

# GROUNDWORK ORGANICS



October 14, 2020

## In your box

Salad mix  
Bunched arugula  
French Breakfast Radish  
Rainbow carrots  
Red onions  
Celery  
Garlic  
Green beans  
Italian kale

Big plantings of field grown and green house **salad mix** are just starting to come on, and as their growing creeps to a halt we're able to harvest thru early winter. 'Pandemic' sized plantings of **carrots** that were seeded in August are also looking great. Beds were prepped meticulously, and weeded promptly. The last planting of **celery** always seems to struggle to finish up in time, but is still nice to have. Use the leafy tops and any spindly stalks in a simple veggie broth – I always include a few halved carrots, a chunk of onion, a few cloves garlic, several whole black peppercorns, and a bit of olive oil in a medium pot of water. Cook over low heat for a few hours and strain. This is the key to an amazing pot of beans or any great soup.

I'm usually a pretty impulsive, self-guided cook, but I've been enjoying following recipes lately – there's just something relaxing about being told the right thing to do right now. Made this dish last night, and though I know I've put in the kale caesar recipe twice already, this method of cutting the greens in a chiffonade makes for a salad with a totally unique, almost bouncy texture and feels like a restaurant-style treat to eat. It's also a little lighter and brighter, with no raw egg or anchovy in the dressing. I left in Joshua McFadden's intro, which I'm realizing now sounds especially pre-pandemic. What a difficult freaking year for everyone. Hope the produce has been a bright spot in your week, we'll try and finish strong! Sophie

### **The Kale Salad That Started It All**

Joshua McFadden from [Six Seasons](#)

"This is the raw kale salad that changed my life. I was the chef de cuisine at Franny's in Brooklyn back in 2007. I was mad that I couldn't find good salad greens in the middle of winter... I created this kale salad in rebellion having no idea it would take the world by storm. But once it got written up in the *New York Times*, the world seemed to have an unending hunger for kale salads!"

1 bunch lacinato (Italian) kale, thick ribs cut out  
1 garlic clove finely chopped (*or more to taste*)  
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 (this is called a chiffonade). 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, ¼ tsp 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