

GROUNDWORK ORGANICS



September 7, 2022

In your box

Little Gem baby romaine
Spinach
Heirloom tomatoes
Roma tomatoes
Cilantro
Hot pepper mix
Yellow onions
Eggplant
Vates Kale
Bunched beets
French Red fingerlings
Grapes - a mix of varieties

We included both roma tomatoes and heirlooms this week, plus a handful of small **hot peppers** not on Monday's list, so a batch of pico de gallo or this fabulous recipe for zhoug could be a reality this week. Finally had **cilantro** for the boxes, to me it's such a bright beautiful flavor that makes so many dishes from so many cultures that much more incredible. And I *promise*, this will be the fourth and final time we put **eggplant** in the boxes this season. I fully recognize it's not everyone's favorite. Please consider making the recipe below, you will hardly know you're eating it.

Happy start to the school year, families! And hats off to the talented dedicated teachers we have in this community, thank you for hanging in there through some very challenging years. We need you now more than ever.

Eggplant Parmigiana

From Vegetables from an Italian Garden

2 large eggplants sliced lengthwise 1/2 inch thick
All-purpose flour for dusting
5-6 tablespoons olive oil
2-3 cups peeled, seeded and chopped tomatoes
1 sprig basil
1 cup grated parmesan
9 oz mozzarella cheese, sliced
2 eggs lightly beaten
Salt to taste

Season the eggplant slices with salt and dust with flour. Heat 2 tablespoons of the oil in a large skillet. Add the eggplant slices, in batches, and cook for 5 minutes on each side, until golden brown. Remove with a spatula and drain on paper towels. Cook the remaining batches in the same way, adding more oil as necessary. Meanwhile, put the tomatoes into a heavy pan, tear in the basil leaves and simmer gently, stirring occasionally for 15-20 minutes until pulpy and thickened.

Preheat the oven to 350. Spoon some of the tomato sauce over the bottom of an ovenproof dish and make a layer of eggplant slices on top. Sprinkle with a little parmesan, top with some slices of mozzarella, and drizzle with a little beaten egg. Continue making layers in this way until all the ingredients have been used, ending with a layer of tomato sauce. Drizzle with olive oil and bake for 30 minutes until golden and bubbly.

Serves 4

Zhoug (spicy cilantro sauce)

Thanks to CSA member Kristina McCann for sending this recipe in, which could be cut in half for a smaller batch if short on cilantro.

4 medium cloves garlic, roughly chopped
2 packed cups cilantro, mostly leaves but skinny stems are ok
4 medium jalapenos, seeds removed but reserved
1 teaspoon fine sea salt
1 teaspoon ground cardamom
3/4 teaspoon ground cumin
1/2 teaspoon red pepper flakes
3/4 cup extra virgin olive oil

Place garlic in food processor until the garlic is broken into tiny pieces. Add the cilantro, jalapeno, salt, cardamom, cumin and red pepper flakes. Process until the mixture is all mixed together and very finely chopped. While running the food processor, slowly drizzle in the olive oil. Scrape down the sides and blend until the sauce is mostly smooth. Adjust to taste – for a spicier sauce add the jalapeno seeds or additional red pepper flakes and blend again. Chill for an hour before serving to allow flavors to combine