

**Box Contents:**

1¼ lbs Shelling Peas  
1 bu Carrots  
1 bu Beets  
1 bu Red Russian Kale  
½ lb Mei Qing Choy  
1 lb Broccoli  
2 Lettuces

**Field Notes:** Like the rest of Northern California, we took some heat last week but have emerged well. The hardest element of the first heat wave for both plants and people is re-calibrating our temperature expectations. The next round of 105F won't feel nearly as hot and today's 95F feels almost cool. Some plants, like the artichokes just can't make the physiological leap so this was their end for the spring. The asparagus will hopefully return for next week, but no promises. Due to many successive plantings of lettuce we will continue to have great lettuce, but we still lost a lot to the heat. Our loss is the chicken's gain;

let's just hope they can get to it all. Summer squash and tomatoes leapt forward, though the heat caused many tomato flowers to drop. We are done planting spring crops and will continue seeding summer through mid July. We started seeding fall cabbage, Brussels, and romanesco this past week. We will transplant our November leeks later this week and seed early winter parsnips then too.

**Box Notes:** Plenty of healthy greens and roots this week! Red Russian kale is a mild kale with tender leaves. It only takes a couple of minutes to braise with your favorite spices (my usual combo is salt, chili flakes, and a drizzle of sesame oil). You'll find two to three heads of Mei Qing Choy (also commonly called Baby Bok Choy). It's an easy prep and cook: trim the base, rinse and steam. Finish with a topping of sautéed garlic and salt. With the beets, boil, slice, and add to your salad (top with shredded carrots). The beet tops and broccoli leaves are great eating. The pods of shelling peas are much too tough for eating. Shell and eat the peas raw! Enjoy the leafy bounty!

**Light Broccoli Frittata** from *Moosewood Restaurant Cooks at Home*, by the Moosewood Collective

<b>1 tablespoon olive oil</b>	<b>1 cup chopped onions</b>
<b>2 cups chopped broccoli, with leaves</b>	<b>2 cloves garlic, minced or pressed</b>
<b>2 teaspoons fresh basil, chopped</b>	<b>dash of salt and ground black pepper</b>
<b>(or 1 teaspoon dried)</b>	<b>6 egg whites</b>
<b>¼ cup grated sharp cheddar, Pecorino, or ricotta salata cheese (optional)</b>	

Preheat the broiler.

Heat the oil in a large flameproof skillet and sauté the onions for about 5 minutes, until softened. Add the broccoli, garlic, and basil to the onions and continue to sauté for another 5 minutes, stirring occasionally, until the broccoli is bright green and crisp-tender. Add the salt and pepper to the egg whites and beat with a fork until frothy. Pour the beaten egg whites over the broccoli, tilting the skillet so that the eggs will flow evenly throughout the broccoli. Cook on low heat for 3 to 4 minutes, until the egg whites are opaque and almost firm. Sprinkle grated cheese on top, if you like, and place the skillet under the broiler for 2 to 3 minutes, until the cheese melts and begins to brown.

Cut the frittata in half and serve.

**Beet, Goat Cheese, and Watercress Salad with Walnuts** from *The Best of Bloodroot* by Selma Miriam and Noel Furie

<b>1 bunch of medium to small beets</b>	<b>1 cup water</b>
<b>¼ cup olive oil</b>	<b>1 tablespoon salt</b>
<b>¾ cup walnuts</b>	<b>1-2 shallots</b>
<b>1 large bunch watercress</b>	<b>About 3 oz. creamy goat cheese</b>

Prepare the vinaigrette by combining the following:

**¼ cup tamari or soy sauce**  
**1 tablespoon balsamic vinegar**  
**Salt and pepper to taste**

**2 tablespoons lemon juice**  
**½ cup olive oil**

Rinse the beets. Cut off ends and scrape lightly. Don't peel. Cut each beet into wedges. Turn into a pot. Add the cup of water, ¼ cup of olive oil and 1 tablespoon salt. Cover and simmer until beets are tender. Let cool. (Peel beets now if you like.)

Make the vinaigrette. Pour the vinaigrette over the beets and refrigerate.

Use a toaster oven to bake the walnuts at 300°F. When very slightly brown, remove, cool, and chop coarsely. Finely dice the shallots to yield about 2 tablespoons. Set both the nuts and shallots aside.

Cut the stems off of the watercress and wash thoroughly. Arrange on individual plates. Arrange beet wedges on top and spoon vinaigrette over. Top with walnuts and shallots and slices of creamy goat cheese.

**Tagliatelle, Asparagus, and Peas with Saffron Cream** from *The Greens Cookbook*, by Deborah Madison

**1 recipe Egg Pasta (see below)**  
**1 pound English (Shelling) Peas**  
**1 tablespoon butter**  
**1½ cups light or heavy cream**  
**Chervil, roughly chopped**  
**Parmesan**

**1 pound asparagus**  
**1/8 teaspoon saffron threads**  
**2 shallots, finely diced**  
**Salt**  
**1 thin strip lemon peel, very finely slivered**  
**Pepper**

Prepare the pasta dough and set it aside to rest. Then roll it out and cut it into strips 1/4 inch wide. Bring a large pot of water to a boil.

Snap off the tough ends of the asparagus and set them aside to use in a soup stock, or discard them. Cut off the tips, leaving them about 2 inches long, and slice the remaining pieces on the diagonal or into short rounds. Shell the peas. Cover the saffron with a couple of tablespoons of boiling water, to make an infusion.

Melt the butter in a wide sauté pan, and gently cook the shallots for several minutes, or until they are soft. Add the cream and the saffron infusion, bring to a boil, reduce slightly, and season with salt.

When the pasta water is boiling, add salt, and cook the asparagus, and then the peas, in the boiling water. Scoop them out when they are done and add them to the cream. Next cook the pasta; when it is done, add it to the cream, turning it over several times with a pair of tongs to coat it with the sauce. Add the chervil leaves and the lemon peel, and serve on warm plates with grated Parmesan and freshly ground pepper.

**Egg Pasta:**

**1 cup unbleached all-purpose flour**  
**1 egg**

**Good pinch salt**  
**1 tablespoon olive oil**

Combine the flour and salt in a bowl, make a well in the middle, and add the egg and the olive oil. Using your fingers, lightly and gradually work the egg into the flour so that it is completely distributed throughout. When it is well combined, press the mixture together to form a dough. Turn it out onto a counter and begin to work it together. If it is too dry, add drops of water, a few at a time, to moisten the dough and help it come together. Knead the dough for about 10 minutes, until it feels smooth and supple. Put it in a plastic bag or wrap it in plastic, and set it aside to rest at least a half hour, preferably an hour, before rolling it out.