

# GROUNDWORK ORGANICS



September 13, 2023

In your box

Little Gem lettuce  
Romaine lettuce  
Beefsteak tomatoes  
Sweet bell pepper mix  
Fingerling potatoes  
Green cabbage  
Carrots  
Jupiter grapes  
Italian plums  
Cantaloupe

Such beautiful days and cool nights to wrap up this summer, perfect weather to work in and plants are happy too. Lots of crops going in for fall and winter production; greenhouses of watercress, kale and chard, field-planted salad mix, and next year's strawberries have kept our crew busy. You can still find us at the Saturday farmers market in Eugene, and the farm stand is open Thursday thru Sunday thru the fall, but we're done with mid-week markets till next year. If you have vacation credits still to use, we're happy to honor them thru 2024 if need be, or they can be applied towards next year's CSA when you register. Thanks everyone! *sophie*

## Plum Poppyseed Muffins

From *Smitten Kitchen* by Deb Perelman

6 tablespoons unsalted butter, melted and browned  
1 large egg, lightly beaten  
¼ cup granulated sugar  
¾ cup brown sugar  
¾ cup sour cream or full fat plain yogurt  
½ cup whole wheat flour  
1 cup all purpose flour  
¾ tsp baking powder  
¾ tsp baking soda  
¼ tsp table salt  
Pinch of cinnamon  
Pinch of nutmeg  
2 tablespoons poppy seeds  
2 cups pitted and diced plums

Preheat oven to 375. Butter twelve muffin cups.

Whisk the egg with both sugars in the bottom of a large bowl. Stir in the melted butter, then the sour cream. In a separate bowl, mix together the flours, baking powder, baking soda, salt, cinnamon, nutmeg and poppy seeds, and then stir them into the sour cream mixture until it is just combined and still a bit lumpy. Fold in the plums.

Divide batter among prepared muffin cups. Bake for 15 to 18 minutes until the tops are golden and a tester inserted into the center of a muffin comes out clean. Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool completely.

## Japchae (Korean Glass Noodles)

From the *Korean Vegan* by Joanne Lee Molinaro

7 oz sweet potato vermicelli  
1 carrot, julienned  
¼ cup julienned red bell pepper  
¼ cup julienned yellow bell pepper  
¼ cup julienned green bell pepper  
½ cup julienned cabbage  
4 cups adult raw spinach  
½ cup julienned yellow onion  
1 tablespoon minced garlic  
4-5 mushrooms, thinly sliced  
2 tablespoons extra virgin olive oil  
Salt and fresh ground black pepper  
3 tablespoons soy sauce  
2 tablespoons maple syrup  
1 tablespoon sesame oil  
1 tablespoon toasted sesame seeds

Soak the sweet potato vermicelli in water for about 15 minutes. In a pot of boiling water, cook the spinach until it turns bright green, about 2 minutes. Drain the spinach and run it under cold water to stop the cooking. Squeeze out as much excess liquid as possible and set aside.

In a very large skillet, heat 1 tbsp of the olive oil over medium-high heat. Add the carrots and saute until they start to turn soft, about 2 minutes. Season with salt and pepper. Remove the carrots and place in a large bowl. Repeat with the red, yellow and green bell pepper. Remove and cook the cabbage, seasoning each to taste with salt and pepper and adding to the bowl with the carrots. If necessary, add more oil to the pan as you go.

In the same pan, heat the remaining 1 tbsp olive oil over medium-high heat. Add the onion, garlic, mushrooms, and salt and pepper to taste and saute until the mushrooms are browned, about 5 minutes. Add 1 tbsp of the soy sauce and 1 tbsp of the maple syrup to deglaze the pan.

Transfer the onions, mushrooms and garlic to the large bowl of vegetables, add the cooked spinach.

Bring a large pot of water to a boil. Add the soaked vermicelli and cook them for 3 minutes. Add ½ cup cold water to the pot when the water starts to boil again, add another ½ cup cold water. When the water comes to a boil, check the noodles to see if they are cooked. They should be tender and springy. If not, repeat.

Drain the cooked noodles and rinse them in very cold water. Shake off the excess water and add them to the bowl of vegetables. Add the remaining 2 tbsp soy sauce and 1 tbsp maple syrup along with the sesame oil, a dash of black pepper and the sesame seeds. Mix using chopsticks or your hands. Taste and add additional soy sauce, maple syrup or black pepper if desired. Serves 4