

Box Contents:

1.5 lbs Leeks
1 bu Tokyo Turnip
0.5 lb Snow Peas
1 – 2 hds small Cauliflower
0.5 lb Sun Dried Peaches
0.5 lb Savoy Spinach
1 hd Green Oak Lettuce
1 hd Red Butter Lettuce

Field Notes: Tuesday morning of last week brought the first and worst of three days of very localized frost here in the Capay. Sprinklers protected the early Tomatoes and Peppers while sheer luck protected the January planted potatoes. All of the Asparagus tips that were above ground turned that brilliant deep green of frozen vegetables. As we lost several days of harvest with the freeze, we took the opportunity to cultivate the 'grass, which should keep it clean through the end of harvest in late May. Look for asparagus again next week, as there is no mention of frost in the extended forecast. Some of the peas bear light white patches – scarring from the frost. We are grateful that all of the peas were not destroyed, as

often happens with this early pea crop. The successive frosts were lighter and closer to sunrise, doing no apparent damage. We are hopeful that this is the last of it, April's Full Moon Frost a few days early. We are preparing to set out the first round of melon and eggplant plants. If you've got an inside line on upcoming cold weather, please let us know as we're calling it an early Summer.

Box Notes: We have snow peas! Sweet, plump, and crisp, these springtime gems make an early arrival this year. Eat it raw or stir-fry it in a hot wok! If the frosts stay away we should continue to have snow, snap and shelling peas at least through May. The delicious sun dried peaches come from Good Humus (certified organic by Stellar), a neighboring farm in Capay. The loose spinach in this week's box is lightly savoyed and makes fantastic spinach salads! The flavor of this variety is very sweet and almost creamy in aftertaste. Remember to eat your cauliflower and turnip 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*

Leeks with Olive Oil from *Treasured Armenian Recipes* by The Detroit Women's Chapter of the A.G.B.U.

2 bunches of leeks	1/3 cup olive oil
1 large onion sliced	Salt and pepper
1/2 teaspoon sugar	2 cups water
2 tablespoons lemon juice	

Wash and trim off the outside layer of leek. Cut into two-inch lengths. Put in shallow pan for sautéing. Cover with the onions; cook in water until half tender. Then, add the sugar, lemon, olive oil, salt and pepper. Cook about fifteen minutes more. Wait ten minutes, and then serve.

Breaded Cauliflower from *Nourishing Traditions* by Sally Fallon with Mary G. Enig, Ph.D.

1 head cauliflower	4 tablespoons Parmesan cheese
6 tablespoons melted butter	Sea salt and pepper
2 cups whole grain bread crumbs	

Steam cauliflower flowerets until not quite tender. Drain, pat dry and toss well with melted butter. Mix bread crumbs with cheese and season to taste. Dip each floweret into bread crumb mixture. Place flat side down in a buttered, glass baking dish. Bake at 350* for about fifteen minutes or until golden brown.

Carrots with Garlic Sauce from *Classic Armenian Recipes: Cooking Without Meat* by Alice Antreassian and Miriam Jebejian

1 pound carrots

½ cup water

¼ cup olive oil

¼ teaspoon salt

1 small onion, chopped

The Sauce:

3 cloves garlic

2 tablespoons lemon juice

2 teaspoons crushed mint

2 tablespoons water

Salt

- 1.) Wash, peel, and cut carrots into ½ inch rounds. Set aside.
- 2.) In a wide saucepan or skillet, heat olive oil, add onion, and cook just until wilted. Add carrots, stirring to coat well.
- 3.) Add water and salt, and simmer carrots, covered, until they are tender, about 15 minutes. Turn into a serving dish.
- 4.) Mash garlic to a puree with a little salt. Add mint, lemon juice, and 1 tablespoon water. Stir to blend, adding remaining water if a thinner sauce is desired. Spoon over carrots and serve.
Yield: 4 servings.

Note: This goes especially well with **Rice Pilaf with Sesame Oil**. The recipe for the pilaf is as follows: (Also from *Classic Armenian Recipes*)

½ cup fine noodles crushed

¼ teaspoon white pepper

1 tablespoon olive oil or sesame oil

¼ cup sesame seed oil

1 cup long-grain rice

minced parsley for garnish

2 cups hot water

Salt to taste

- 1.) Sautee noodles in oil until golden brown. Add rice, water, salt, and pepper. Bring to a boil, reduce heat and simmer 15 to 20 minutes, covered, until rice is soft and liquid absorbed.
- 2.) Uncover saucepan and add sesame seed oil, drizzling it in a circular motion over rice. Stir gently with a spoon to incorporate. Cover and set aside ten minutes.
- 3.) Mix gently, then spoon pilaf into a warmed platter, garnish and serve at once.
Yield: 3-4 servings.

The following serving suggestion has been extracted from *Nourishing Traditions* by Sally Fallon with Mary G. Enig, Ph.D.:

Cabbage

Cooked cabbage, red or green, (red will take a bit longer to cook than green) is delicious if prepared properly. The secret is to shred the cabbage very finely and to cook until just tender.

Remove the outer leaves and shred cabbage with a sharp knife, or by cutting into quarters and feeding it through the food processor fitted with a fine slicing disk. Rinse cabbage with water and place in a heavy skillet. Do not shake water off-water adhering to cabbage will be sufficient to cook it. Top cabbage with a little salt, plenty of pepper and several generous pats of butter. Turn on heat and lower when cabbage starts to steam. Cook about five minutes, covered, or until cabbage is just wilted.