

GROUNDWORK ORGANICS



September 28, 2022

In your box

Romaine lettuce
Red radishes
Carrots
Bunched spinach
Green cabbage
Yukon Gold potatoes
Yellow onions
Baby Butternuts
Gold beets
Canadice grapes

A rainbow of vegetables, so many pretty colors this week! We did make one substitution from Monday's list - some lovely **gold beets** in place of tomatoes which were going to be under ripe and underwhelming. I personally love the beets this time of year. We just made our way thru a couple bunches that I roasted when the oven happened to be on for something else. All peeled and ready to enjoy in the fridge, they are treasures just waiting for your inspiration. Tossed a quick salad of frisee and fresh chevre with sliced beets together last night with a little leftover shallot vinaigrette, and felt very satisfied with myself.

Canadice grapes are the last to come on, and one of the best varieties that grow around here. The clusters are huge, and so tight they can be a bit problematic, so we're lucky to have had such perfect fall weather to ripen them up. If it rains this week, they'll be in trouble.

Today is our final Bend farmers market, though it will continue without us thru Wed Oct. 12. We've had to patch our market crews together with more effort than any other year I can remember. So many great people helping out, but lots of moves, injuries, illness, and change of plans. I think there are simply a lot of 'up in the air' realities right now, making commitments difficult. Anyhow, very glad we were able to reliably be there all summer, and plan to be back next year. Thank you Bend for your support as always!

Just a reminder, the CSA runs thru **October 26th**, and we still have some nice new crops coming on for you. We should have corn a time or two more, hopefully a sweet little planting of green beans will finish up for next week, plus broccoli, cauliflower, leeks and specialty winter squash still to come. We planted several acres of strawberries for next year a little earlier than we've been able to in the past, they look beautiful and we're getting a small but very delicious crop of fall berries which we'll try to include before the season wraps up.

U-pick pumpkins will be ready at the farm stand starting the week of Thursday October 6th, more details on that in next week's newsletter. Thanks everyone! *sophie*

White Beans and Cabbage with Parmesan, Potatoes, Shallots

from Super Natural Every Day by Heidi Swanson

- 2 tablespoons olive oil or unsalted butter
- 1-2 medium potatoes, unpeeled scrubbed and cut into tiny cubes
- Fine grain sea salt
- 1 large shallot thinly sliced (or sub onion)
- 2 cups cooked and cooled white beans or 1 can white beans rinsed and drained
- 3 cups very finely shredded cabbage
- A bit of freshly grated parmesan cheese

Pour the olive oil into a large skillet over medium high heat. Add the potatoes and a big pinch of salt. Toss, cover, and cook until the potatoes are cooked thru, 5-8 minutes. Be sure to scrape the pan and toss the potatoes once or twice along the way, so all sides get color. Stir in the shallot and the beans. Let the beans cook in a single layer for a couple minutes, until they brown a bit, then scrape and toss again. Cook until the beans are nicely browned and a bit crispy on all sides. Stir in the cabbage and cook for another minute, or until the cabbage loses a bit of its structure. Serve dusted with parmesan.
Serves 4.

30699 Maple Drive, Junction City OR 97448
PO Box 42292, Eugene OR 97448 www.groundworkorganics.com
groundworkorganics@gmail.com 541.998.0900