

GROUNDWORK ORGANICS



October 5, 2022

In your box

Verigo green lettuce
Red radishes
Cherry tomatoes
Green beans
Shallots
Modoc red potatoes
Spaghetti squash
Radicchio
Canadice Grapes

A few changes from the proposed list – corn and braising mix were looking too rough, instead you're getting a mix of **heirloom tomatoes** which are still yielding surprisingly well for so late in the season, and **Canadice grapes** one last time. We also switched romaine lettuce out for this 'reine de glaces' style curly green leaf lettuce, with excellent mild crunch for salads or sandwiches.

Better late than never ~ while we planted several beds of **green beans** this year, they got swallowed up by weeds in the wake of all those June rain storms which made cultivation nearly impossible. This is the only harvest we managed to get, and they go straight to you. Just a quick blanch followed with butter and salt is my favorite, but wanted to include the recipe below which would work great this week too.

Radicchio is a fall staple in Italy, almost always paired with rich flavors in salads or full fat sauces with pasta to cut the bitterness. Leaves can be soaked in ice water for 10-15 minutes for a more mild flavor. I made the recipe below last night and it was pretty delicious combined with a few pieces of garlicky warm focaccia to sop up the sauce. For more inspiration, the incredible Lane Selman and the Culinary Breeding Network host Sagra del Radicchio on October 28 in Portland, and they also have a slew of great recipes at their websites eatwinterveggies.com.

October is here, and we invite you to the farm stand to come pick pumpkins anytime this month starting tomorrow. The patch is directly south of the stand, and there are wheelbarrows for you to use. Bring boots if it's been rainy! The farm stand is open **Thursday thru Sunday, 9am-5pm** at 91360 River Rd. U-pick price is .39/ lb if you'd like more than one or two ... Thank you so much and hope to see you soon! *Sophie*

Cherry Tomato and Green Bean Salad

from [Chez Panisse Vegetables](#) by Alice Waters

½ pound cherry tomatoes
½# green beans
½ large shallot
1 ½ tablespoons red wine vinegar
salt and pepper
1/3 cup extra virgin olive oil

Top and tail the beans and parboil them in salted water until tender. Drain and immediately spread them out to cool. (The beans retain more flavor if you avoid shocking them in cold water.) Stem the cherry tomatoes and cut them in half.

For the vinaigrette, peel and dice the shallot fine and put it in a bowl with the vinegar, salt and pepper. Whisk in the oil. Taste and adjust with more vinegar, oil, or salt as needed. Toss the cherry tomatoes in with the vinaigrette. This can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinegar. Garnish with basil or some other fresh herb such as fresh parsley or chervil. *Serves 4 as a side dish.*

Radicchio al Forno con Panna e Parmigiano

From [Verdura](#) by Viana LaPlace

1 medium head radicchio
1 tablespoon unsalted butter plus more for the baking dish
1/3 cup fresh cream
3 tablespoons fresh grated parmesan
2 tablespoons paper thin shavings of parmesan
Fresh ground black pepper

Cut radicchio in half lengthwise. Plunge into abundant salted water. When the water returns to a boil, lift out the radicchio with a strainer and drain in a colander. Use the back of a spoon to gently press out the water. Transfer the halves to paper towels to absorb moisture.

Over low heat, melt the butter in a saute pan. Add the radicchio and season with salt and pepper. Turn the radicchio over to allow it to absorb the flavor of the butter, cooking for a total of 4-5 minutes.

Very lightly butter a low-sided dish, and arrange the radicchio cut side down in one layer. Pour the cream over the top and sprinkle with parmesan and shavings. Bake in a preheated 425 degree oven for 20 minutes until the cream thickens and begins to bubble.