

Box Contents:

1 bu Asparagus
1 bu Carrots
2 lbs English Peas
1 hd Batavian Lettuce
1 hd fat Heart of Romaine
¾ lbs Broccoli
1 bu Gold Chard

Field Notes: We've now had a handful of days climbing into the mid nineties and would love a little more cloudy, cool May weather. For humans and summer crops the weather is superb, for peas, lettuce, broccoli and the like it is just a little too hot, especially on such short notice. The irrigators are doing a fantastic job of keeping it all moist and there is a flurry of tractor, hoe, trellis, transplant and harvest work at every field on the farm. We are doing our best to bring off one of the great annual challenges: a seamless transition from Spring to Summer without an interruption in production. Luck to us all!

The Capay Valley Country Garden Tour will be held on Sunday May 13, 2007 from 11am to 4pm. This is a self-guided tour. The admission fee is \$10.00. All proceeds benefit the Will Baker Native Plant Garden, an educational and enjoyable display of plants native to the Capay Valley region in the Nichols Park in Guinda. For more information about this tour, please call 530-796-3464.

Box Notes: Carrots and peas! Hopefully, they'll make it to your dinner plate as a side. Our broccoli looks speckled; a mixture of yellow, green, and purple. Due to the heat, we're picking them young, before the dark green color has set. The stalks are sweet and the leaves of the broccoli steam very well. It's been a tough year for our chard, but after a month long lull, we have enough of these tender greens to harvest for our boxes. There are so many ways to prepare the versatile chard that Roxanne has picked two recipes to ensure you use all of the plant! Oh yes, a somewhat belated welcome back to Roxanne, who is at the helm of our recipe program again as well as taking on the dreaded HR details. Many of you will remember Roxanne as our Veggie Box delivery driver as well as a marketer at Farmers' Markets in St Helena and Berkeley.

Chard Greens with Olive Oil from *Vegetarian Cooking for Everyone* by Deborah Madison
Slice the leaves off the stems, wash them well, then coarsely chop. Drop them into a pot of boiling salted water and cook until tender, 5 minutes. Drain, press out the excess moisture with the back of a spoon, then toss with extra virgin olive oil or butter, salt, and pepper. Or turn the cooked, drained greens into a skillet in which you have heated olive oil with a crushed garlic clove and a pinch or two of red pepper flakes. Toss to coat the leaves, season with salt, and pepper, and serve with lemon wedges.

Sautéed Swiss Chard Stalks with Olive Oil, Garlic, and Parsley from *Essentials of Classic Italian Cooking* by Marcella Hazan

2 ½ cups Swiss chard stalks, cut into pieces 1 ½ inches long
1 ½ teaspoons chopped garlic
3 tablespoons extra virgin olive oil

2 tablespoons chopped parsley
Salt
Black pepper, ground fresh from the mill

1.) Wash the chard stalks in cold water. Bring 3 quarts water to a boil, drop in the stalks, and cook at a moderate boil until they feel tender when prodded with a fork, approximately 30 minutes, depending on the stalks. Drain and set aside.

2.) Put the olive oil and garlic in a sauté pan, turn on the heat to medium. Cook and stir the garlic until it becomes very lightly colored, then add the boiled stalks, the parsley, salt, and pepper. Turn the heat up to medium high, tossing and turning the stalks to coat them well. Cook for about 5 minutes, then transfer the contents of the pan to a warm plate and serve at once.

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

"I know of no other preparation in the Italian repertory, or in other cuisines, for that matter, more successful than this one in freeing the rich flavor that is locked inside the carrot." MH

1 ½ pounds carrots
4 tablespoons butter
3 tablespoons freshly grated *parmigiano-reggiano* cheese

¼ teaspoon sugar
Salt

- 1.) Peel the carrots, wash them in cold water, and slice them into 3/8 inch disks. The thin tapered ends can be cut thicker. Choose a sauté pan that can contain the carrot rounds spread in a single snug layer, without overlapping. Put in the carrots and butter, and enough water to come ¼ inch up the sides. If you do not have a single pan large enough, use two smaller ones, dividing the carrots and butter equally between them. Turn on the heat to medium. Do not cover the pan.
- 2.) Cook until the water has evaporated, then add salt and the ¼ teaspoon sugar. Continue cooking, adding from 2-3 tablespoons water as needed. Your objective is to end up with well-browned, wrinkled carrot disks, concentrated in flavor and texture. It will take about 1 hour, during which time you must watch them, even while you do other things in the kitchen. Stop adding water when they begin to reach the wrinkled, browned stage, because there must be no liquid left in the end. In about 30 minutes, the carrots will become so reduced in bulk that, if you have been using two pans, you will be able to combine them in a single pan.
- 3.) When done-they should be very tender-add the grated Parmesan, turn the carrots over completely once or twice, transfer them to a warm platter, and serve at once.

Linguine with Asparagus, (Peas), Lemon, and Spring Herbs from *Vegetarian Cooking for Everyone* by Deborah Madison

"A minimal but true pasta primavera. Should they come your way, stew a handful of peas or fava beans with the scallions as well. This dish can be made with butter or olive oil, or a mixture." DM

This recipe calls for two pounds of asparagus. The bunch in your box weighs about one pound. I would take Deborah Madison's suggestion to include peas in this dish, perhaps a generous amount (as this week's box provides you with 2lbs!!) to take the place of a second pound of asparagus.

2 tablespoons olive oil
2 lbs asparagus, tough ends trimmed
1 large bunch scallions, including half of the greens, thinly sliced
4 tablespoons pine nuts, toasted in a small skillet
1 tablespoon finely chopped sage, thyme, or tarragon
2 tablespoons snipped chives, plus blossoms if available

1 lb linguine
2 tablespoons butter
3 tablespoons chopped parsley
2 ½ teaspoons grated lemon zest
Freshly grated Parmesan, optional
Salt and freshly milled pepper

While water is heating for the pasta, heat half the oil and butter in a wide skillet over low heat. Add the scallions, lemon zest, thyme, and a few pinches salt and cook slowly, stirring occasionally. Meanwhile, slice 3-inch tips off the asparagus, then slice the remaining stalks diagonally. When the water boils, salt it, add the asparagus, and cook until partially tender, 3-4 minutes. Scoop it out, add it to the scallions, and continue cooking. Cook the pasta, then add it to the pan with some of the water clinging to the strands. Raise the heat and stir in the remaining oil, the pine nuts, parsley, chives, pepper to taste, and a few tablespoons cheese. Divide among pasta plates, grate a little cheese over each portion, and garnish with a chive blossom.