

GROUNDWORK ORGANICS



September 14, 2022

In your box

Romaine lettuce
Spinach
Carrots
Roma tomatoes
Basil
Yellow bell peppers
Corn
Shallots
Chives
Interlaken grapes

Fall is nearly here, and I'll admit I'm ready. Last few weeks to enjoy the end of summer produce, and put away what you have time to preserve. Just canned up a first round of these **San Marzano roma tomatoes** yesterday, it really doesn't take much, a couple hours of focused work and 15 jars done. We'll aim to put in cherry tomatoes or heirlooms one more time before the season wraps up, but the romas have been very prolific this year out of several cold frame greenhouses. I'm always appreciative of how neatly they dice up for a bowl of rice and beans with all the fixins, or for sauteing with garlic and olive oil over pasta. And if you haven't tried them pan roasted confit style, check that out from the newsletter on August 3rd. It's not to be missed, a super simple and delicious method.

We're into a really nice planting of corn right now, with one or two more still to come. Should have it available at markets thru the end of this month. Freezing corn is pretty self-explanatory and not the worst thing to have on hand for chicken pot pies or cornbread on a chilly winter night. It needs to be quickly boiled for a minute or two, and then laid to dry on kitchen towels (to avoid icy condensation) before cutting off the cobb and placing in ziplock freezer bags.

I know we have some incredible cooks in this community of ours, if you have a favorite recipe you want to pass along, don't hesitate to send it my way. Thanks everyone, enjoy a good week! *Sophie*

Corn Cakes From [Chez Panisse Vegetables](#) by Alice Waters.

Serve corn cakes for breakfast with fresh berries, as an hors d'oeuvre with salmon caviar and crème fraiche, or with grilled chicken and wilted greens.

1 1/2 cups corn flour
1 1/2 tsp baking powder
1/2 tsp salt
2 eggs
1 tbs honey
1 cup milk
4 tbs unsalted butter
2 ears sweet corn

In a bowl, combine the corn flour, baking powder, and salt. Separate the eggs. In a small saucepan, combine the honey, milk and butter, and heat gently until the butter is just melted. Cool slightly, then whisk in the egg yolks. Make a well in the dry ingredients and add the egg yolk and milk mixture. Blend to make a smooth batter.

Cut the kernels from the corn cobs and add to the batter. Beat the egg whites until they form soft peaks and fold into the batter. Cook the cakes on a lightly oiled, medium-hot griddle.

Makes eighteen 2-inch cakes

Auntie Ariel's Herb dressing

This works perfectly in a small bullet blender, but you could use a food processor too. Leave out any of these herbs you might not have and it still tastes great. It is hard to thicken it up if you add too much dairy to begin with, so err on the cautious side at first and maybe start with half the yogurt or buttermilk.

Wash and dry well a small handful each of your choice: fresh mint, Italian parsley, basil, cilantro, several chopped chives, and place in a blender or food processor with 1-2 cloves garlic, and maybe a small piece of shallot. Add two tablespoons each of sour cream, mayonnaise and buttermilk or yogurt. Add salt and pepper to taste, and blend well. Taste and adjust for seasonings. Keeps for up to 5 days in a jar in your fridge.