
4 tablespoons Parmesan, finely grated

DIRECTIONS:

Place first 6 ingredients in a medium size bowl. Drizzle a few drops of oil into yolk mixture. Continue, going slowly, until mixture looks slightly thickened and glossy. Continue to whisk, gradually adding oil in a slow, steady stream until all oil has been used and mixture looks creamy. Add parmesan and whisk until smooth. Taste and adjust seasoning with salt and pepper if needed. Can also be thinned with a little water if it seems too thick. Top with coarse toasted bread crumbs and a little more parmesan if you like to finish.

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