

Box Contents:

1 Marsh Grapefruit
1.5 lbs Leeks
1 lb Asparagus
1 bunch Fennel
2 heads Cauliflower
2 heads Lettuce
1 bunch Carrots

Field Notes: As of Monday afternoon we are halfway through our first tomato transplant, we've planted a first round of summer bounty (cukes, zukes, melons, corn and beans) as well as another round of spring bounty and we are ready for some rain. All of our veggies, cover crops and pastures need some water. We also have a half-baked plan to plant safflower on some non-irrigated ground but we need moisture if it is going to happen. We also need to find a small oilseed press to press it. There is a large processor near Arbuckle but we would like to run smaller pressings and experiment as we go rather than pressing the hopeful goal of 30 tons of

safflower all at once. If you know anyone with a small press (couple tons/day instead of 120 tons/day) please let us know. If it rains and we plant in the next two to three weeks, harvest will be in late June and we will be offering safflower oil in our boxes come late summer. Happy first week of Spring to all. Our plum and almond sets look good, it's still too early to tell on the apricots, peaches and nectarines.

Box Notes: Here they are! Asparagus season has arrived. Delicious and tender, these springtime favorites are shooting out of beds due to the favorable climate this year. The grapefruit comes from Short Night Farm (certified by CCOF). The variety is called Marsh, and these white-fleshed grapefruits are absolutely delicious. We have another seasonal debut: fennel. These sweet bulbs make wonderful pairing with our carrots, roasted or raw. Think of the Cauliflower as cute instead of small and remember that the greens are delicious. Cook them up like kale or collards. The lettuce is more frost kissed Romaine and either Iceberg or Batavian. Remember to eat your greens.

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

Pasta with Spicy Cauliflower from *Moosewood Restaurant Cooks at Home*, by the Moosewood Collective

Serves 4 to 6

1 large onion, finely chopped (about 2 cups)	2 tablespoons olive oil
2 cups un-drained canned Italian plum tomatoes (16 ounce can)	1/4 cup red wine
1 1/2 teaspoons chopped fresh oregano (or 1/2 teaspoon dried)	1/4 to 1/2 teaspoon crushed red pepper flakes
1/2 cup bread crumbs	1 cup black olives, pitted
1 or 2 small heads cauliflower	1 tablespoon olive oil
1 pound short, chunky pasta (shells, ziti, or fusilli)	chopped fresh parsley (optional)

Bring a large covered pot of water to a rapid boil. While the water heats, sauté the onions in the oil until translucent. Add the wine and the juice from the tomatoes. Squeeze the tomatoes with your hand to crush them, and add them to the saucepan. Stir in the red pepper flakes and oregano. Slice each olive in half lengthwise, and add it to the sauce. Simmer gently, covered.

In a small heavy skillet, sauté the bread crumbs in the 1 tablespoon of olive oil, stirring constantly until crisp. Set aside.

Chop the cauliflower florets into bite-sized pieces. When the pot of water comes to a boil, ease in the cauliflower and cook for 5 minutes. Remove the cauliflower from the water with a slotted spoon or sieve, and add it to the simmering sauce. Stir will.

Cook the pasta in the same boiling water until al dente. Drain and divide it among warmed individual dishes. Top with the sauce. Sprinkle each serving with toasted bread crumbs, and parsley if desired, and serve immediately.

Fennel, Mushroom, and Parmesan Salad from *The Greens Cookbook*, by Deborah Madison

1 clove garlic	1/4 teaspoon coarse sea salt
2 to 2 1/2 teaspoons lemon juice	2 strips of lemon peel, minced
1/8 teaspoon fennel seeds, crushed under a spoon or in a mortar	4 to 5 tablespoons extra virgin olive oil
Salt and Pepper	8 ounces large, fresh mushrooms, wiped clean
1 fennel bulb	1 tablespoon fennel greens, chopped
1 tablespoon Italian parsley, coarsely chopped	2 to 3 ounces Parmesan Reggiano, shaved into paper-thin slices

Pound the garlic and the salt in a mortar until completely smooth. Stir in the lemon juice, lemon peel, fennel seeds, and olive oil to make a tart, lemony vinaigrette.

Thinly slice the mushrooms, carefully dress them with a few tablespoons of the vinaigrette, and season them with plenty of freshly ground black pepper. Lay a damp kitchen towel or a piece of plastic wrap directly over them to keep them from browning, and set them aside for 1 hour to marinate.

Trim the fennel bulb and cut it into quarters. Remove most of the core; then slice it lengthwise, very thinly, leaving the pieces joined together. Dress it with most of the remaining vinaigrette and half the herbs, and season with salt and pepper. Add the rest of the herbs to the mushrooms.

Layer the mushrooms, cheese, and fennel on each plate and spoon the remaining vinaigrette over the top.

Serves 4 to 6.

Elegant and Easy Sautéed Asparagus from *The Gardeners' Community Cookbook*, by Victoria Wise

Serves 4

1 to 2 tablespoons olive oil, enough to coat the bottom of the pan generously	6 large cloves garlic, slivered
1 pound asparagus, ends trimmed, stalks cut diagonally into 1 to 2 inch lengths	1/8 teaspoon salt
2 to 3 tablespoons shredded fresh basil leaves	1/4 teaspoon coarsely ground black pepper

Heat the olive oil in a large sauté pan. Add the asparagus and garlic and sauté over medium heat until the asparagus is slightly wilted but still bright green and crisp, about 8 minutes. Stir in the salt and pepper and transfer all to a serving dish. Sprinkle the shredded basil over the top and serve.

Sweet Mustard Leek and Sweet Potato Kabobs from *Roots, the Underground Cookbook*, by Barbara Grunes and Anne Elise Hunt

Serves 6

Sweet Mustard Marinade:

1 cup light olive oil	1/3 cup red wine vinegar
2 tablespoons light brown sugar	1 tablespoon Dijon mustard
1 shallot, peeled and minced	1 teaspoon dried oregano
1/4 teaspoon garlic powder	1/4 teaspoon salt
1/4 teaspoon freshly ground pepper	
3 medium-sized leeks, trimmed, white part only	
3 medium-sized sweet potatoes, peeled and cut into 1 1/2 inch cubes	
Canola oil for brushing grill rack	

For Sweet Mustard Marinade, whisk olive oil, vinegar, sugar, and mustard in medium-sized bowl. Stir in remaining ingredients; reserve. Parboil leeks in lightly salted water, 3 to 4 minutes; drain. Cut leeks into 2 inch pieces. Parboil sweet potatoes until almost tender, about 15 minutes; drain. Combine vegetables and Sweet Mustard Marinade in nonmetallic container. Let stand 1 hour at room temperature.

Prepare grill. Drain vegetables. Thread decoratively on six short, double-pronged skewers. Arrange skewers on oiled rack over glowing coals. Cook, rotating every 2 minutes until vegetables are tender and slightly charred, about 4 minutes or until done to taste.