

GROUNDWORK ORGANICS



October 23, 2019

In your box

Salad mix
Radicchio
Romaine and Red leaf
Carrots
Celery
Daikon radish
Baby bok choy
Red onions
Butternut squash
D'anjou pears

Some nice greens this week though on the smaller side, including **romaine and red leaf lettuce** and **baby bok choy**. We made the call to harvest now rather than risk leaving in the field at this point in the year. Nature really does slam on the breaks and things just sort of stop growing with cold nights and short days. All it takes is some real frost and those more tender crops not protected in tunnels turn to mush.

A huge field of nicely spaced and weeded fall **carrots** should overwinter well for us, they sweeten up and are just so easy to eat right now, I can't resist putting them in the boxes often. Hopefully you're having no problem going thru them. The long white roots this week are **daikon radish**, crisp clean flavor when eaten fresh, finely shredded on salads or on top of ramen or Asian noodle dishes. This week I want to try a quick mixed pickle of daikon and carrot with rice wine vinegar.

Celery is looking really good this week. Remember to include it in soup stocks, a great use of the wimpier inside ribs and leaves. It is also an amazingly good keeper, and should last you into next month if need be.

Radicchio this week is one of two red varieties – **Treviso** is oblong with wide white ribs, **Chioggia** is round like a cabbage. Both are named after towns in northern Italy, where there is truly nothing more prevalent at the fall markets and on the menu when I've visited. It's pleasant bitterness can be tamed by soaking the leaves in ice water for a half hour before using, or by roasting or sautéing it. In Italian cooking, it is often paired with a creamy or rich flavor to balance the bitterness. An unforgettable, simple dish I had on one trip was a plate of fresh tagliatelle with a light alfredo, shredded radicchio and toasted pine nuts. While these are not the most glamorous **pears** you've ever seen, the flavor is very good. Store in the fridge if you aren't ready to eat quite yet. Try them cut thin on salad greens with a little radicchio, crushed hazelnut and crumbled blue cheese. So northwest of you!

Well folks, next week October 30th will be the last Main Season box. Count on lots of storage crops to help tide you over. We are however excited to announce...new this year for Eugene only... an impromptu **six week Fall extension**, with an extra big box for Thanksgiving. Simply continue on at your regular drop spot, **Wednesdays November 6 – December 11**. Crops still coming on include Brussels and kale sprouts, spinach and fresh greens, lots of nice sweet potatoes and potatoes, shallot, onions, beets and carrots, leeks and herbs, pie pumpkins and many varieties of winter squash. Cost is \$160, confirm by email and send payment by November 1st if you'd like to participate! Questions? Contact Sophie at 541-913-2188.

Harissa-Stewed Butternut Squash

From Toro Bravo by John Gorham and Liz Crain

1 butternut Squash (2-3 lbs)
4 tbsp butter
Salt and pepper
1 tbsp olive oil
1 medium yellow onion, slice 1/8 inch thick
5 cloves garlic thinly sliced
1 tbsp harissa or 2 tbsp rose-petal harissa
1 1/2 cups heavy cream
2/3 cup fresh sheep's milk cheese (such as Miticrema) or fromage blanc

Cut squash in half with a large sharp knife, slice off skin, scoop out seeds, and dice into 1/2 inch pieces. Heat two large sauté pans over medium high heat and drop 2 tbsp butter in each. Split squash between pans as butter begins to brown, and season with salt and pepper. Cook squash without touching for at least 3 minutes, or until brown and slightly charred. Spoon squash into one pan, turn off heat, and wipe out the other pan.

Pour olive oil into empty pan, add onion and garlic and sauté over medium high heat stirring regularly, until slightly browned, about two minutes. Spoon squash back into pan, add harissa and cream, stir to incorporate, and cook until tender when poked with a fork. Divide into two shallow baking dishes and scoop fresh cheese over top. Broil 3-4 minutes, or until cheese is nicely browned. Remove from oven and serve immediately.

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