

**Box Contents:**

1 bu Carrots  
0.75 lb Shelling Peas  
1 bu Asparagus  
0.75 lb Snap Peas  
1 hd Red Oak Lettuce  
1 hd Red Star Lettuce  
1 1b Mei Qing Choi

**Field Notes:** We're hoping once again for a little rain this week, but at this point we'll keep right on irrigating until the rain lasts a few hours. We have snuck our frost protection pipes out of the tomatoes for a day or two to cultivate the rapidly growing plants and use the pipe to wet up ground for the next round of tomatoes. We'll have the tomatoes frost protected again before the predicted storm lands in case it is followed by a blast of cold air when the clouds clear. Today we are transplanting our first melons, followed by the first rounds of eggplant and peppers on Tuesday. We normally wait until early May, but everything feels good so far this spring, so out they go! It should mean summer veggies and

melons will arrive a week or two early come late June. Due to the warm March both our January planted peas are just starting to come off and it looks like our October planted peas will continue for another week or two, so we should have lots of peas for next week! Think Rain on Wednesday!

**Box Notes:** Thank you for the wonderful feedback regarding last week's veggie box. We're looking for more as we move into peak season for peas. Our English shelling peas are outrageously delicious right now. I don't cook my shelling peas – I simply shell and devour them raw. The pods of sugar snap peas are edible – the peas are picked small, the pea is meant to be eaten whole. Sweet and crisp, these peas make great additions to stir-fries and are delicious as a fresh snack. Check out the delicious recipe below. If you're not sure which pea is in your hand, the shell of the shelling pea has a rougher appearance and a fibrous layer on the inside of the shell. One bite of the whole pea and you'll know the difference. Asparagus returns after a week and a half of recovery. We expect to be in the clear with our asparagus harvest for the rest of the season. The tender carrots are from a new field. If all goes well with our successive plantings we should have a steady supply of peas, lettuce and carrots for the spring. Enjoy the veggies!

**Stir-Fry Sugar Snap Peas with Sesame Seeds** from *Nourishing Traditions* by Sally Fallon

**¾ lb. Sugar Snap Peas, ends and strings removed**  
**2 ½ tablespoons extra virgin olive oil**  
**1 bunch green onions cut into 1-inch lengths**  
**2 tablespoons toasted pine nuts**  
**2 tablespoons sesame seeds, toasted in the oven**

**1 tablespoon sesame oil**  
**sea salt and pepper**

Stir fry onions and peas in olive oil for about 3 minutes. Add pine nuts and sesame seeds and cook another minute. Remove from heat and stir in the sesame oil. Season with salt and pepper to taste.

**Simmered Choy Sum (Mei Qing Choi)** from *Vegetarian Cooking for Everyone* by Deborah Madison

These tender little vegetables cook in their entirety within minutes, look absolutely stunning, and are so delicious that you can allow one or two per person. Cut four Mei Qing Choi in half lengthwise, soak them in a bowl of water for fifteen minutes, then rinse carefully, giving special attention to the base. Place them cut sides down in a skillet of simmering salted water and cook until bright green and tender, about 4 minutes. Remove with tongs to a platter and drizzle a tiny bit of dark sesame oil or roasted peanut oil over all.

**Skillet Asparagus** from *Vegetarian Cooking for Everyone* by Deborah Madison

**2-3 lbs asparagus trimmed**  
**Salt and freshly milled pepper**  
**3-6 tablespoons unsalted butter or extra virgin olive oil**  
**2 tablespoons finely chopped herbs**

Put the asparagus in a large skillet of cold water with the tips going in the same direction. Bring to a boil, add salt to taste, and simmer uncovered until just tender when pierced with a knife, 8-10 minutes, depending on size. Don't wait for a stalk to hang limply when you pick it up out of the water, for it will continue to cook. Set the asparagus on a kitchen towel to drain for a minute, then transfer to a large platter. Dot with butter or drizzle with olive oil, season with pepper and scatter the herbs over. Gently roll the stalks around to coat them, then wipe the edges of the platter and serve.

**Marinated Tofu Salad** from *The Second Seasonal Political Palate* by The Bloodroot Collective

- 1.) Place **1 ½ lb. tofu** in a pot, cover with water, and bring to a boil. Simmer 5 minutes. Turn off heat and let rest another five minutes. Drain cakes of tofu; place between sheets of paper toweling and weight to firm up cakes and remove water. Leave about 15 minutes.
- 2.) Make marinade: Combine **1 cup salad oil (grapeseed or canola)**, **¼ cup sesame oil**, **2 tablespoons lemon juice**, **¼ cup shoyu (tamari or soy sauce)**, **ground pepper**, and **2 tablespoons rice wine vinegar**. Whisk well.
- 3.) Wash **lettuce** enough to make a bed on each plate to be served. Chop **1 spring onion** finely. Shred **4-5 carrots**. Shred **1 head Napa Cabbage** if available.
- 4.) Cut tofu in half horizontally, then diagonally to form thin triangles about ¼"-1/2" thick. Lay in a shallow container and spoon some of the marinade over. Cover, chill.
- 5.) To serve: Create a bed of lettuce on each individual plate. Atop the lettuce place 2-4 tofu triangles. Center with the shredded carrots, chopped spring onions, and Napa cabbage. Dress salads with the marinade and top with a sprinkle of gomahsio.  
Serves 4-6.

**Simple Vinaigrette** from *The Second Seasonal Political Palate* by The Bloodroot Collective

**1/3 cup red wine vinegar**  
**½ tsp. salt**  
**½ -1 tsp. prepared mustard**  
**1 ½ cups oil (25% olive oil and 75% vegetable oil of choice, i.e. grapeseed or canola.)**  
**Freshly ground pepper**

Combine the vinegar, salt and mustard in a jar. Shake or whisk together thoroughly. Add the oil and shake or whisk again until well-blended. This is a good basic vinaigrette which compliments all different types of lettuce.

*As for the shelling peas, I hesitate to include a recipe, as I imagine most of them will not make it to the cooking pot. However, if you can resist the temptation while shelling these tender gems, I would suggest tossing them into a pot of boiling water for not much more than a minute or two until they turn a bright green, then quickly discarding the water. They will be delicious with a pat of butter. Enjoy!*