

WEEK

DEAR CSA MEMBER,

The rain just seems to keep coming. Each day there has been a bit of a dry time and so the garden gets a bit of a chance to dry out. We keep good air circulation in the fields by keeping the weeds to a minimum and allowing plenty of room between rows. Air circulation seems to be our biggest ally against disease. In a year like we seen so far, we don't complain about the hot, dry days. This week we were able to pick Sugar Snap Peas for your share. The peas were one of the first things planted in the very early spring and seemed to take a very long time to grow in the cold weather. All of a sudden a couple of nice hot sunny days and the peas are maturing. This pea is one that you eat the whole pod. They are so sweet that you can eat them raw, or steam them only until they turn a bright green color. I like to add the steamed peas to pasta and sprinkle cheese on the top. Enjoy the vegetables -Pete and Deb

Sugar snap peas
1 basket
Romaine 1 head

Red Sails Lettuce
1 head
Turnips 1 bunch
(White Hakeuri or
Scarlet)

Bok Choi 1 bunch
**Buttercrunch
Lettuce**
1 head

Mint 1 bunch
Garlic Scapes 7
stalks

CSA PICK UP CHANGE // // // //

Attention Members: Next week, pick up your shares at your usual site on Thursday July 6th instead of Tuesday the 4th. You can enjoy the long weekend and have your veggies, too!

Sugar Snap Peas // // // //

Eat them, pods and all! To store, put whole unwashed peas in a perforated plastic bag in the crisper drawer of your refrigerator. Rinse sugar snaps in their pods and pat them dry. To string both sides at once, hole the top stem end and pull down toward the flat end of the pea.

Cooking ideas (courtesy of *The Real Dirt on Vegetables*):

- Arrange raw fresh peas atop salads or on a crudite tray with other spring vegetables.
- Add raw snap peas to a stir fry or soup in the last minutes of cooking.
- Steam snap peas until just tender-crisp, 3 to 5 minutes. Toss with butter, olive oil, cream, vinaigrette or pesto.
- Add leftovers to omelettes or to chilled vegetable or pasta salads.

Sugar snap peas "play" well with these flavor partners:

- basil, chervil, chives, cilantro, curry, dill, garlic, ginger, lovage, mint, nutmeg, parsley, rosemary, safe, tarragon, thyme
- lemon juice, toasted sesame oil, olive oil
- butter, cream
- almonds, pine nuts, sesame seeds
- carrots, celery, cucumbers, leeks, mushrooms, onions, pasta, potatoes, rice, turnips

Sauteed Sugar Snap Peas // // // //Serves 3-4

- 1/2 to 1 lb. sugar snap peas
- 2 medium carrots, peeled
- 2 T. butter
- 1 T. honey
- freshly ground black pepper

Remove strings from peas. Cut each carrot into thirds. Slice each third, lengthwise, into quarters so that slices are about the size and shape of pea pods. Place carrots in steamer basket and steam 3-5 minutes, until crisp-tender. Drain and set aside. Melt butter in large skillet over medium heat. Add peas; cook, stirring frequently, 5 minutes. Add carrots. Continue to cook and stir until peas are bright green and crisp tender; about 3 minutes. Add honey and cook for another minute, stirring constantly, until vegetables are thoroughly glazed with honey. Remove from heat. Season with pepper and serve.

Sugar Snap Pea-Cucumber Salad // // // //Serves 4

- 1 lb. sugar snap peas
 - 1 cucumber, peeled, halved lengthwise, seeded and thinly sliced
 - 1 T. walnut oil
 - 2 T. chopped walnuts
 - 1 1/2 tsp. freshly squeezed lemon juice (about half a lemon)
 - 1 T. water
 - 1 T. fresh dill (or 1 tsp. dried)
 - 1/8 tsp. cayenne pepper
 - salt and freshly ground black pepper
- Remove strings from pea pods and place in steamer basket; steam until just crisp tender, 3-5 minutes. Drain peas and run cold water over them. Transfer to a dry dish towel and pat dry. Place in large bowl and add cucumber/ Put the oil, walnuts, lemon juice, water, dill and cayenne into a blender; process until smooth. Pour walnut dressing over peas and cucumbers. Toss until combined. Season to taste with salt and pepper.

Sugar Snap Peas with Chile and Mint // // // //Serves 4

- 1/4 tsp. red-curry paste or 1 1/4 tsp Thai Kitchen roasted red child paste
- 3 T. water
- 1 T. vegetable oil
- 1/2 c. thinly sliced shallots (about 2 medium)

1 lb. sugar snap peas

1 tsp. salt

2 tsp. fresh lime juice

1/2 c. loosely packed thinly sliced fresh mint

Stir together chile paste and 2 T. water in a small cup. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then saute shallots, stirring, until edges are starting to brown, about 2 minutes. Add snap peas and salt and stir-fry 2 minutes. Add chile paste mixture and stir-fry until snap peas are just tender and beginning to brown in spots, about 3 minutes. Stir in remaining tablespoon of water, scraping up any brown bits from bottom of skillet. Transfer peas to a bowl, stir in lime juice and mint. Serve immediately.

Sugar Snaps with Papaya Salsa // // Serves 4

1 c. peeled, seeded, diced papaya (about one half of a large papaya)

1/2 c. chopped fresh cilantro

1 T. minced onion

2 tsp. fresh squeezed lime juice

2 tsp. rice vinegar

1/8 tsp. salt

1/8 tsp. ground white pepper

1 lb. sugar snap peas

Combine first seven ingredients in a medium bowl. Gently toss to combine. Remove strings from peas and place in a steamer basket. Steam until just crisp-tender about 3-5 minutes. Drain peas and immediately run cold water over them. Transfer to a dry dish towel and pat dry. Arrange peas on individual plates and top with papaya salsa; serve immediately.

Spring Stir Fry // // // //

1 c. brown rice

2 c. water plus a pinch of salt

1 bunch hakurei turnips (roots and greens)

1 bunch bok choy

1 T. dark sesame oil

1 T. vegetable oil

1 medium onion, diced

2-3 garlic scapes, diced

3-5 garlic cloves, minced

4 T. soy sauce

2 T. toasted sesame seeds (optional garnish)

In medium saucepan, bring salted water to a boil and add rice. Simmer until water has evaporated and rice is tender. Meanwhile cut turnip roots into fairly large strips, while preserving greens. Slice bok choy in half lengthwise, so steams will cook faster. Combine the oils over high heat in a large skillet or wok. When oil temperature is hot, add garlic, onion and turnip roots and cook until onion is transparent. Stir constantly. Add bok choy, garlic scapes and soy sauce. When bok choy begins to wilt, add turnip greens and cook until just tender. Serve over rice.

Mint // // // //

The Latin word for mint is *Metha*, which comes from the nymph *Menthe*, who caught the eye of the god *Pluto*, whose wife turned the nymph into an herb. Try adding some chopped fresh mint to peas or new potatoes just before serving. Made a marinade with olive oil, red wine vinegar and fresh mint. Use to marinate eggplant or zucchini before you grill these summer vegetables. If you're making a citrus or melon salsa, mint adds a fresh zip. In your favorite pesto recipe, add equal amounts mint and basil.

Asparagus with Lemon and Mint // // // // Serves 4

1 lb. asparagus

1 T. olive oil

1-2 tsp. lemon zest, finely grated

1/4 tsp. salt

1/4 tsp. freshly ground black pepper

2 T. fresh mint leaves, finely shredded

1 T. lemon juice

In a large pot of boiling, salted water, cook asparagus 3-5 minutes, until crisp tender. Drain; dry on paper towel. In serving bowl, combine oil, lemon zest, salt and pepper. Add hot asparagus. Toss mixture to bring to room temperature. Just before serving, stir in mint and lemon juice. Serve at room temperature.

Lettuce-Mint Salad // // // // serves 6-8

2 1/2 T. Sherry vinegar or white wine vinegar

2 tsp. Dijon mustard

1/3 c. olive oil

10 c. salad greens (lettuces, arugula, watercress, tatsoi, mizuna etc)

1 bunch mint leaves, rinsed and spun dry

In a bowl, whisk together vinegar, mustard, salt and pepper. Add oil in a stream, whisking until dressing is emulsified. In a large bowl, toss the greens with the dressing.

Minted Couscous with Currants and Pine Nuts // // // Serves 8

An oldie but goodie from *Bon Appetit*, 1995.

2-14.5 oz cans low sodium chicken broth

6 T. (3/4 stick) butter

3 c. couscous

1/2 c. dried currants

1/2 c. pine nuts, toasted

4 green onions, thinly sliced

1/4 c. fresh mint

2 T. minced fresh dill

Bring broth and butter to boil in medium saucepan. Remove from heat; stir in couscous. Cover and let stand 5 minutes. Fluff couscous with a fork. Transfer to bowl. Add currants, pine nuts, green onions, mint and dill. Stir to blend. Season with salt and pepper. Serve warm or room temperature.

CSA:

ASK US ANYTHING

Q: I can't access the website. Suggestions?

A: The website can only be accessed by its exact address (some people skip or forget the <http://> and others add www.) The exact address is: <http://veggies.home.mindspring.com>. Copy and paste into your browser.

Q: How can I keep my greens fresh? (Part II)

A: Last week's newsletter Q & A section did have storage suggestions for the avalanche of greens that we're getting from Stoneledge Farms. However, one member had more ideas. She finds it easier to just poke some holes in plastic baggies (a two-pronged meat fork is great for this). Then she wraps the unwashed stem end of the lettuce or whatever green it is in a paper towel and put it in the baggie and refrigerate until ready to use. This keeps greens fresh and perky quite a long time as long as condensation doesn't build up inside the bag (hence the holes). When she is ready to use the greens, she tries to wash and dry several lettuces or greens at once, storing the leftover dried greens in a plastic bag in the refrigerator. She also uses large cotton drying clothes to dry the greens, but mentions that a salad spinner would work well, too.