

Dear CSA Member,

What a beautiful week. The garden looks wonderful and you will see by the list of vegetables that the lettuces are really perfect. I guess salads will be in the making and I've also found that lettuce can be used in soup cut up like you would any leafy green. The heavier lettuces like Romaine hold up the best when cooked. This is also the last week for most of the Asian greens. Members have asked in the past if we could skip a week and send the Asian greens every other week. The greens just won't wait, though. The Asian greens grow quickly and love the colder weather, but as soon as the days grow warmer the greens send out a seed head-or bolt. So enjoy them for one more week and they are done for the season. I made a cole slaw type dish from the bottom and mid portion of the Chinese cabbage sliced very thin mixed with a little olive oil, red wine vinegar, mayo, sugar and salt and it was great.

New in the bag this week are sugar snap peas. Sugar snap peas have a very sweet, thick and edible pod so just snap off the string along the edge and eat them raw or quickly steamed. There is also spinach and basil in your share. Fresh spinach cooks down to almost nothing so it is better used raw in salads. Enjoy the vegetables-Deb

<b>This weeks share:</b>	Red Leaf Lettuce-1 head	Oak Leaf Lettuce-1 head	Buttercrisp Lettuce-1 head
Romaine Lettuce-1 head	Yukosai Bitamin-Na -1 head	Chinese Cabbage-1 head	Mizuna-1 head
Red Scallions-1 bunch	Sugar Snap Peas-1 basket	Spinach-1 bunch	Basil-1 bunch

#### Asian Seared Tuna Salad

2 tablespoons low-sodium soy sauce  
 2 tablespoons rice vinegar  
 1 tablespoon mirin (sweet rice wine)  
 1 tablespoon honey  
 2 teaspoons grated peeled fresh ginger  
 1 teaspoon dark sesame oil  
 3 cups shredded napa (Chinese) cabbage  
 3 cups gourmet salad greens  
 1 cup diagonally cut snow peas  
 1/2 cup chopped green onions  
 1/2 cup shredded carrot  
 2 teaspoons sesame seeds, toasted

#### Tuna:

1 teaspoon dark sesame oil  
 3/4 teaspoon five-spice powder  
 1/4 teaspoon salt  
 1/8 teaspoon freshly ground black pepper  
 1 1/2 pounds yellowfin tuna steaks (about 1 inch thick)  
 To prepare salad, combine first 6 ingredients in a small bowl. Combine cabbage and next 5 ingredients (cabbage through 2 teaspoons sesame seeds) in a large bowl.  
 To prepare tuna, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Combine five-spice powder, salt, and pepper, rub over tuna. Add tuna to pan; cook 2 minutes on each side or until desired degree of doneness. Let stand 2 minutes. Cut into 1/2-inch cubes.  
 Drizzle cabbage mixture with soy sauce mixture; toss to combine. Place 2 cups salad on each of 4 plates; top each serving with 1/2 cup tuna cubes. Sprinkle 1 teaspoon sesame seeds evenly over salads.

#### Cavatappi with Spinach, Garbanzo Beans, and Feta

8 cups coarsely chopped spinach  
 8 cups hot cooked cavatappi (about 12 ounces uncooked spiral-shaped pasta)  
 1 cup (4 ounces) crumbled feta cheese  
 1/4 cup olive oil  
 2 tablespoons fresh lemon juice  
 1/2 teaspoon salt  
 1/2 teaspoon black pepper  
 2 (19-ounce) cans chickpeas (garbanzo beans) or other white beans, drained  
 4 garlic cloves, crushed  
 Freshly ground pepper  
 Lemon wedges (optional)

Combine first 10 ingredients in a large bowl; toss well. Garnish with lemon wedges, if desired

#### Spinach-and-Sugar Snap Risotto

2 tablespoons olive oil, divided  
 1 cup finely chopped onion  
 1/4 teaspoon sugar  
 3 cups chopped spinach  
 1 1/4 cups sugar snap peas, trimmed  
 2 tablespoons minced fresh or 2 teaspoons dried rubbed sage  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground pepper  
 1 garlic clove, minced  
 3/4 cup water  
 1 (14 1/2-ounce) can vegetable broth  
 1 cup uncooked Arborio or other short-grain rice  
 1/4 cup dry white wine  
 1/2 cup (2 ounces) grated fresh Parmesan cheese  
 Heat 1 tablespoon oil in a large saucepan over medium-high heat. Add onion and sugar; sauté 30 seconds. Stir in spinach and next 5 ingredients (spinach through garlic); sauté 30 seconds or until spinach wilts. Remove spinach mixture from pan; set aside. Bring water and broth to a simmer in a small saucepan (do not boil). Keep warm over low heat. Heat 1 tablespoon oil in large saucepan; add rice. Cook 5 minutes, stirring constantly. Stir in wine; cook until wine is absorbed, stirring constantly. Stir in 1/2 cup broth mixture; cook 4 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining broth mixture, 1/2 cup at a time, stirring constantly, until each portion of broth is absorbed before adding the next (about 22 minutes total). Stir in spinach mixture and cheese; cook 1 minute or until thoroughly heated.

## **BEEF & BOK CHOY HOT POT**

*You can use most any greens in place of the bok choy, including swiss*

*chard or Chinese cabbage.*

2 1/4 cups water

3/4 cup low-salt beef broth

1/3 cup rice vinegar

1/3 cup low-sodium soy sauce

2 tablespoons brown sugar

1/4 teaspoon ground cinnamon

1 tablespoon vegetable oil

1 pound beef stew meat, cut into bite-sized pieces

1 1/4 cups chopped green onions

1 garlic dove, minced

1 teaspoon minced peeled fresh ginger

2 cups thinly sliced bok choy 1 1/2 cups

thinly sliced carrot 2 cups hot cooked wide  
rice noodles or fettuccine

Combine first 6 ingredients, stirring with a whisk; set aside. Heat vegetable oil in a large Dutch oven over medium-high heat; add beef, browning on all sides. Add broth mixture, green onions, garlic, and ginger; bring to a boil. Cover, reduce heat, and simmer for 1 hour and 30 minutes or until beef is tender. Stir in bok choy and carrot, and cook 5 minutes or until tender. Serve beef mixture over noodles.

## **CRUNCHY BOK CHOY SALAD**

Dressing:

2 tablespoons sugar

3 tablespoons cider vinegar

3 tablespoons low-sodium soy sauce

2 teaspoons peanut butter

1/2 teaspoon curry powder

1/4 teaspoon crushed red pepper

Salad:

1 (3-ounce) package ramen noodles

1/4 cup unsalted dry-roasted peanuts

3 cups thinly sliced bok choy

1 cup very thin red bell pepper strips

1/2 cup shredded carrot

1/4 cup diagonally cut green onions

To prepare dressing, combine first 6 ingredients in a large bowl; stir well with a whisk. To prepare the salad, crumble noodles; discard seasoning packet. Heat a nonstick skillet over medium-high heat. Add peanuts; sauté for 4 minutes or until browned. Remove from heat. Combine crumbled noodles, peanuts, bok choy, and the remaining ingredients in a large bowl. Drizzle dressing over salad; toss gently to coat. Serve immediately.

## **Chicken fried rice with bok choy**

1 pound skinless, boneless chicken thighs, cut into bite-sized pieces 3 tablespoons low-sodium soy sauce, divided

1 tablespoon canola oil 1/2 cup chopped shallots

2 teaspoons minced peeled fresh ginger

2 garlic doves, minced

4 cups thinly sliced shiitake mushroom caps (about 6 ounces mushrooms)

3 cups cold cooked sushi rice or other short-grain rice

1 teaspoon dark sesame oil

1/4 teaspoon crushed red pepper

1 pound baby bok choy, quartered lengthwise

1 large egg, lightly beaten

2 teaspoons sesame seeds, toasted Combine chicken and 1 tablespoon soy sauce,

tossing to coat. Heat canola oil in a Dutch oven over medium-high heat. Add

shallots, ginger, and garlic; sauté 10 seconds. Add chicken mixture and

mushrooms; sauté 4 minutes. Add rice, 2 tablespoons soy sauce, sesame oil,

and red pepper; cook 1 minute, stirring constantly. Add bok choy; cook 2 minutes, stirring constantly.

Push rice mixture to one side of pan. Add egg to empty side of pan; cook 1 minute or until almost set, stirring constantly. Stir egg into rice mixture.

Sprinkle with sesame seeds. Yield: 6 servings (serving size: 1 1/2 cups)

## **Chicken Yakisoba**

7 tablespoons low-sodium soy sauce, divided

1/2 pound skinned, boned chicken breast, cut into bite-size pieces

2 teaspoons vegetable oil, divided

2 cups vertically sliced onion

1 cup (2-inch) julienne-cut carrot

6 cups coarsely shredded napa (Chinese) cabbage

1/4 cup sake (rice wine) or dry sherry

1 tablespoon minced peeled fresh ginger

2 teaspoons sugar 1/4

teaspoon salt

4 1/2 cups cooked soba (about 9 ounces uncooked buckwheat noodles) Combine 3 tablespoons soy sauce and chicken in a zip-top plastic bag; seal and marinate in refrigerator 30 minutes, turning occasionally. Heat 1 teaspoon oil in a large nonstick skillet or wok over medium-high heat. Add chicken; cook 3 minutes or until done. Remove chicken from skillet; keep warm. Add 1 teaspoon oil, onion, and carrot to skillet; stir-fry 2 minutes. Add cabbage; stir-fry 2 minutes or until cabbage begins to wilt. Combine 1/4 cup soy sauce, sake, ginger, sugar, and salt. Pour sake mixture over cabbage mixture. Add chicken and soba; toss well to coat. Cook 1 minute or until thoroughly heated. Yield: 4 servings (serving size: 2 cups)