

# GROUNDWORK ORGANICS



September 18, 2019

## In your box

Vates kale  
Bunched baby leeks  
Roma tomatoes  
Basil  
Shallot  
Celery  
Green beans  
Violet breakfast radish  
Sweet potatoes  
Apples or Pears

Don't forget! The fall CSA farm tour and pumpkin pick is **Sunday September 29<sup>th</sup> from 2pm - 5pm**, at the farm stand property on River Rd, three miles north of Beltline Hwy. Come at 2pm for the farm tour, or stop by any time that afternoon to pick pumpkins, glean the u-pick flower patch, roast peppers, string ristras, share a bite to eat, and meet your fellow CSA families. Food from Party Downtown and your farmers, plus local wines and fresh juice. Good times! The farm stand will be open too, if you'd like to pick up any extra produce, or products from our farm kitchen and beyond. Hope to see you there, rain or shine, a week from this Sunday!

We had to make a few changes from the proposed list this week. Spinach was super weedy and a little buggy, so we substituted **Vates kale** (nice new plantings coming on soon and salad mix too). Also, Bend is getting **Bartlett pears**, Eugene gets **Honeycrisp apples** and we'll do a switch in the next few weeks. These come from our earliest orchard plantings, trials that we learned a lot from. Turns out many of the apple varieties we planted are difficult to grow here organically, susceptible to scab and other disease. Good education for future plans.

**Basil** this week comes from a new late planting, something I personally always wished for since I usually don't get around to freezing pesto until the fall. While the earlier plantings still look great, they can take on a striking bitter heat, and the leaves don't seem to grind as well for pesto either. I like freezing it into the smallest 4oz Rubbermaid containers with tight lids, it thaws extremely quickly and it's what we typically can go thru in a single meal. My mission for today, actually.

These **Roma tomatoes** are a wonderful small Italian variety, super meaty and perfect for sauce. Just canned up a couple dozen quarts of these and they were dreamy, small enough that they packed in tight without much effort. To peel a tomato, simply cut out the tiny core with a pairing knife, cook for one minute in a pot of boiling water, plunge into cold water and slip the skin off.

**Celery** this week, a personal favorite. Save the leafy tops or interior hearts in a bag in your fridge till you're ready to make soup stock. Tops of leeks are like gold in there too. Other things I always try to include are carrot, onion, parsley, bay leaf, a clove or two of garlic, splash of olive oil, a few whole peppercorns and salt. Simmer for two hours in two quarts of water and strain. Try cooking dry beans in it, using in place of water to cook rice or other grain, or of course as a base for soups. In the likely event that you have some potatoes in your fridge from the previous couple of boxes, here's a recipe that's close to my heart, and what I'm making for dinner tonight.

### Potato Leek Soup

Trim the root end and leafy greens of 2-3 medium sized leeks. Wash well to remove any dirt from the layers. Slice into 1-inch coins. Peel 4-5 medium potatoes and cube and dice one small shallot or 1/2 an onion. Melt 3 tablespoons butter in a medium size pot, and sauté leeks and onions for 5-6 minutes. Season with salt, add potatoes and cook a minute more. Add 4-5 cups stock, till potatoes are covered but not by much.

Bring to a near boil, then turn down to low and simmer for 30 minutes to one hour. Using a potato masher, crush the potatoes until smooth. I've found it is important to really wait until the potatoes are cooked thru before you mash, the result is a creamier soup in the end.

Cook a few minutes more, turn heat off and add a few tablespoons half and half or cream, and plenty of salt and pepper to taste. Garnish with chopped chives or crème fraiche if you like.

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