

GROUNDWORK ORGANICS



October 18, 2023

In your box

Spinach
Bok Choi
Cilantro
Carrots
Red Russian kale
Bunched leeks
Broccoli
Celery
Shallots
Winter squash

I've been spending the second half of my trip mostly with old family friends at their small farm outside Assisi, Italy along with their four donkeys, nine cats, two dogs, fifteen chickens, twelve noisy ducks and huge garden. What an incredible place they've built, completely renovating a 400 year old villa and sending it into a sustainable future, installing solar for most of their power and heat, plus securing systems in many ways to keep them off the grid. It's very inspiring. The donkeys are an old breed, Asani Sardi, that they're participating in a program to help repopulate. Such beautiful calm and very habitual animals, *not* stubborn, just thoughtful and sensitive with incredibly good hearing thanks to their amazing ears. Being around them, I was suddenly viscerally reminded of my most favorite children's books growing up and the same ones I read our girls, Sylvester and the Magic Pebble, and more obscurely, The Story of Edward by the French writer Phillipe Dumas (thanks mom and dad)...

Turns out it will be a late olive harvest this year, after a hot summer and relatively little rain, so I won't be able to help them with one of my favorite tasks, but it's been a wonderful time all the same. Below is a recipe I worked on when I was here several years ago, and if you're lucky enough to have leftovers, roll the cold risotto into little balls, sink a chunk of mozzarella or fontina in the middle, pat the outside with panko and fry up in sunflower oil for some delicious arancini. Heading to Rome, and that will be the first thing I search out at a scrappy shop I remember in Trastevere near my tiny hotel. (Footnote, Yes! that happened. They're larger and called suppli in Roma, they made me very happy on a rainy evening. Caccio pepepe was the way to go).

The longer I'm in Europe, the longer I want to stay, so I better hurry up and get home. But it is fantastic to remember how to travel again, and important to see old friends and family and catch up. Makes time slow down and feel so meaningful. And of course, I'm so grateful to have the help and support of our crew on the farm to allow me this adventure.

One last box for the season next week, we will try and stock you up with storage crops and greens to last a little while. In the meantime, happy to have some staples you haven't seen in a while, **broccoli** and **celery** should play well with the **bok choy** in any number of stir fries, and we finally had some **cilantro** ready for you, a personal favorite. Thank you all! *Sophie*

Risotto di Porri

leek risotto

3 tablespoons good quality olive oil
3 leeks - whites and just a bit of greens, sliced thin
½ yellow onion – chopped fine
½ shallot – minced
½ cup white wine
2 ½ cups Arborio rice for Risotto (*Fior di Riso is an excellent brand, available at the Kiva in Eugene*)
6 cups (+ or -) vegetable or chicken broth
¼ cup heavy cream or 2 tablespoons butter
½ cup grated parmesan cheese plus more to serve with
salt and pepper to taste

Have your broth simmering over low on the stove. In a large heavy bottom pot, heat olive oil, then add leeks, onions and shallots and a big pinch of salt and cook 10 minutes until wilted and reduced a bit, but not browned. Add a bit more olive oil if the pan is dry, then add rice. Cook just a minute or two, then add white wine and cook a minute more, stirring frequently. Begin adding the hot broth, a few ladlefuls at a time, or enough to just barely cover the rice. Cook over gentle heat, stirring often. As the rice absorbs the broth, add more broth, always adding just enough to barely cover the rice. Continue adding broth until the rice is al dente and the risotto is creamy and quite moist. Turn off the heat, and add the butter or cream, and grated parmesan cheese. Serve in shallow soup bowls, with extra grated parmesan cheese on the side.

Serves 4