

Dear CSA Member,

I'm still wondering what members thought of the Epozate. Is it an herb that we should add to our list for 2006 or not? We would like to know what you think. We've add a few new vegetables to our planting this year and will see what members think to see if they should be included again in our planning schedules.

Finally the Sugar Snap Peas are ready and they are delicious. Snap the string off and eat the whole thing. They are extra sweet when steamed very briefly. I like to add them to pasta topped with cheese.

The weather just doesn't seem to want to give us a break and we've been working in conditions that seem more August like. We were boiling just about a half hour ago and then the heavens opened and rained over 1/2 inch. The temperature dropped almost 20 degrees. Just what we needed. Enjoy the vegetables-Deb and Pete

New Red Fire-red leaf lettuce-2 heads                      Red Romaine-2 heads                      Endive-I used this just like Escarole sautéed with garlic and added to beans. It was great-1 head                      Spring Onions-1 bunch                      Sugar Snap Peas-1 basket                      Hakeuri  
 White Turnips-1 bunch                      Spinach-this is a new variety of Spinach that is very tender. -1 bunch                      Parsley-1 bunch

<p><b><u>BAKED PARSLEY CARROTS</u></b>                  6-7 med. carrots                  1 tbsp. butter                  1 tbsp. dried fresh snipped parsley                  Few drops of water                  Salt and pepper                  Peel and cut carrots into small sticks, 2-3 inches. Line baking dish with heavy foil. Dot 1 tablespoon butter in bottom of foil; layer in the carrots; sprinkle with salt, pepper and parsley. Dot with rest of butter. Sprinkle few drops of water and seal foil very securely around all. Bake 40-45 minutes in 350 degree oven. Serves 6-8.</p>	<p><b><u>ARABIC PARSLEY SALAD</u></b>                  2 large bunches of parsley, curly or flat                  Fresh lemons                  Sesame tahini                  Salt to taste                    Wash parsley thoroughly and drain. Chop parsley medium fine. Add salt. Add lemon juice and tahini to make a thick sauce. Serve with crackers or pita.</p>
<p><b><u>PASTA WITH SUGAR SNAP PEAS, ASPARAGUS &amp; PARMESAN</u></b>                  1 lb. asparagus, trimmed, cut into 1 1/2 inch pieces                  1/2 lb. bow-tie pasta                  1/2 lb. sugar snap peas or snow peas, trimmed                  3 tbsp. olive oil                  1/2 c. freshly grated Parmesan cheese                  Add asparagus to large pot of boiling salted water. Cook until just crisp-tender. Transfer to bowl of cold water using slotted spoon. Cool asparagus slightly and drain. Add pasta to same pot of water and boil until just tender but still firm to bite. Add sugar snap peas and boil 2 minutes. Add asparagus and heat through. Drain well. Return pasta-vegetable mixture to pot. Add oil and toss to coat. Add 1/2 cup cheese. Season with salt and pepper. Serve immediately, passing additional cheese separately. Preparation time: 20 minutes. Serves: 4.</p>	<p><b><u>SPICY SUGAR SNAP PEAS WITH MUSTARD</u></b>                  1 lb. fresh sugar snap peas                  1 tbsp. whole mustard seeds                  4 tbsp. vegetable oil                  4 cloves garlic, finely chopped                  1 hot dried red chili                  Salt and pepper to taste                    Heat the oil in a large skillet over high heat. When hot, add the mustard seeds. As soon as the mustard seeds begin to pop, add the garlic, then add the red chili and stir for a few seconds. Put in the sugar snap peas and season to taste. Let cook for a few minutes until they have absorbed the flavor of the spices.</p>
<p><b><u>BABY SPINACH SALAD</u></b>                  1/4 c. olive oil                  1/4 c. 7 up or ginger ale                  1/4 c. balsamic vinegar                  1 T. dijon mustard                  1 tsp. pure vanilla extract                  1 tsp. orange zest                  1 T. orange juice                  1/2 teaspoon freshly grated ginger                  salt and pepper to taste                  pinch red pepper flakes                    Whisk ingredients together and toss with baby spinach or mixed baby greens.</p>	<p><b><u>SPINACH QUICHE</u></b>                  1 box chopped spinach or fresh equivalent (cooked &amp; strained)                  4 beaten eggs                  1/2 cup oil                  1 cup chopped onion                  garlic clove, chopped                  1/2 cup grated parmesan cheese                  1 cup bisquick                    Mix all ingredients. Grease a pie plate (bread dish, etc). Bake for 30 minutes @ 425 degrees.</p>

**LETTUCE:** Remember to wrap lettuce in a damp towel or put in perforated plastic bags in the crisper drawer of the refrigerator. Lettuce is supposed to last for only a few days, but we usually find that CSA lettuce is still great at the end of the week. Wash well in lots of cool water to remove grit. Lettuce can be lightly braised, stir fried, or sautéed, but remove it from pan after 15-30 seconds. Dress at the last minutes, or greens will become soggy.

## **SALAD DRESSINGS**

### **Basic Salad Dressing**

1 clove garlic, crushed  
1/3 cup vinegar (balsamic or red wine)  
2/3 cup extra-virgin olive oil  
1 Tbsp Worcestershire sauce  
Sea salt and freshly ground pepper to taste  
-Add crushed garlic to vinegar. Let stand for at least 1 hr. but not more than 24 hrs. Remove the garlic and add the olive oil and Worcestershire sauce. Shake and use on salad as needed. Season salad with salt and pepper.  
Variation: Make into honey mustard by adding 1 or 2 Tbsp Mustard and 2 Tbsp honey to the above recipe.

### **Hot peanut-honey:**

Place in blender, 1/4 cup peanut butter, 1 tbsp honey, 3 tbsp cider vinegar, 2 tsp sesame oil, 1 tbsp soy sauce, red pepper flake to taste; blend until smooth. Add salt to taste.

### **Buttermilk Dressing:**

Combine 1 cup buttermilk, 1/4 cup grated cucumber, 2 Tbsp minced scallions, 1 Tbsp Dijon mustard, 2-3 tsp fresh herbs, 2 tsp lemon juice, 1/4 tsp ground pepper in a screw-top jar, shake well. Chill.

### **Tomato Dressing:**

Combine 1 cup tomato juice, 1/4 cup lemon juice or vinegar, 2 Tbsp garlicsape finely chopped, freshly ground black Pepper, 1 tsp chopped parsley or other herbs in a blender and mix thoroughly or shake vigorously in a tightly covered jar. Store in the refrigerator.

### **Orange Ginger:**

Place in a blender: 1/4 cup rice wine vinegar, 2 medium garlic honey, 3 cloves or garlicsape, 1 tbsp diced fresh ginger, 1 tbsp sesame oil, 2 tsp soy sauce, 2 tsp orange juice concentrate and/or 1 tbsp chopped orange zest, red pepper flakes to taste. Blend for about a minute, then add 3/4 cup vegetable oil in a steady stream until mixture emulsifies.

## **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 ingred. (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 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.

