

GROUNDWORK ORGANICS



September 16, 2020

In your box

Vates kale
Cucumbers
Broccoli
Tomato mix
Green beans
Eggplant
Red potatoes
Onions
Canadice Grapes
Honeydew Melon

Well, another wild week in this year that just keeps coming. Farmers markets closed last week Tuesday, Saturday and Sunday in Portland and Eugene, all pretty last minute with the smoke just lingering. We managed to open the farm stand Saturday and Sunday, and much gratitude goes to those who worked and those who came out to shop. Bend market is set to be open this Wednesday 9/16. Hopefully some rain arrives at the end of the week to clear the air, and we are planning to be open regular hours at the farm stand this Thursday thru Sunday. Work for our farm crew has been optional all week.

Dinner last night was a comforting treat – tempura of shrimp, onion, broccoli, zucchini and broccoli stalk (big hit, trimmed down to the more tender core). While we admittedly used a mix for the batter, one little trick is to sub sparkling water in place of regular water to make it more light and crisp. The recipe below for onion rings is pretty dang great too, and cleverly has you dredge the onions in the flour mix first before adding the buttermilk to the bowl to create the batter. Thank you to all who donated your box this week, we work closely with Food For Lane County to get extra produce to those in need. Sophie

Buttermilk Onion Rings

With a big salad and a fresh herby dip, this is a real treat.

1 large onion, cut into 1/4" rings
1 1/4 cups flour
1 tsp baking powder
1 tsp salt
1 egg
1 cup buttermilk
3/4 cup dry fine breadcrumbs or panko
Sunflower oil for frying

Separate the onion slices into rings and set aside. In a small bowl, stir together the flour, baking powder and salt. Dip the onion slices into the flour mixture until they are all coated. Set aside. Whisk the egg and buttermilk into the remaining flour mixture using a fork. Dip the floured onions into the batter to coat, allowing the excess to drip off. Spread the breadcrumbs on a plate, and dredge the rings thru the crumbs, coating well.

Meanwhile, heat about two inches of sunflower or other high heat cooking oil in a shallow, heavy bottom pot until shimmering and a drop of batter fries up quickly. Fry the rings a few at a time, 2-3 minutes or until golden brown. Remove to a paper towel lined plate. Try serving with a dip of sour cream thinned with a little buttermilk and spiced with onion or green garlic powder, Espelette or chili flake, chopped parsley or basil and salt and pepper to taste.

Green Beans with Blue Cheese

2 large handfuls green beans, about 1/2#
2 tbs olive oil
1 tbs each finely chopped garlic and shallot
1/3 cup heavy cream
2 tbs good crumbled blue cheese
1/3 cup toasted chopped cashew or macadamia nuts
salt and pepper to taste

Tail and top the green beans and blanch in salted boiling water, 2-3 minutes. Remove beans and plunge them in an ice water bath to stop the cooking.

Heat the olive oil in a medium skillet. Add beans and cook a minute until warmed and just starting to brown. Season with salt and pepper, add garlic and shallots, and cook a minute more.

Add 1/3 cup heavy cream, toss and cook till cream reduces down and nicely coats the beans. Stir in blue cheese and cook another minute till cheese begins to melt. Plate and top with chopped toasted nuts.

Thanks go to ex Eugene chef Brendan Mahaney of Belly for this recipe. He recommends a more sturdy, mature green bean for this dish, this week's harvest would be perfect. Unbelievably good alongside a tender piece of grilled steak, if that's your thing.

Serves 4 as a side.