

# GROUNDWORK ORGANICS



October 30, 2019

## In your box

Salad mix  
Spinach  
Carrots  
Beets  
Savoy cabbage  
Italian kale  
Jaqueline Lee potatoes  
Yellow storage onions  
Delicata squash  
Quince

Thank you all so much for being a part of the farm this year! It's been a pleasure to communicate with you all, to coordinate these boxes, and to cook along with you. Looking forward to a little down time, but already planning for next season! The farm stand will be open Saturdays and Sundays thru Thanksgiving, and you can also find us at the holiday market in Eugene at the fairgrounds thru December, and at the PSU market in Portland Saturdays year round.

Though we were preparing for this week's cold night time temps, it did some unexpected damage to our persimmon crop. As we were picking yesterday we noticed some possible issues, and decided to substitute this week with **quince**. An equally delicious and underutilized fruit, quince have a very fragrant, floral quality to them. They will store well on your counter top until you're ready to use them, but must be poached before being cooked in a lightly sweetened syrup. Delicious in combination with apple in your favorite crisp or galette recipe, or cooked down into a quince paste.

Thanks again everyone, we'll have 2020 CSA info out to you the beginning of January. Until then, have a wonderful end to the year, and hope to see you at market! *Sophie*

### Poached Quince

2 pounds ripe yellow-gold quinces  
¾ cup sugar  
2 quarts water

Rub the fuzz, if any, off the quinces. Using a good sharp knife or vegetable peeler, cut away the skin in long clean strokes, just as you would an orange, saving the skins. Remove the center with an apple corer, saving the cores. Slice the quinces into wedges about ½ inch thick. Put the skins and cores into a saucepan with the 2 quarts water, bring it to a boil, then simmer covered for 30 minutes. Strain.

Return the liquid to the pot and add the sugar (and 2 wide strips of orange zest if desired). Stir to dissolve the sugar, then add the fruit. Place a heavy plate directly over the fruit to keep it submerged. Lower the heat, cover the pan, and simmer until the quinces have turned pink and are slightly translucent, about 2 hours. When done, store the fruit in its syrup in the refrigerator. The quinces should keep for 2 months. *(note - the syrup is incredibly good to sweeten bubbly water or cocktails too, all on its own.)*

### White Beans with Italian Kale and Savoy Cabbage

From Local Flavors by Deborah Madison

*If you add water or stock, you can make this into a hearty minestrone to serve with garlic-rubbed toast. Or serve over toast, making a hearty bruschetta, over pasta, or as a side to a roast chicken.*

1 cup dried cannellini beans, soaked 4 hours or overnight  
Sea salt and fresh ground pepper  
1 large onion, finely diced  
2 leeks, white parts only, diced  
1 bunch Italian kale, leaves stripped from stems and slivered  
1 small savoy cabbage, quartered cored and chopped  
2 garlic cloves minced  
½ cup chopped parsley  
2 tablespoons olive oil plus extra to finish

Drain the soaked beans, then put them in a pot and cover with cold water. Bring to a boil, then lower the heat and simmer, partially covered until the beans are tender, about 1 ½ hours. Salt to taste.

While the beans are cooking, chop all the vegetables. Rinse the leeks, kale and cabbage but don't dry them.

Warm 2 tablespoons of the oil in a heavy wide skillet. Add the onion and leeks and cook over medium low heat until the onion is soft but not browned, about 12 minutes. Add the kale, cabbage, garlic, parsley and 2 teaspoons sea salt. Cook with the heat on low and the pan covered until the vegetables are soft and the volume greatly reduced, about 30 minutes

When the beans are done, add them along with a cup or two of their cooking liquid, to the pot. Simmer until the greens are completely tender. Taste for salt and season with pepper. Serve with, or over, garlic-rubbed toast, drizzled with olive oil.

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