

# GROUNDWORK ORGANICS



September 29, 2021

## In your box

Salad mix  
Carrots  
Broccoli  
Cherry tomato mix  
Cilantro  
Jalapeno/Habanadas  
Butterball potatoes  
Vates kale  
Fresh ginger  
Potimarron squash

Well we had a last minute and hopefully fortuitous switch, some very nice **salad mix** was harvested instead of spinach for your boxes, but plenty more spinach to come before the CSA wraps up November 3. Another important correction from last week's newsletter, the last Bend farmers market is Wednesdays **October 13<sup>th</sup>**.

The beautiful waxy orange **Habanada** peppers this week look hot, but in fact have all the flavor & none of the heat. This is a hybrid cross that's been a big hit with our Portland accounts. Get creative, and know that like the jalapeños, they'll keep incredibly well in your fridge till you're ready to bust them out.

**Fresh ginger** is ready, and we're especially excited because we actually haven't a crop since the fall of 2019. The pandemic caused our seed distributor in Hawaii a number of problems last year, and we missed growing it so much in 2020 that we just ordered cases of fresh dug organic ginger from Peru thru OGC to plant with good success. A very long season crop, we plant in Feb or March – it's a labor of love but works well here in cold frame greenhouses for fall harvest. It's meant to be enjoyed fresh and won't store more than a few weeks in your fridge, so use it up sooner rather than later. If you're wanting to preserve it, grate and freeze, or you could candy it and make a honey or sugar based syrup while you're at it to keep in a jar in the fridge.

**Potimarron** is hands down one of my favorite winter squash, in part because it comes to us with a sweet back story from my French cousin Ivan who insisted we grow it last time Gabe and I visited him in Paris in 2011. It really is incredible, rich deep orange, smooth flesh that is absolutely fall apart creamy, and perfect in the soup below. You could tweak this recipe any way you want (throw in a little grated ginger and leave out the gruyere) but including the seeds and scrapings from the squash in the stock is a revelation, builds a ton of flavor, and puts the insides to great use. Thanks everyone!

## **Pumpkin Gruyere Soup**

*From The Greens Cookbook by Deborah Madison*

### THE STOCK

Seeds and scrapings from the pumpkin or squash  
2 carrots, peeled and diced  
1 celery stalk, plus some leaves, chopped into small pieces  
1 turnip or parsnip, peeled and diced  
2 bay leaves  
5-6 fresh sage leaves  
4 parsley branches  
3 thyme branches  
1/2 teaspoon salt  
8 cups cold water

### THE SOUP

1 pumpkin or squash, weighing about 2.5#  
3 tablespoons butter  
1 medium yellow onion, cut into 1/4 inch dice  
1/2 – 1 teaspoon salt  
6 to 7 cups stock  
1/2 to 1 cup light cream or whole milk  
white pepper  
3 oz gruyere cheese, finely grated

For the stock, cut the pumpkin or squash in half and scrape out all the seeds and stringy material with a large metal spoon. Put them in a pot with the remaining ingredients, bring to a boil, simmer for 25 minutes, and then strain.

Preheat the oven to 400. Bake the pumpkin or squash halves, face down, on a lightly oiled baking sheet until the skin is wrinkled and the flesh is soft, about 1 hour. Remove them from the oven, and when cool enough to handle, peel off the skin. Reserve any caramelized juices that may have collected on the pan.

Melt the butter in a soup pot, add the onion, and cook over medium heat for about 5 minutes. Add the cooked pumpkin, the juices, if any, the salt and 6 cups of the stock. Bring to a boil, then simmer, covered for 25 minutes.

Pass the soup thru a food mill, which will smooth it out while leaving some texture. Return the soup to the pot and add the cream and more stock, if necessary, to thin it.

Taste for salt and season with fresh ground pepper. Stir in the grated cheese and serve the soup with thyme leaves scattered over it.