

Bring to a boil. Reduce heat and simmer until chicken is tender. Remove chicken from kettle and bone.. Set aside. Add potatoes to broth and cook until almost done. Add peas and boned chicken. Cook another 5-8 minutes. To thicken broth, mix just enough cold milk to thin cornstarch. Stir and heat. Serve.

Low fat Green Goddess Dressing // // // // makes 1 cup

This dressing works well as a dip for crudites or as a spread for sandwiches. It's only 35 calories per 2 tablespoon serving.

Process 3/4 c. lowfat cottage cheese in food processor until smooth.

Add 1/4 c. buttermilk, 1 slice scallion, 1/2 c. parsley sprigs, 2 tsp. olive oil, 2 tsp. tarragon wine vinegar, 1 small pressed garlic clove, 2 tsp. chopped fresh tarragon leaves, 2 tsp. chopped fresh dill and a pinch each of dried mustard and salt. Process until smooth. Chill thoroughly; stir in 3 to 4 T buttermilk. Keeps up to a week in the refrigerator in a tightly closed container.

Sorrel-Mint Tabbouleh // // // // Serves 6

A refreshing yet substantial salad.

- 1 c. medium bulgur
- 2 c. boiling water
- 2 c. coarsely chopped sorrel and/or flat leaf parsley
- 1/2 c. coarsely chopped fresh mint
- 3-4 medium chopped tomatoes or 1 c. sliced radishes
- 1 large cucumber, peeled, seeded and chopped
- 1/3 c. finely diced red onion
- juice of 1 lemon
- 3-4 T. olive oil
- salt and freshly ground black pepper
- 4 oz. Feta cheese

Place bulgur in medium bowl. Stir in boiling water, cover and let stand for 30-45 minutes. Gently squeeze out and discard and remaining liquid from the bulgur. Transfer bulgur to large serving bowl and gently toss in sorrel, mint, tomatoes (or radishes), cucumber, onion, lemon juice and olive oil. Season to taste with salt and pepper. Top with crumbled Feta. Serve at room temperature.

Sorrel Orange Iced Tea // // // // Serves 2

You can call this iced tea or sorrel-ade; either way, it's an unusual way to quench a thirst. The tartness of the sorrel mellows in boiling water and instead gives a mild floral accent to the drink.

- 2 lightly packed cups of sorrel leaves, sliced thin
- 2 c. boiling water
- 1 T. honey
- 1 c. orange juice
- lemon slices
- small sorrel leaves

Place sorrel leaves in teapot. Pour boiling water over sorrel. Stir in honey. Let mixture cool to room temperature. Strain it into a small pitcher and chill in refrigerator. To serve, stir in orange juice and pour over ice, into pretty glasses. Twist a lemon

slice over each glass, to release a little juice into the drink, then add a lemon slice to each drink. Garnish each glass with a small sorrel leaf.

Tatsoi // // // //

Is an Asian green and can be used in most recipes calling for cooking greens. It's especially good chopped and tossed into a stir fry with Bok Choi. You can also use it raw, added to a salad.

Wilted Tatsoi // // // // makes 1-2 servings

- Olive oil
- 1-2 bunches tatsoi (or other cooking green)
- Garlic scapes (or shallot, 1-2, chopped)
- Sea salt

Chile pepper flakes

Wash and dry tatsoi leaves. Heat a little olive oil and garlic scapes (or shallot) in a wok until soft. Add tatsoi. Cook briefly until wilted but crisp. Season with salt, pepper and chile flakes. Serve warm.

Wilted Greens with Sesame Seeds and Mango

- 1/4 c water
- 1/4 c. tamari or soy sauce
- 2 T. rice vinegar
- 2 T. rice wine (mirin)
- 1 T. dark sesame oil
- 1 tsp. vegetable oil
- 1 garlic clove, minced
- 6 c. Asian greens (mizuna, mustard, bok choy)
- 1 mango pitted, peeled, julienned
- 1/4 c red onion, thinly sliced.

Toasted sesame seeds

Whisk together water, tamari, vinegar, rice wine and sesame oil. Set aside. Heat oil in small saucepan. Add garlic, cook for 1 minute. Add vinegar mixture, heat 2 minutes. Toss greens, mango and onion in large serving bowl. Pour warm dressing over, sprinkle with toasted sesame seeds and serve.

Tatsoi in Mustard Dressing // // //

Serves 4

- 12 oz. tatsoi, washed and chopped
- 2 medium scallions
- 2 T. lemon juice
- 1 T. Dijon mustard
- 1/4 tsp. salt
- 3 T. olive oil

In a small bowl whisk together lemon juice, mustard, salt and oil. Set aside. In a wide skillet or wok, combine tatsoi and dressing and saute until leaves are tender but stalks still crunchy. Add scallions and toss. Arrange tatsoi on serving platter and drizzle with any remaining dressing from the pan.

CSA:

ASK US ANYTHING

Q: How can I keep my greens fresh (not slimy)?

A: If you don't plan to use your CSA share of greens right away, rinse them thoroughly in a sinkful of cold water (this helps refresh any leaves that have wilted) and dry them in a salad spinner. Then wrap loosely in paper towels and place in a dry plastic bag. They should last for up to five days in the vegetable drawer of your refrigerator. You can also freeze any of the varieties of greens in your share: Clean greens in cold water (fill up your kitchen sink) and remove all weeds, debris and bad leaves. Place into a pot of foiling water for 90 seconds. Remove from water and immediately place in cold clean water for 90 seconds. When greens feel cool, remove from water. Shade out excess water (you won't be able to get it all out). Place into a plastic bag, twist, press out excess air, twist-tie and place in the freezer. To use, take out of the freezer to thaw in the morning for use that night. Slow thawing helps prevent the greens from getting too mushy. Be sure to measure, label and date any greens that you do freeze (they all look alike once they have been frozen!). One pint-sized bag of frozen greens is about 1-2 servings.



DEAR CSA MEMBER,

The beginning of the season is always a rather stressful time on the farm. We keep very detailed notes each year so we can plan our planting dates, amounts to be planted, varieties that grew well and members liked in previous years. And then we just get on the roller coaster and let Mother Nature take us from there. This year the weather has been so cold and wet that many of the early crops are slow to mature. The lettuces are doing well in this weather and finally the Oriental greens are getting a bit of size. With the warmth we finally were able to remove the row cover (to keep the Cucumber Beetles away) from the squash and cucumber plants so that the bees can pollinate the plants as they flower. Our very faithful garlic is growing well; you'll have Garlic Scapes in your share (see note below). Enjoy the vegetables. -Pete and Deb

Sorrel 1 bunch
Red Leaf Lettuce 1 head

Tatsoi 1 bunch. Good stir-fried or raw
Bok Choi 1 bunch

Buttercrunch Lettuce 1 head
Romaine 1 head

Oregano 1 bunch
Garlic Scapes 7 stalks
Radishes 1 bunch

Garlic Scapes // // // //

If you're a first-time CSA-er, these will stump you. Garlic scapes look like thick chives, but are actually the top portion of the plant; the seed head that emerges from the bulb. The seeds are seldom used to propagate the garlic as they take years and years to reach a usable size. The scape takes energy away from the plant and the bulbs are smaller if the scapes are not removed. To use the scapes, just remove the very pointed end and chop up the rest of the stalk. They have the flavor of garlic and can be used just like garlic. Chop them up and freeze them in ziplock bags to use during the winter. Deb says: A member last year said they made pesto from the scapes. [Ed.Note: Care to pass along the recipe? Email it to Veggies@mindspring.com]

Still more salad dressings for the spring lettuces!

Lime-Cilantro Dressing // // // // Makes 1/3 cup

Spoon over salad, sliced tomatoes or even plain rice. Whisk together 2 T. fresh orange juice, 2 T. fresh lime juice, 2 T. olive oil, 1/8 tsp. chili powder, pinch of salt, 1 small minced green onion and 1 T. minced fresh cilantro. Store refrigerated in a tightly closed container.

Tomato-herb Dressing // // // // Makes 1 cup

Mince 1 green onion (with top) and 1/2 c. parsley sprigs in a food processor or blender. Add 1 T. olive oil, 1 T. balsamic vinegar, and a pinch of salt; blend well. Add 1 ripe tomato cut in wedges and 2 T. fresh cilantro, basil, mint or flat leaf parsley, cut in julienne. Process until chopped; do not overblend.

Cucumber-herb Dressing // // // // Makes 1 cup

Mince 2 green onions (with tops), 1/2 c. parsley sprigs and 1/4 c. dill sprigs in food processor. Add 1 tsp. white wine vinegar, 1/8 tsp. curry powder and a pinch each of sugar and salt. Process to blend. Add 1/2 large cucumber, peeled, seeded and cut into chunks and 1/2 c. nonfat plain yogurt. Process until finely chopped; chill before serving.

Champagne Vinaigrette // // // //

2 T. Champagne vinegar
1 T. finely chopped shallot
1/4 tsp. Dijon mustard
1/2 tsp. salt
1/4 tsp. black pepper
1/3 c. olive oil
1 T. finely chopped fresh chives

Whisk together vinegar, shallot, mustard, salt and pepper in small bowl. Add oil in slow stream, whisking constantly until dressing is emulsified, then whisk in chives.

Sorrel // // // //

Sorrel is a lemony flavored green that is great added to chicken soup (see the recipe below) or chopped very fine and added to a salad. You can also garnish pan sauteed or baked fish with small stacks of sorrel chiffonade (sorrel that has been sliced into very thin strips).

Sorrel Chicken // // // //

1 4-5 pound stewing chicken
1/3 c. diced celery
2 chicken bouillon cubes
2 tsp. salt
1/3 tsp. pepper
1/2 c. sorrel, washed and finely shredded
6 small new potatoes
1 package frozen peas, use fresh if available
1/4 c. cornstarch thinned with cold milk

Cut chicken into serving-size pieces. Place in a large kettle and cover with water. Add all ingredients except for potatoes, peas and cornstarch.