

Box Contents:

2 lbs Mandarin Oranges
1 bu Red Beets
1 bu Carrots
2 heads Lettuce
1 head Cabbage
2 lbs Yellow Finn Potatoes
0.5 lb Spinach
0.5 lb Broccoli

Field Notes: This intense Spring weather is almost scary. We are always wary of mellow March weather that lulls us into reckless planting that gets nipped by our perennial mid-April frosts. Typically these last frosts fall on the full moon of April, which is early this year. We are prepping beds for our first tomato transplant later this week, almonds and stonefruit are all in full flower and the trellised peas are flowering heavily so our frost consciousness is heightened. The best and possibly only positive effect of a late frost is to kill any early broadleaf weeds that may be menacing us. In honor of these 80F days we will risk a planting of squash, cukes and corn. The soil is still quite cool so germination is likely to be poor, but we would be fools not to try.

Box Notes: These late Mandarins come from Gold Oak Farm (certified organic by CCOF) here in neighboring Rumsey. Be forewarned that these are survivors of the freeze and have some damage in the form of the occasional dry vesicles. We included them, at a discounted price because their flavor is still outstanding. They have enough on the trees for one more round in our boxes next week. If you find the damage to be unacceptable or if you absolutely love them, let us know via email/phone so we can plan for next week's box. This is our last citrus for the year. If the weather holds to predictions we should have at least half lb bunches of Asparagus for next week. The lettuce is delicious despite a slight leather-like look to the older leaves. This too is a remnant of the January freeze. The leafy broccoli florets are meant to be eaten as they are – leaf and all! Try slicing them the long way before steaming or sautéing. There is almost no prep required on this style of broccoli. The potatoes are in celebration of our main potato planting going in this week and our first cultivation of potatoes that we planted during the dry spell in January. This early planting will be very vulnerable to frost until mid April. We could be picking new potatoes in May if all goes well. Happy St. Patty's – the cabbage is sweet and juicy, great for almost any usage.

Bunched Carrots are available for \$24.00 / 12 bunches. Please place orders by Sunday evening. Not available to Nevada County / Mountain Bounty subscribers at this time

Beet and Cabbage Soup, from *The Classic Vegetarian Cookbook*, by Rose Elliot

1 tablespoon butter	1 tablespoon olive oil
1 medium onion, chopped	1/2 pound thinly sliced cabbage
1 large or 2 smaller potatoes, scrubbed and diced	3/4 pound cooked beets, diced
salt and freshly ground black pepper	tiny pinch of ground cloves
2/3 cup sour cream	squeeze of lemon juice
	1 to 2 teaspoons horseradish

Melt the butter with the oil in a large saucepan over moderate heat, add the onion, cover, and cook until tender: 5 minutes. Add the cabbage and potato, stir well, and reduce the heat. Cover and cook for 10 to 15 minutes longer.

Add the beets together with about 4 1/2 cups of water. Bring to a boil, cover, and cook gently until the vegetables are very tender: about 15 minutes. Season with ground cloves, salt, and black pepper, and use a squeeze or two of lemon juice to lift the flavor.

Serve warm or cold. To serve cold, transfer to a bowl, allow to cool, and chill in the refrigerator.

Pour the cream into a small bowl, and stir in enough horseradish to give it a good tang. Serve the soup in individual bowls with the horseradish cream swirled on top. **Serves 4**

Beets with Lemon, Cilantro, and Mint, from *Vegetarian Cooking for Everyone*, by Deborah Madison

Serves 2 to 3

3/4 pound beets, cooked and peeled	Salt and freshly milled pepper
finely grated zest of 1/2 a lemon	1 tablespoon lemon juice
3 tablespoons extra virgin olive oil	1 tablespoon finely diced red onion
1 tablespoon chopped parsley	2 handfuls salad greens, such as spinach,
1 tablespoon chopped cilantro	frisée, and/or leaf lettuce
1 1/2 teaspoons chopped fresh mint or	1 or 2 tablespoons oil-cured black olives
1/2 teaspoon dry mint	1/4 teaspoon ground coriander

Cut the beets into quarters or sixths. Whisk together the lemon zest and juice, onion, herbs, coriander, a pinch of salt, pepper to taste, and the oil in a small bowl. Taste the dressing on a beet and correct the seasonings if needed. Toss the beets with enough dressing to coat lightly. Toss the greens with the remaining dressing and arrange them on salad plates. Add the beets and olives and serve.

Cabbage, Apple, and Carrot Slaw with Habanero Vinaigrette from *Jump Up and Kiss Me, Spicy Vegetarian Cooking*, by Jennifer Trainer Thompson **Serves 6**

This slaw is best made a day ahead, which allows the flavors to blend and the cabbage to soften. It also can be served freshly made; it will simply be crunchier. For the vinaigrette, one habanero provides a subtle zest; two habaneros give it more potency. Any color pepper will do, but red habaneros provide pretty red flecks that contrast with the green and yellow colors of the salad.

Vinaigrette: 1/4 cup light olive oil	2 tablespoons red wine vinegar
1/2 teaspoon salt	1 to 2 fresh red habaneros, stemmed,
Freshly ground black pepper	seeded, and minced
Juice of 1 lemon	
About 1 pound green cabbage, chopped	2 large or more small carrots, scrubbed and
1 tart green apple	grated
Freshly ground black pepper	

In a medium-sized bowl, combine the vinaigrette ingredients and whisk until blended. Add the cabbage and carrots and coat gently with the vinaigrette. Refrigerate for 8 hours. Just before serving, peel and grate the apple into the salad, dust the top with freshly ground black pepper, and toss.

Potato-Garlic Gratin, from *The Gardeners' Community Cookbook*, by Victoria Wise

Butter, for greasing baking dish	1/2 cup heavy (whipping) cream
1 1/2 pounds potatoes, scrubbed	1/2 teaspoon salt
3 or 4 cloves garlic, finely chopped	1/4 teaspoon white pepper

Preheat the oven to 350 degrees. Butter a flameproof casserole or gratin dish.

Slice the potatoes 1/16 to 1/8 inch thick and layer them in the dish. Combine the garlic, cream, salt, and pepper in a small bowl. Pour the mixture over the potatoes, tilting the dish to distribute the cream evenly.

Place the dish on the stovetop and heat over low heat until warmed through. Transfer to the oven and bake until the cream is bubbling and the top is browned, 45 to 50 minutes. Cool for 10 minutes, then serve.

Serves 3 to 4.