

GROUNDWORK ORGANICS



September 13, 2017

In your box

Summencrisp lettuce
Rainbow carrots
Napa cabbage
Yellow potatoes
Bunched baby leeks
Kohlrabi
Sweet Bell peppers
Rainbow chard
Red watermelons

One more reminder about the fall CSA party! Sunday, October 1st, 2pm-5pm. Come take a tour of the farm, pick pumpkins, roast peppers and enjoy food and drink from Party Downtown. Always a good time, rain or shine, we really do look forward to meeting new folks and seeing old friends. Hope you can join us at the Farm Stand, 91360 River Rd, 3 miles north of Beltline Hwy.

Every year, it's amazing to me just how perfectly the fruit and vegetable spectrum flows thru the seasons, taking care of both nutrition and cravings... This week some new crops – napa cabbage, kohlrabi and leeks, with beautiful winter squash just coming in out of the field for your fall boxes, and a very successful crop of sweet potatoes, which should be ready for you next week.

Kohlrabi – it's the Portlandia style CSA crop we actually have not ever put in the boxes, but this year decided it was time to drop our grudge and grow some. A versatile root crop that can be eaten raw thinly sliced or shaved in slaw or salad, or thinly sliced in soups or stews, or even mashed like a potato. New fall plantings of carrots are looking wonderful, and well weeded (!), these **rainbow carrots** are wonderful grated raw on salads, or roasted whole in the oven with a little olive oil and coarse salt – a bit less tender than the nantes carrots, but full flavored and beautiful.

One last melon before the end of the season, these are Superbowl, with dense red flesh and very few seeds, great size, a favorite!

Farro Salad with Roasted Red Peppers

For the dressing:

Juice of 1 medium lemon
3 tbsp olive oil
1 tablespoon honey
¼ tsp each smoked paprika and ground allspice
½ garlic clove, crushed
¼ tsp fine sea salt

¾ cup faro
2 red bell peppers
10 pitted black olives, quartered lengthwise
1 tbsp chopped fresh oregano or thyme
3 green onions, thinly sliced
4 oz crumbled feta

To make the dressing, whisk together all the ingredients in a bowl and set aside.

Bring a large pot of water to a boil. Add faro and simmer until just tender. Drain in a sieve and set aside.

Preheat a grill pan to high. Use a small, sharp knife to cut around the stem of each pepper and lift it out with the seeds attached. Put the peppers on the grill pan, and grill, turning them every now and again until they are totally black on the outside. This will take 30 minutes or more. When ready, remove the pan from the heat and cover it with foil. Once the peppers are cool enough to handle, remove and discard the skins, and tear the peppers by hand into roughly 3/8 inch wide strips.

Place the cooked faro in a large mixing bowl, and add the peppers, olive, oregano or thyme, green onions, and most of the feta, reserving some to finish. Pour over the dressing and gently mix everything together. Add salt to taste. To serve, pile up the salad on a plate or in a bowl and finish with the reserved feta and a sprinkle of paprika. Serves 4 as a starter.