

# GROUNDWORK ORGANICS



October 21, 2020

## In your box

Salad mix  
Carrots  
White turnips  
Serrano peppers  
Green bell peppers  
Kale mix  
Leeks  
Black Futsu squash  
Watercress  
Crimson Topaz apples

Two more weeks to go, November 4 will be the final CSA box of the season. Indoor holiday market has been cancelled in Eugene, but farms are staying outdoors on Saturdays along with the craft market at our regular spot at 8<sup>th</sup> and Oak, 10am-2pm thru Dec. 20. Should be fun and a good experiment, honestly we've always kind of dreaded moving into that vacuous Fairgrounds hall with its very \$\$ price tag. We're also excited to be staying open at the farm stand thru Dec. 20 this year.

**Crimson Topaz apples** this week are from La Mancha Ranch and Orchard outside of Sweet Home. Certified organic, these are a new favorite variety we've been selling at the farm stand this year too. Dense, crisp, tart and sweet all at once. If you don't want to sacrifice any in the recipe below, tuck it away for another time - super delicious and easy.

**Black Futsu** winter squash are another great keeper and rather adorable if you want to add them to your porch decorations for a week or two and then enjoy them. Deep orange flesh, smaller size makes it great for roasting. I think I'm going quiche with the **baby leeks** this week, add a little bacon and Comte or gruyere, and you'll be pleased.

**Watercress** is a great fall crop for us, it has a peppery bite and is incredibly high in iron. Delicious on top of a bowl of brothy homemade ramen or add it fresh for a contrast of texture and flavor on a creamy leek or squash soup.

## Apple Caramel Cake

### Cake:

3 cups all-purpose flour  
1 teaspoon salt  
1 teaspoon baking soda  
½ teaspoon cinnamon  
½ teaspoon ginger  
½ teaspoon nutmeg  
1 ¼ cups vegetable oil ( I usually sub ½ cup oil for ½ cup apple butter)  
2 cups granulated sugar  
3 large eggs  
2 large tart apples or pears—cored and cut into ½-inch dice

### Caramel Sauce

4 oz. unsalted butter  
¼ cup heavy cream  
1 cup light brown sugar  
1 teaspoon pure vanilla extract

### DIRECTIONS

Preheat the oven to 325°. Butter and flour a 9 x 13 rectangular pan.

In a medium bowl, whisk the flour, spices, salt and baking soda together. In a large bowl, whisk the oil with the granulated sugar. Whisk in the eggs one at a time.

Add the dry ingredients and stir until smooth. Fold in the diced apples with a rubber spatula. The batter will be thick. Scrape the batter into the prepared pan and bake in the lower third of the oven for about 45 minutes, or until a toothpick inserted in the center of the cake comes out clean. Let cool slightly.

**Meanwhile**, in a medium saucepan, combine the butter, cream and brown sugar and bring to a boil over moderate heat, stirring. Remove the caramel from the heat and stir in the vanilla.

Pour the hot glaze over the warm cake and let it seep into the cake, poking lightly with a toothpick.