

GROUNDWORK ORGANICS



October 25, 2023

In your box

Salad mix
Rainbow carrots
Purple Top turnips
Watercress
Vates kale
Collard greens
Storage onions
Yellow potatoes
Gold beets
Winter squash
Fuyu persimmon

A beautiful bonus, **gold beets** wont stain the rest of your vegetables when roasting with a big mix. This week, try any combination of rainbow carrots, turnips, gold beets and potatoes cut and tossed with olive oil and salt, and roast covered for 15 minutes, then uncovered another 15-20 minutes till tender and golden in a 375 degree oven. Serve with whipped ricotta or feta if you want an extra treat (see recipe below).

Watercress is a green I look forward to all year, growing well throughout the winter in our cold frame greenhouses. Its thick spicy leaves and stems make an excellent ingredient in salads and sandwiches, but it is also pungent enough to almost double as an herb. I love it on top of a creamy winter squash or potato leek soup, adding a peppery crunch of texture.

This time of year, you'll notice persimmon trees around town, almost surreal with their big citrus-looking bright orange fruit, and beautiful leaves turning yellow to scarlet. They are an amazing tree to plant if you have a good spot. There are two main types of persimmons and they are very different – Hachiya are the ones that are soft when ripe and grown in warmer climates, and **Fuyu**, which turn orange when ripe but remain firm. They may need to ripen a few days more on your counter, if they are still fairly pale in color. Eat them like you would an apple, delicious on a cheese plate or all on their own.

While this is the final CSA box for the season, markets continue on Saturdays in Eugene and Portland thru the end of the year, and the farm stand will be open Saturdays and Sundays 10am-4pm thru December 17th. And...with lots of excellent variety still on the way, we are looking at the possibility of offering an every other week CSA for Eugene this winter, and will keep you posted on that as soon as we have details worked out.

A huge thank you for helping to support the farm this year, and for your commitment to preparing fresh food! It is a team effort, and we hope it's been a rewarding one. From Gabe, myself and our whole hard working crew, we wish you a happy and healthy end to the year, and will be in touch with details on the 2024 season in early January. *Sophie*

Farro and Roasted Carrot Salad with Apricots, Pistachios and Whipped Ricotta

From Six Seasons by Joshua McFadden

For the Farro

Extra virgin olive oil
2 garlic cloves, smashed and peeled
½ tsp dried chile flakes
1 cup farro
4 cups water
1 bay leaf
2 tsp kosher salt

Put a nice glug of olive oil into a large skillet that has a lid and heat over medium heat. Add the smashed garlic and chile flakes and cook till fragrant, 2-3 minutes. Add the farro and cook over medium heat stirring constantly so the grains toast evenly. Add the water, bay leaf and salt and bring to a boil. Cover, adjust the heat to a nice simmer and cook until the farro is tender but not 'exploded' and popped fully open. Depending on your farro, this could take 15-30 minutes. Drain farro well and spread out on a baking sheet with a tablespoon of oil to allow it to cool. Makes 2 cups

For the salad

½ pound carrots (rainbow or orange), trimmed peeled and cut into small chunks
Extra virgin olive oil
¼ tsp dried chile flakes
Kosher salt and fresh ground pepper
2 cups cooked farro
4 oz dried apricots, roughly chopped
3 tablespoons white wine vinegar
½ cup lightly packed flat-leaf parsley leaves
½ large red onion, thinly sliced
½ cup pistachios, lightly toasted

Whipped Ricotta or Feta

In the bowl of a food processor, add 1½ cups whole milk ricotta or good feta plus ½ tsp kosher salt and fresh ground pepper and start to process. With the motor running, add ¼ cup extra virgin olive oil in a thin stream, pause and scrape the sides, process until lovely and creamy. Add 1-2 tablespoons lemon juice if making whipped feta.

Heat the oven to 375. Toss carrots with a small glug of olive oil, the chile flakes, 1 tsp salt and a few twists of black pepper. Spread out evenly on a baking sheet and roast until tender and lightly browned, about 15 minutes. Let cool slightly. Pile the roasted carrots, farro and apricots into the bowl. Season with the vinegar and toss. Taste and adjust salt and chile flakes. Add the parsley, onion and pistachios and toss. Taste again and adjust seasoning. Toss with ¼ cup olive oil. Spread the whipped ricotta onto 4 plates in a nice schmear, and distribute the salad on top.