

GROUNDWORK ORGANICS



September 27, 2023

In your box

Romaine lettuce
Purple radish
Red Ace beets
Yellow potatoes
Bunched leeks
Jalapeño and serranos
Dill
Italian kale
Butternut squash
Blackberries or
Double Gold raspberries

I fell asleep last night listening to the rain and pouring over Chef Bonnie Frumkin Morales' fantastic cookbook Katchka. She runs the Portland restaurant of the same name – an intimate, lively and vodka soaked place that transports you to a world of Russian flavors. The cookbook is fantastic too, filled with family history and memories of her Russian table growing up, funny and moving and well written. These are such good cold weather recipes, as you might expect, featuring lots of the fall and winter vegetables that are on their way in the northwest too.

We had one little switch, big plantings of cilantro weren't quite ready for this week, so we've subbed dill. If this is a lot to go through, consider snipping out the thickest stems and drying at a low temperature in a food dehydrator or spread out on a sheet pan in your oven on the lowest possible setting, watching carefully and flipping a few times till thoroughly dry. Store in a tightly sealed jar for the winter. Thanks all, *sophie*

Russian Style Pickled Beets

From Katchka by Bonnie Frumkin Morales

1 cup water
½ cup red wine
½ cup apple cider vinegar
1 tablespoon kosher salt
1 teaspoon granulated sugar
8 black peppercorns
4 juniper berries
2 allspice berries
2 beets, cleaned peeled and quartered

Place all the ingredients in a small saucepan. If the beets are not completely submerged, cut them smaller so that they are covered by the pickling liquid. Bring the mixture to a boil, then reduce the heat until it's just high enough to maintain a simmer. Continue to simmer until the beets are cooked through, about 40 minutes. Let the beets cool to room temperature in the pickling liquid- by the time they're cooled they're infused enough to use. Store in the brine until using.

After making a batch of beets, be sure to save your brine to pickle chard stems (*it'll be in your boxes next week!*). Chop them into a ¼ inch dice, heat the brine to a boil, and pour it over the stems. By the time the liquid has cooled, they'll be done.

Potato Leek Soup

This is more or less my mom's recipe, though I've omitted the lemon juice she liked in there. 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 ½ 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.

Final CSA box is October 25th! Members are invited out to our farm stand any day we're open to pick up your carving pumpkins, two per family.

The Farm Stand is located at 91360 River Road, 3 miles north of Beltline Hwy.

We're open Thurs-Sunday 9am-5pm thru October, then Saturdays and Sundays 10am-4pm thru Dec. 18

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www.groundworkorganics.com