

# GROUNDWORK ORGANICS



October 27, 2021

## In your box

Bunched arugula  
Specialty radishes  
Bunched leeks  
Russet potatoes  
Daikon  
Vates kale  
Sunchoke  
Habanada peppers  
Kabocha squash

Winter squash this week is **Tetsukabuto**, a Japanese kabocha/butternut cross. An excellent keeper, shelve this beauty until you're ready – the flesh is deep orange, super smooth and sweet, great for soups and curries. Our friends at the Culinary Breeding Project in collaboration with OSU have put together an incredible resource for this time of year - check out <https://www.eatwinterveggies.com> for tons of great recipes including the one below, this one from our good friend, faithful Portland market worker and wonderful chef Timothy Wastell.

**Sunchokes** (aka Jerusalem artichokes) have a unique earthy flavor and a great crisp texture. They can be eaten raw, barely cooked as in the salad below, or used like a potato in creamy soups. **Daikon** is another versatile root crop that can be eaten raw or cooked. Grate it fine and top with a few drops of soy sauce to accompany tamagoyaki, use a mandolin for super thin slices to put on salad greens, or cut into matchsticks and saute quickly with a little sake and soy sauce and finish with sesame seeds for a nice side dish. Final box is next week, November 3<sup>rd</sup> and we'll be sure and stock you up. Thanks so much everyone!

## **Shaved Sunchoke Salad with Arugula and Parmesan**

*From Food & Wine*

1 pound sunchokes  
6 tablespoons olive oil  
2 tablespoons fresh lemon juice  
1 tablespoon white wine vinegar  
1 tablespoon minced shallot  
2 tablespoons flat leaf parsley, finely chopped  
1 bunch arugula, thick stems discarded (*or sub salad mix or watercress*)  
¾ cup shaved parmesan  
Salt and fresh ground pepper

Bring a medium saucepan of salted water to a boil. Add the sunchokes and simmer for 2 minutes. Drain and rinse under cold water. Using a mandoline or a sharp knife, very thinly slice the sunchokes. Transfer to a large bowl and add the olive oil, lemon juice, vinegar, shallot and parsley and toss. Add the arugula and half of the parmesan shavings and season with salt and pepper. Toss the salad and transfer to a platter. Scatter the remaining parmesan shavings on top and serve. Serves 6 as a side dish.

## **Winter Squash, Ginger and Coconut Bisque**

*From the Eat Winter Vegetables website, by Tim Wastell*

2 lbs winter squash, seeded peeled and cut into rough 1" cubes  
½ cup fresh ginger, peeled and very thinly sliced  
1 large yellow onion, thinly sliced  
2 Tbsp coconut oil  
4 cups coconut milk  
4 cups water  
Salt  
Roasted pumpkin seeds for garnish

Heat the coconut oil over medium heat in a heavy bottomed soup pot. Add the onion and ginger and cook gently for five minutes, until soft but not caramelized. Add the squash and season generously with salt, cook for five more minutes or until lightly caramelized, stirring occasionally.

Add the water and coconut milk and simmer over medium heat until the squash is completely tender, 25-30 minutes. Working in batches, carefully liquefy the hot soup in a blender. Adjust seasoning if necessary with salt, then transfer to bowls, garnish with seeds and serve immediately.

30699 Maple Drive, Junction City OR 97448  
PO Box 42292, Eugene OR 97448 [www.groundworkorganics.com](http://www.groundworkorganics.com)  
[groundworkorganics@gmail.com](mailto:groundworkorganics@gmail.com) 541.998.0900