

# GROUNDWORK ORGANICS



October 26, 2022

## In your box

Salad mix  
Little gem baby romaine  
Green cabbage  
Carrots  
Italian parsley  
Red radishes  
Yellow onions  
Sweet potatoes  
Italian kale  
Quince  
Butternut squash

Some very welcome rain this week, and it feels like fall is finally here. No complaints though about the dry weather that allowed us time to get winter squash and shallots out of the field, and to work up and cover beds for garlic and fava beans. The farm is looking good and ready for winter! This is the last box of the season, and from everyone at the farm, we send out gratitude for your support and for making this a super positive year. We'll be open at the farm stand Saturdays and Sundays thru Dec. 18<sup>th</sup>, and downtown in Eugene at the farmers market thru then as well. Info on the 2023 season will be emailed in early January, and in the meantime, we wish you all a wonderful rest of the year, stay safe and cozy! *Sophie and the GO crew*

## French Onion Toasts

A great little appetizer for that dinner party you might throw...

2 tablespoons butter  
1 tablespoon olive oil  
2# or about 4 medium yellow onions, cut into 1/3" dice  
1/2 teaspoon salt  
Pinch of sugar  
1 cup beef or other rich broth  
Freshly ground pepper  
32 half-inch thick slices from a long baguette  
2 cups finely grated Gruyere cheese

Melt the butter and olive oil together in a large skillet over medium heat. Add the onions to the pan, toss them gently with the butter and oil, reduce the heat to medium or medium-low, and cover the pan. Cook the onions for 15 minutes, then remove the lid, stir in the salt and sugar, and sauté without the lid for about 10-15 minutes until the onions are fully caramelized and have taken on a deep golden color. Add the stock, then turn the heat up and scrape up any brown bits stuck to the pan. Simmer the mixture until the broth almost completely disappears, but the onions aren't dry, about 5-10 minutes. Adjust the salt if needed, and season with pepper. Preheat your oven to 375, line two baking sheets with foil. Dollop each round of bread with most of a tablespoon of the onion mixture. Add 1 tablespoon of grated cheese to the top of each toast. Bake for 15 minutes, until bubbly and a bit browned. Serve immediately.

## Dulce de Membrillo (quince paste)

Sweet and slightly tangy, this quince paste is a solid, sliceable jelly made from the quince fruit. It pairs deliciously with cheese and can be stored tightly wrapped in the fridge for no joke, several months. You should have enough quince to halve this recipe, or stop by and pick up a few more at market or the farm stand if you'd like to make a bigger batch.

1 kg quince, around 4 fruits  
1 kg sugar (use white, brown or a combination)  
1 lemon

Rinse the quinces, and peel using a paring knife or peeler. Cut into small pieces, removing the core and seeds. Weigh the cut fruit. You'll be adding an equal amount of sugar by weight.

Cook the fruit in a small amount of water for a few minutes to just start to soften, allowing the water to cook out so you don't lose too much of the natural pectin. Pour the fruit pieces into a powerful food processor with the juice of the lemon. Process into a puree.

Pour the quince puree into a heavy bottom pot and add the sugar (use enough sugar to equal the weight of the cut quince pieces.)

Cook the mixture over low heat for several minutes, stirring occasionally, allowing the fruit to release its moisture.

Raise the temperature to medium heat. Keep simmering, uncovered, for around an hour. Keep an eye on the mixture, stirring as needed to make sure it doesn't burn. If it begins to bubble up and spatter, you can try lowering the heat slightly or just stir it more constantly until the moisture is released. (once this happens it will no longer spatter.)

Once the mixture is thick enough to hold a wooden spoon firmly upright, you are ready to pour it into molds. It should also stay in place when moved to one side of the pan. For a small batch, a loaf pan filled only an inch or two deep would work well, or an 8x8 square pan for a larger batch. You can prepare the molds with parchment paper for easier removal before pouring the mixture into them. Once you have the quince paste poured into molds, let cool to room temperature, then place in the refrigerator for 8-12 hours to set. Slice into squares, tightly wrapping what you want to save for later, and serve with a young manchego or other favorite cheeses.

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