

GROUNDWORK ORGANICS



September 20, 2023

In your box

Spinach
Summer Crisp Lettuce
French Breakfast radish
Mixed Cherry tomatoes
Italian Sweet peppers
Basil
Shallots
Corn
Green beans
'Reliant' grapes

Barrelling towards fall, this felt like the perfect box for the last day of summer. One substitution this week, we have green beans for you in place of summer squash. Hopefully a happy enough surprise, allowing me to squeeze in two of my favorite green bean recipes before they're all gone. We were on the fence about including corn this week after all, as some of the ears weren't fully filled out in this planting, but after eating an entire deliciously sweet ear raw while we discussed it, I decided you would want us to put it in, ugly or not. One last variety of grapes, it's been a productive season for them but we're just about done. Thanks everyone! *sophie*

Cheese-Stuffed and Pan Fried Sweet Peppers

From Six Seasons by Joshua McFadden

½ cup crumbled feta
1 cup whole-milk ricotta cheese
½ cup grated Fontina
2 tablespoons chopped flat leaf parsley or basil
2 scallions, trimmed and thinly sliced
4 large sweet Italian peppers, roasted peeled and seeded from the top
Flour for dredging
1 egg, beaten well
Extra virgin olive oil
Salt and black pepper to taste

Mix together the three cheeses in a small bowl. Add the parsley and scallion and season generously with salt and pepper to taste. Carefully fill each pepper with the cheese mixture, pinching the tops to seal in the cheese as well as you can. Put the flour on a plate and the beaten egg in a shallow bowl. Lay out a double layer of paper towels on a tray for the finished peppers.

Heat ½ inch of olive oil in a large skillet over medium high heat. As the oil heats, prep the peppers by dredging them through the flour to coat lightly, then dip in the egg. Let the excess egg drip off and carefully lay the pepper into the hot oil. Fry until the pepper is nicely browned, 2 to 3 minutes on each side. Repeat with the remaining peppers, 2 or so at a time to avoid overcrowding. Transfer to the paper towels and serve warm.

Cherry Tomato and Green Bean Salad

from Chez Panisse Vegetables by Alice Waters

½ pound cherry tomatoes
½# green beans
½ large shallot
1 ½ tablespoons red wine vinegar
salt and pepper
1/3 cup extra virgin olive oil

Top and tail the beans and parboil them in salted water until tender. Drain and immediately spread them out to cool. The beans retain more flavor if you avoid shocking them in cold water. Stem the cherry tomatoes and cut them in half.

For the vinaigrette:

Peel and dice the shallot fine and put it in a bowl with the vinegar, salt and pepper. Whisk in the oil. Taste and adjust with more vinegar, oil, or salt as needed. Toss the cherry tomatoes in with the vinaigrette. This can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinegar. Garnish with basil or some other fresh herb such as fresh parsley or basil. *Serves 4 as a side.*

Green Beans with Blue Cheese

Thanks to Brendan Mahaney for this one...

2 large handfuls green beans, about 1/3#
2 tbs olive oil
1 tbs each finely chopped garlic and shallot
1/3 cup heavy cream
2 tbs good 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.

Serves two as a side dish. Thanks to Brendan Mahaney of Belly fame for this recipe. He prefers a more sturdy green bean for this preparation, so I'm thinking this week's harvest would be perfect... *Serves 4 as a side.*