

GROUNDWORK ORGANICS



September 2, 2020

In your box

Romaine lettuce
Beefsteak tomatoes
Garlic
Shishito peppers
Green beans
Corn
Rainbow chard
Grapes or raspberries
Cantaloupe

We are including **grapes** for Bend this week and **raspberries** for Eugene, and will switch next week, to get you all best quality. Lots of **melons** to go around, and they have been very good this year... cantaloupes are one of my favorites, and they should all be pretty much ripe and ready to eat. Once they become soft to the touch, they're usually on their way to getting mealy. If you don't plan to eat them within a day or two, store in the fridge where they keep quite well.

Shishito peppers are Padron's gentler cousin, pretty much entirely mild and with a slightly thinner wall. I like to prepare them the same way, sauteeing quickly in a cast iron pan with a little bit of oil, and finish with coarse salt. But if you're tiring of that, you could try the recipe I included a few weeks ago for creamed shishito peppers, or slice them up and saute them with onions and your favorite protein.

Most exciting thing that happened to me so far this week is my cases of incredible Italian olive oil cleared thru customs and arrived yesterday and will be available for sale again at the farm stand. The farmer who produces it outside Assisi sent me results from the international competition he entered along with hundreds of others. It came in with highest honors of double gold, 6th from the top. Congratulazioni y grazie Alessandro for sharing!

Schezwan Green Beans

1 tbsp olive oil
1 lb fresh green beans
1/2 white onion, diced
3 cloves garlic, minced fine
2 tbsp chili paste
1/2 tsp dried red chili pepper flakes
1/4 c soy sauce
freshly ground black pepper
salt (if needed)

Heat large skillet (or wok) over high heat until hot. Add olive oil, green beans and onion and stir fry 4-6 minutes until beans are crisp tender...time will vary depending on thickness of beans.

Stir in garlic, chili paste, red chili pepper, soy sauce and black pepper and cook an additional 1-2 minutes. Taste and add salt if needed (the soy sauce and chili paste will usually add enough salt, so taste before adding additional)

Serve hot or at room temperature

Caesar Salad

1 head romaine lettuce or 3-4 Little Gem
2 teaspoons anchovy paste
1 large garlic clove, chopped
1 teaspoon kosher salt
1 large egg yolk
2 tablespoons fresh lemon juice
3/4 teaspoon Dijon mustard
2 tablespoons olive oil
1/4 cup sunflower or canola oil
4 tablespoons Parmesan, finely grated

Mix first 6 ingredients in a medium size bowl. Drizzle a few drops of oil into yolk mixture, and whisk together. Continue drizzling drops, going very slowly, until mixture looks slightly thickened and glossy. Continue to whisk, gradually adding oil in a slow, steady stream until all oil has been used and mixture looks creamy. Add parmesan and whisk until smooth. Taste and adjust seasoning with salt and pepper if needed. Can also be thinned with a little water if it seems too thick. Toss with 1 head washed and chopped romaine lettuce and finish with more parmesan and toasted torn country bread or croutons if desired.

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