

# GROUNDWORK ORGANICS



September 21, 2022

## In your box

Salad mix  
Carrots  
Slicer tomatoes  
Corn  
Yellow onions  
Purple potatoes  
Italian kale  
Frisee endive  
Delicata squash  
Reliance grapes

If you're a fan of cooking shows, it's hard to beat Chef's Table on Netflix. No narrator at all, just a focus on one particular chef at a time, and as much of their story as they can fit into an hour. With beautiful cinematography and tons of interesting regional details from every corner of the planet, it always leaves me a little emotional, and definitely hungry and inspired. Their latest season just came out and is all about pizza, the episode we were looking forward to most features our friend Sarah Minnick of Lovely's Fifty Fifty in Portland, who has been a champion, a warrior of local food since we first started selling at the PSU market in 2000. There's some nice nods to many local growers, and it's fun to see what they filmed at our booth last summer, lots of corn and peppers looking pretty dang good, as well as a nice little visit to Cow Bell creamery who I've been ordering all our farm stand cheeses from since we got that going. Anyways- that's my hot tip for the week, if you're lucky enough to have not seen any episodes, you have six seasons to enjoy. And of course, if in Portland, go enjoy her extremely seasonal pizza and very very delicious ice cream. It's a family joint and well worth the trek.

Nice big box this week. First of the winter squash is ready, and will continue to cure and sweeten up on your counter, so no big rush to cook. **Delicata** are super approachable, with a skin so thin you can eat it if you like. Cut in half and bake skin side up at 375 for 20 minutes, then flip and stuff, or brush with a little melted butter and maple syrup. Or cut like a melon, sliced in half and then into little crescents, toss with olive oil and salt and bake until tender. Once tender, combine slices with caramelized **onions** and sauteed **kale** for a substantial side dish.

One more recipe from Smitten Kitchen, thanks to our friend Ariel for bringing this to my attention. It's on the menu at our house this week, for sure, as we welcome in Autumn and get excited for cool nights and cozy food. Thanks everyone! *sophie*

## **Corn Butter Farro**

*From Deb Perelman's Smitten Kitchen website*

3-4 tablespoons unsalted butter, divided  
1 tablespoon olive oil  
3 cups fresh corn kernels (from 3-4 cobs)  
Kosher salt  
3 cups water  
1 cup semi-pearled farro  
1 medium onion, halved and thinly sliced  
Fresh ground black pepper  
Red pepper flakes to taste  
2 tablespoons minced scallions or fresh chives  
Grated parmesan cheese, for serving (optional)

Heat a medium saucepan over medium high heat for a minute. Once it's hot, add 1 tablespoon of the butter and 1 tablespoon olive oil and warm. Add corn and 1 teaspoon salt and saute for 4-5 minutes, just until the corn softens a bit. Scoop half of corn into the work bowl of a food processor or blender, and set aside. Add onion, garlic, farro, black pepper and red pepper flakes to corn in pot and cook, stirring, for 1-2 minutes, just to start softening the ingredients. Add the 3 cups water, another 1 teaspoon salt, more pepper and bring to a boil. Reduce heat to low simmer, cover, and cook for 30 minutes (or whatever cooking time the package of farro suggests), until the farro is tender with a slight chew, and the water has mostly absorbed.

Add remaining 2 to 3 tablespoons of butter to the food processor and blend with the corn until absolutely smooth. Taste and add more salt – about ½ tsp, blending to mix it.

When the farro is tender, taste the mixture for seasoning, adjusting as needed with more salt, black pepper or red pepper flakes. If you have a lot of leftover cooking liquid, use a slotted spoon to hold back the grains and pour or ladle some off.

With the pan off the heat, stir in the blended corn butter. Transfer to a serving bowl and finish with scallions or chives, and parmesan if you wish.