

Dear 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. Organically, farmers have a plant or even soil bacteria derived spray or a physical barrier like the row cover that controls most insect pests. Diseases are really a different category for us. 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. They seem to be on everyone's list of favorite vegetables. 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 and small peas inside. Snap the end of the pea and remove the string that runs the edge of the pea. 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

Shares include: Romaine-1 head Red Sails-1 head Buttercrunch-1 head Bok Choi-1 head
Garlic Scapes-7 Sugar Snap Peas-1 basket Mint-1 bunch Radishes-1 bunch

BOK CHOY WITH TAHINI SOY SAUCE DIP

1 medium head bok choy ¼ cup tahini
1-3 Tbsp water or lemon juice 1-2 tsp soy sauce to taste
Coarsely chop the bok choy leaving the stems 4 inches long so that they will be a nice size for dipping. Put the stems into a steamer for 2 mins; then add the leaves and steam for 3-4 mins, until tender crisp. Drain, pressing lightly to remove excess water. Mix the tahini, water or lemon juice, and soy sauce in a bowl. Serve, either by pouring the sauce over the bok choy and tossing, or by letting each person dip pieces into sauce.

RADISH IDEAS (*besides just using in salads*)

1. Slice and layer in sandwiches
2. Grate, mix with a little sour cream, serve over fish or over veggies.
3. Cut into chunks, use as crudité's.
4. Radish canapés: Cut French bread into rounds; butter thinly, top with a paper-thin slice of radish.
5. Puree; mix with yogurt, use as a dip.

Bok Choy with Ginger Vinaigrette

1 pound bok choy 2 teaspoons reduced sodium soy sauce
1 tablespoon white wine vinegar 1 teaspoon sugar
2 teaspoons Dijon mustard 1 small glove garlic, finely chopped
1 tablespoon fresh ginger, finely chopped or grated

Separate bok choy leaves and rinse under cold water to clean. Place in steamer and steam until stalks begin to turn translucent and are soft when pierced. Combine vinegar, mustard, soy, etc. and mix well. After bok choy is steamed you have two options: Chop up piece into bit size pieces while still warm and pour the ginger vinaigrette over or plunge steamed bok choy into cold water to crisp it back up. Drain and cool. Then chop and pour ginger vinaigrette over. Makes 4 - 1 cup servings.

Zucchini-Mint Pasta

5-6 zucchini, chopped into small pieces or rounds 2 cups vegetarian broth olive oil 1 1/2 tablespoons
fresh mint, finely chopped 1 lb. pasta oregano, basil, garlic, and salt to taste

Begin cooking pasta according to package directions. As pasta cooks on another burner, heat about 1 tablespoon of oil in a large pan or pot. Once oil is hot, add zucchini and sauté over medium heat, gently browning the squash. (You may need to add more oil as the squash absorbs it.) Once the squash begins to brown, add all spices except salt and sauté another 2 minutes. Then, add broth and bring the sauce to a boil. Add salt. Simmer over low heat for 15-20 minutes, until sauce is thickened. Add the cooked pasta and mix well, then serve. Serves 5.

Un-Caesar Salad

1-4 cloves garlic, to taste, chopped (I used 4 and it was hot and garlicky) 4 T additional chickpea can or cooking liquid
4 T fresh lemon juice 2 tsp tamari, or to taste - depends on salt in beans
1 T capers including the brine additional capers for garnish
4 T chickpeas pepper croutons (optional)
Romaine Lettuce

Blend everything except the last three items until only tiny pieces of chickpea are visible. (I used a Braun hand-blender). Toss Romaine lettuce with mixture. Garnish with the capers and fresh ground black pepper and croutons. Makes somewhere around 1 cup.

Pickled Radishes

red radishes - about half of an organic bunch
white vinegar
lemon (for zest & juice) - to taste
pepper spices - to taste
sea salt - to taste

Directions:

I got the inspiration to make this from the various pickled side dishes I get from my local Korean take out place. Slice the red radishes thin and placed them in a small container with a seal. Add about half as much white vinegar as there were radishes. Toss in some coarse sea salt (to taste). Toss in some Szechuan pepper mix (to taste). Add lemon zest and the juice from about half a lemon. Seal the container and shake it all up. The liquid gets nice and pink from the skin of the radishes. It tastes good immediately, and also the next day once the radishes started to lose their firmness. You could probably vary this recipe in any number of ways. Add some cucumber, or some onion. Use some fresh herbs.....

Radish Cream Cheese Peel and slice 2 radishes. Grate in a food processor. Mix with ½ cup cream cheese. Season to taste with chopped herbs, garlic, onion, scallion, slat pepper, lemon juice, and/or cayenne.

Mom's Honey Balsamic Vinaigrette

1/2 C balsamic vinegar 2 tsp honey 1 tsp Dijon
mustard 4 tsp cold water 6-8 tsp olive oil
1/4 tsp each of salt and black pepper
Optional: 1/4 - 1/2 tsp herbs such as dill or basil

Warm vinegar and honey in microwave for 20 seconds or more until honey dissolves in vinegar. Add remaining ingredients and whisk well. Shake vigorously after pouring into a bottle and chill before serving.

Southwestern Vinaigrette

1/2 C extra light olive oil 1/4 C white or rice wine
vinegar 1 tsp mustard powder 1/2 tsp
oregano 1/4 tsp black pepper 1/4 tsp cilantro
1/4 tsp garlic powder 1/4 tsp cumin

Shake, chill and serve. If you generally top your salad with cheese, pair this dressing with a mild cotija or colby. Avoid sharp or bitter cheeses such as bleu and feta.

Basil-Sesame Dressing

1/4 tsp garlic powder 2-4 leaves of fresh basil
3 T rice wine vinegar 2 T chopped Italian or regular parsley
1 T lemon juice 1/2 C extra light olive oil
2 T asiago or the cheese of your choice 1/2 tsp toasted sesame oil
1/2 tsp dried basil 1/4 tsp black pepper

Combine in blender until thoroughly mixed. Chill and serve with a green salad. It's a spooky color but tastes great.

Cilantro-Lime Vinaigrette

1/2 C extra light olive oil 1/4 C fresh, shredded cilantro leaves, tightly packed
2 T plain yoghurt 1/4 tsp each garlic powder, thyme and black pepper
2 T lemon juice 1/8 tsp cumin
2 T rice vinegar a squeeze of fresh lime juice - about a quarter lime

Combine in a blender until fully mixed. Chill and serve.

SUGAR SNAP PEAS WITH GINGER AND GARLIC Ginger and garlic give these pea pods a hint of Asian flavor, but we think they're a good all-purpose side dish. Active time: 15 min Start to finish: 15 min

1 tablespoon olive oil 1 tablespoon finely chopped peeled fresh ginger 3/4 lb sugar snap peas, trimmed
2 shallots, thinly sliced 1 garlic clove, finely chopped 1/2 cup water

Heat oil in a large skillet or wok over moderately high heat until hot but not smoking, then sauté shallots, ginger, and garlic, stirring, 1 minute. Add peas and sauté, stirring, 2 minutes. Add water and simmer, stirring occasionally, until peas are crisp-tender, about 2 minutes. Season with salt and pepper. Makes 4 to 6 servings. Gourmet April 2001

SUGAR SNAP PEAS WITH TOASTED SESAME SEEDS

So flavorful and so easy to make.

1 pound sugar snap peas, stringed Steam sugar snap peas until crisp-tender, about 3 minutes. Transfer
1 teaspoon toasted sesame seeds to bowl. Toss with seeds and oil. Season with salt. Makes 6 servings
1 teaspoon oriental sesame oil

SAUTEED RADISHES AND SUGAR SNAP PEAS WITH DILL

1 tablespoon butter 2 cups thinly sliced radishes (about 1 large bunch)
1 tablespoon olive oil 1/4 cup orange juice
1/2 cup thinly sliced shallots 1 teaspoon dill seeds
12 ounces sugar snap peas, trimmed, strings removed 1 tablespoon chopped fresh dill

This side dish would pair beautifully with roast lamb or salmon. To remove strings from fresh peas, just snap off the stem end and pull string lengthwise down each pod. Melt butter with oil in large nonstick skillet over medium heat. Add shallots and sauté until golden, about 5 minutes. Add sugar snap peas and radishes; sauté until crisp-tender, about 5 minutes. Add orange juice and dill seeds; stir 1 minute. Season with salt and pepper. Stir in chopped dill. Transfer to bowl; serve.

Yoghurt and Mint Sauce

300ml plain yoghurt 1 cucumber, peeled and coarsely grated 1-2 cloves garlic, crushed salt and pepper 24 mint leaves

Beat the yoghurt until smooth. Squeeze excess moisture from the cucumber between the hands. Puree the yoghurt, cucumber and garlic together in a blender with the salt, pepper and mint. Refrigerate. Quantities may be halved if desired. Serve with hot or cold roast lamb, grilled chops, over hot boiled new potatoes.