

Box Contents:

1 lb Fava Beans
1 lb Sugar Snap Peas
0.75 lb Broccoli
2 pcs Leeks
1 bu Green Garlic
2 hds Lettuce
1 bu Carrots

Field Notes: We had a very tranquil soft rain to lull us to sleep on Saturday night – just what we all needed, both psychologically and physically. It only amounted to four tenths of an inch, but it wasn't followed by frost or a North Wind. We are grateful on all three accounts. For the first time since February the irrigators were able to work on "Winter projects" on Monday. We had two days of light frost last week and are happy to report that we lost nothing to the cold. We're back on transplant track as of Tuesday morning.

Event Announcements: Riverdog Farm is a proud sponsor of the **Bring Back the Natives Garden Tour**, held Sunday May 6, 2007 from 10am to

5pm in Contra Costa and Alameda County gardens. The event is a free, self-guided tour of gardens featuring native plants. Registration is required. For more information, go to www.Bringingbackthenatives.net.

Box Notes: Green Garlic, for the uninitiated is just young garlic, but it is deliciously easy to prepare. Use it as if it were a green onion; chop all of the base and stalk and as much of the greens as you are willing to chew or stew. It is juicy and fresh, so it will cook much faster than cured garlic. We are happy to eat our words from last week and deliver fava beans this week! Favas require some preparation, but the flavor of the beans is well worth the effort. To prep the favas, first take the beans out of the pod – no need to be gentle about this, just get them out. At this point there is a personality test to take. If you are less patient and willing put a little more physical effort into the project, ignore the "simmering water" directions. If you don't mind a few extra steps and don't want to squeeze your beans out of their inner peels, go for the simmer. In simmering water, blanch the beans for a minute. Remove from hot water and let the beans cool. Peel the waxy covering around the bean. If you don't want to simmer, just nick the inner peel with your thumbnail just above the point at which the bean once connected to the pod. Then grasp the opposite end of the bean between thumb and forefinger and squeeze. With a little practice you'll be popping them out pronto. Done! If you are not accustomed to using favas, have no fear. They are versatile and can be used in soups, stir-fries, cooked with rice or pasta, or steamed plain! Just be careful not to overcook them, they will get mushy. Two to three minutes is plenty. A personal favorite is plenty of green garlic and some favas sautéed in olive oil over pasta. Some folks are allergic to favas – a condition known as Favism, which can be serious.

Monthly and Quarterly Payment Reminder:

Tuesday and Wednesday monthly subscription payment is \$80.00 for five deliveries in May.

Friday monthly subscription payment is \$64 for four deliveries in May.

Payment for the remainder of second quarter is \$144 for deliveries through May and June.

Payment is due the first week of May.

Mountain Bounty / Nevada County Folks please ignore this reminder.

Fresh Fava Beans with Thyme from *World of the East Vegetarian Cooking* by Madhur Jaffrey

1 ½ cups shelled fresh fava beans

½ teaspoon salt

3 tablespoons olive oil

¼ teaspoon dried thyme

Put the beans, 1 cup pf water, and ¼ teaspoon salt in a pot and bring to a boil. Cover, lower heat and simmer 8-10 minutes or until beans are tender. Drain the beans and cool them under running water. Now peel away and discard their outer skins.

Heat the oil in an 8-inch skillet over medium flame. Put in the skinned beans, the thyme, and the remaining ¼ teaspoon salt. Stir and sauté for 2 minutes.

Braised Leeks with Parmesan Cheese from *Essentials of Classic Italian Cooking* by Marcella Hazan

4 large or 6 medium leeks

3 tablespoons butter

3 tablespoons freshly grated *Parmigiano-Reggiano* cheese

Salt

- 1.) Pull off any yellow or withered leaves from the leeks. Trim away the roots from the bulbous end. Do not cut off the green tops. Cut each leek lengthwise in two. Wash the leeks very thoroughly under cold, running water, spreading the tops with your hands to make sure any hidden bits of grit are washed away.
- 2.) Put the leeks in a pan just broad or long enough so that they can lie flat and straight. Add the butter, salt, and enough water to cover, put a lid on the pan, and turn on the heat to medium low. Cook until the thickest part of the leeks feels tender when prodded with a fork, about 15-25 minutes, depending on the vegetable's youth and freshness. Turn them from time to time while they cook.
- 3.) When done, uncover the pan, turn the heat up high, and boil away all the watery juices in the pan. In the process, the leeks should become lightly browned. Before removing from heat, add the grated Parmesan, turn the leeks over once or twice, then transfer to a warm platter and serve at once. Serves 4.

Sautéed Broccoli with Olive Oil and Garlic from *Essentials of Classic Italian Cooking* by Marcella Hazan

1-1 ½ lbs broccoli

2 teaspoons garlic chopped very fine

Salt

2 tablespoons chopped parsley

¼ cup extra virgin olive oil

- 1.) Cut off about ½ inch of the butt of the end of the stalk. Split any large stalks in two or four without detaching the florets. Wash in 3 or 4 complete changes of water.
- 2.) Bring four quarts of water to a fast boil. Add 1 tablespoon salt and as water returns to boil, drop in the broccoli. Adjust heat to maintain a moderate boil, and cook until the broccoli stalk can be pierced by a fork, about 3-4 minutes. Drain at once when done.
- 3.) Choose a sauté pan that can accommodate all the broccoli without crowding. Put in the olive oil and garlic, and turn heat to medium. Cook and stir the garlic until it becomes colored a pale gold, then add the broccoli, salt, and chopped parsley. Cook for about two minutes, then transfer the contents to a warm platter and serve at once.

Sugar Snap Boats from *The Zuni Café Cookbook* by Judy Rogers

“Always cook sugar snaps just before you plan to eat them. Their improbable sweetness shows best fresh from the fire; it can turn mineraly tasting if you try to keep them warm or reheat them.”

12 ounces sugar snap peas

1-2 tablespoons unsalted butter or extra virgin olive oil as needed

A fresh basil leaf, a few fresh tarragon leaves, or a sprig of fresh chervil, chopped (optional)

Water

Salt

String both edges of the snap peas—the inside curve will yield a real filament, the outside one may be less bothersome, but check for it anyway. Cut lengthwise in half, not along the seam, but across the rounded face: one piece will be a half-almond shape, and the peas and half peas inside will easily fall out. The other piece will look like a canoe with the bottom shaved off; its half-peas will stay attached to the pod.

Place the peas in a shallow pan that holds them in a single layer. Add the butter or oil and water to come to a depth of ¼ inch. Turn the heat to high, cover, and bring to a boil. Check every 15-20 seconds and add a little more water, but not enough to come to more than 1/8 inch deep now, whenever the pan gets close to dry. After a minute or so, taste a pea pod. They are best when they have just lost their grassy raw taste but still have crunch—depending on the peas, your burner, and the pan, plan on 2 to 4 minutes. Do not overcook.

Uncover, add the optional basil, chervil, or tarragon, and boil off nearly all of the water. Add an extra nut of butter or splash of oil if you like. Salt to taste.

For 4 servings