

GROUNDWORK ORGANICS



September 9, 2020

In your box

Red leaf lettuce
Carrots
Cherry tomatoes
Broccoli
Squash mix
Tomatoes
Basil
Shallots
Grapes or raspberries
Orange Honeydew

Now with a second important reason to stay indoors, I guess our kitchen projects can take center stage. Hope everyone is staying safe and sane, we really are being put to the test, aren't we. Here's a nice big box to keep you company. Glad to have **broccoli** for you this week, which I've been enjoying just eating raw. My daughter Nola has been too, she says everyone always overcooks and ruins it. **Grapes** this week for Eugene complete our switch from last week, these are my favorite variety we grow called 'Canadice', a seedless dessert grape.

After looking through my cookbooks for some tomato inspiration, I landed on this gem. Tartine and it's owners Chad Robertson and Liz Prueitt have been inspiring me for decades, I actually first came across his bread at the Berkeley farmers market in the '90s before they started Tartine. Their series of cookbooks are truly amazing (his method for sourdough the best I've ever come across) - some recipes are a little involved but always worth the effort. Artichokes are very much coming into season right now, but I bet you could get away with using high quality marinated ones in this recipe as well. Thanks everyone, and take care! Sophie

Tomato Panzanella

From Tartine Bread by Chad Robertson

"Tomatoes with bread, artichokes roasted in olive oil, cucumbers and shaved parmesan combine to make a late summer staple. Absorbed by the croutons, the tomato vinaigrette is the hidden star of this quick salad. The tomato seeds carry the flavor of the fruit and add body to the dressing."

Roasted artichoke croutons:

Red wine vinegar or sherry vinegar
2 pounds baby artichokes
6 tablespoons olive oil
Salt
4 thick slices day-old basic country bread, torn into large pieces
4 ounces fresh parmesan cheese

Tomato vinaigrette:

4 ripe heirloom or beefsteak tomatoes
½ red onion finely diced (*or minced shallot*)
3 tablespoons red wine vinegar or sherry vinegar
¼ teaspoon salt
1 cup olive oil

1 English cucumber
1 bunch basil

Preheat the oven to 400. Fill a large bowl with water and add a generous splash of vinegar. Remove the tough outer leaves from each artichoke until you reach the tender leaves surrounding the heart. Cut the artichoke in half lengthwise and place the halves in the acidulated water. Drain the artichokes, place in a bowl and toss with 3 tablespoons olive oil and a pinch of salt. Arrange the artichokes halves cut-side down in a large skillet. In the same bowl, toss the bread pieces with the remaining 3 tablespoons olive oil and a pinch of salt. Place the bread on top of the artichokes, grate the cheese over all, and put the pan in the oven. Roast until the artichokes are crispy on the outside and tender on the inside and the bread is a deep golden brown, 15-20 minutes. Meanwhile, to make the vinaigrette, cut each tomato in half crosswise. Holding each half over a small bowl, gently squeeze it (as if juicing an orange) to release the seeds. Reserve the tomatoes. Add the onion (*or minced shallot*), vinegar and salt to the seeds, and stir to combine. Stir in the olive oil. Cut the reserved tomato halves into 1 inch chunks. Peel the cucumber (*or substitute zucchini*) and using a mandoline or vegetable peeler, cut the cucumber lengthwise into thin strips. In a serving bowl, combine the artichokes, croutons, tomatoes, cucumber and basil. Add the vinaigrette and toss. Let stand for 3-5 minutes before serving.