

GROUNDWORK ORGANICS



October 4, 2023

In your box

Summer Crisp Lettuce
Mixed cherry tomatoes
Green beans
Carrots
Bunched white turnips
Daikon
Storage onions
Rainbow chard
Robin's Koginut squash
Thomcord grapes

One last late grape variety we wanted to get in the boxes, these **Thomcords** are a cross between Thompson and Concords, seedless with nice big grape flavor. Cherry tomatoes and green beans will be your last reminder of summer this week to go with the unseasonable nice weather ahead. A favorite way to quickly transform a pint of cherry tomatoes - toss them into a wide skillet over medium heat with olive oil and garlic for a few minutes until they blister open, salt and serve on pasta or crostini.

Daikon radish and **carrots** get you half way to a great banh-mi style sandwich, or would make an awesome pickled condiment all on their own. Very thinly julienne into matchstick strips, and add to equal parts red wine vinegar and water, plus sugar and salt stirred in until dissolved, to taste. Let stand at least 30 minutes, and store in a jar in your fridge. **Robin's Koginut** is a Row 7 seed variety, offering smooth sweet

flesh and great storability. Easiest preparation is to cut in half lengthwise, and bake on a sheet pan at 400 degrees, cut side down, with a few tablespoons of water to help it cook till soft, about 45 minutes. Lots of options from there, cut into wedges, paint with a little butter and maple syrup and finish for a few more minutes in the oven, or scoop the flesh and make a rich squash soup. If using the recipe below, you might hold back a bit on the amount of stock called for given the size of these squash, but this is one of my absolute fall favorites. Or try a French onion soup if you want to use up some of these lovely onions in one fell swoop. They'll keep very well out of the fridge in a cool dark spot too. Thanks all, *Sophie*.

PUMPKIN GRUYERE SOUP

From The Greens Cookbook by Deborah Madison

THE STOCK

Seeds and scrapings from the pumpkin or squash
2 carrots, peeled and diced
1 celery stalk, plus some leaves, chopped into small pieces
1 turnip or parsnip, peeled and diced
2 bay leaves
5-6 fresh sage leaves
4 parsley branches
3 thyme branches
1/2 teaspoon salt
8 cups cold water

THE SOUP

1 pumpkin or squash, weighing about 2 1/2 pounds
3 tablespoons butter
1 medium yellow onion, cut into 1/4 inch dice
1/2 - 1 teaspoon salt
6 to 7 cups stock
1/2 to 1 cup light cream
white pepper
3 oz gruyere cheese, finely grated

For the stock, cut the pumpkin or squash in half and scrape out all the seeds and stringy material with a large metal spoon. Put them in a pot with the remaining ingredients, bring to a boil, simmer for 25 minutes, and then strain.

Preheat the oven to 400. Bake the pumpkin or squash halves, face down, on a lightly oiled baking sheet until the skin is wrinkled and the flesh is soft, about 1 hour. Remove them from the oven, and when cool enough to handle, peel off the skin. Reserve any caramelized juices that may have collected on the pan.

Melt the butter in a soup pot, add the onion, and cook over medium heat for about 5 minutes. Add the cooked pumpkin, the juices, if any, the salt and 6 cups of the stock. Bring to a boil, then simmer, covered for 25 minutes.

Pass the soup thru a food mill, which will smooth it out while leaving some texture. Return the soup to the pot and add the cream and more stock, if necessary, to thin it.

Taste for salt and season with fresh ground pepper. Stir in the grated cheese and serve the soup with thyme leaves scattered over it.

Final CSA box is October 25th. Members are invited out to our farm stand
any day we're open to pick up your carving pumpkins, two per family.

The Farm Stand is located at 91360 River Road, 3 miles north of Beltline Hwy.

We're open Thurs-Sunday 9am-5pm thru October, then Saturdays and Sundays 10am-4pm thru Dec. 18

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www.groundworkorganics.com