

GROUNDWORK ORGANICS



September 6, 2023

In your box

Salad mix
Carrots
Green beans
Early Girl tomatoes
Yellow onions
Italian parsley
Basil
Golden Globe potatoes
Red Ace beets
Rainbow chard
Canadice grapes

Early Girl tomatoes are coming from the field, a variety we haven't grown in a long while and I'm glad we did. These were dry farmed, meaning we cut the water on them once the plants were established which increases their depth of flavor and sweetness. We had extra **basil** for you this week, too. Perfect with the parsley for the very herby turkey meatball recipe I'll be making this week. Use any extra tomatoes you might have for a homemade sauce to go with. This might be it on the **green beans**, so thought we'd get them in one more time before they're gone. We have some late plantings of corn still on the way, plus a few more varieties of grapes still to come and lots of brassicas – cabbage, broccoli and plenty of greens on the way for the fall. Boxes run thru October 25th, not done yet! Thanks everyone, Sophie

String Beans with Ginger and Red Chile

from *Small Victories* by Julia Turshen

¼ cup neutral oil such as canola or safflower
1# string beans, tipped tailed and halved
4 oz ground pork (*optional*)
2 Tbsp minced peeled fresh ginger
1 fresh red or green chile or ½ tsp red pepper flake
2 tsp soy sauce
2 tbsp chicken stock or water
Kosher salt
Fresh ground black pepper
Cooked brown or white rice for serving

In the largest skillet you have (at least 12" in diameter) over high heat, warm 2 tbsp of the oil. Let it get nice and hot (it will *smile*). Add the string beans and cook, stirring until they're charred in spots and just tender, about 5 minutes. Transfer the beans and set aside.

Add the remaining 2 tbsp oil to the pan along with pork and cook until the pork loses its rawness and is on its way to being browned, 2 to 3 minutes. Add the ginger and chile and cook, stirring, until the pork is browned and a little bit crisp, about 5 minutes

Return the string beans to the skillet and drizzle over the soy sauce and chicken stock or water. Cook, stirring, just until everything is nicely combined and the liquid is mostly evaporated, a couple of minutes. Season the beans with salt and pepper to taste, and serve immediately, with rice. Serves 4 as a side dish or 2 as a main course.

Turkey and Ricotta Meatballs

from *Small Victories* by Julia Turshen

This is a large recipe, making about 30 meatballs so you can freeze some, or feel free to cut in half.

Two 28 oz cans whole peeled tomatoes or homemade sauce
7 tbsp extra virgin olive oil
7 garlic cloves, 4 thinly sliced, 3 minced
1 cup fresh basil leaves, finely chopped
1 cup fresh Italian parsley leaves, finely chopped
1 ½ cups fresh whole-milk ricotta cheese
½ cup finely grated parmesan cheese
2 lb ground turkey, at room temperature

In a pot over medium heat, cook tomatoes with 3 tbsp olive oil, the sliced garlic and a pinch of salt till slightly reduced, about 30 minutes.

Meanwhile, preheat oven to 425. Line a baking sheet with aluminum foil, drizzle 2 tbsp olive oil on it and rub it over the entire surface. Set aside.

In a large bowl, combine the minced garlic, basil, parsley, ricotta, parmesan, turkey and 1 tbsp salt. Blend everything together gently but authoritatively (!) with your hands until well mixed. Wet your hands and form into golf ball sized meatballs. Transfer to the prepared baking sheet, it's ok if they're touching a little. Drizzle with remaining 2 tbsp olive oil and roast until they're browned and firm to the touch, about 25 minutes.

Use tongs or a slotted spoon to transfer them to the simmering sauce, discarding whatever juice and fat was left on the baking sheet. Cook the meatballs for 10 minutes in the sauce (or up to an hour, gently simmering) and serve with pasta, polenta or all by themselves with plenty of extra parmesan.