



Put the peas in a skillet with the scallions, a few pinches of salt, the butter, and enough water just to cover the bottom. Cook until bright green and tender, after a minute or two-taste one to be sure. If using olive oil, add a little to the pan now. Taste for salt, season with a little pepper and add the dill.

**Stir-Fried Kale and Spinach with Walnuts** adapted from *The Gardeners' Community Cookbook*, by Victoria Wise

<b>½ cup walnuts</b>	<b>2 tablespoons olive oil</b>
<b>10 cups mixed thinly shredded kale and spinach leaves, washed and drained but not dried (about 1 bunch each)</b>	<b>1 medium onion, chopped into ¼ inch pieces</b>
<b>4 large cloves garlic, minced</b>	<b>Salt and pepper</b>

Heat the oil in a large sauté pan or wok. Stir in the onion and garlic and sauté over medium heat until translucent, about 5 minutes. Add the greens in batches, stirring them down after each addition, until all are in the pan. Stir-fry until tender, 8 to 12 minutes.

Stir in the walnuts add salt and pepper to taste. Toss gently and serve right away.

**Steamed Broccoli with Brown Butter** from *Vegetarian Cooking for Everyone* by Deborah Madison

<b>1½ lbs Broccoli</b>	<b>3-5 tablespoons brown butter</b>
<b>Salt and freshly milled pepper</b>	<b>Juice of ½ lemon to taste</b>

Place the broccoli in a steaming basket over boiling water, cover, and steam for 3 minutes. Remove the lid for a moment, then cook, partially covered, until the stems are tender-firm, another 8-10 minutes. (or cook the broccoli in plenty of boiling salted water until tender, 5 to 7 minutes, then drain.) Remove to a platter, season with salt and pepper to taste, and add the brown butter and a healthy squeeze of lemon.

**Brown Butter:** Cook the butter until the milk solids are browned and the butter is brown rather than gold. The aroma should be toasty and nutty. Brown butter is delicious on many vegetables and can be used in baking as well.

**Broccoli with Lemon Butter** from *Moosewood Restaurant Cooks at Home* by *The Moosewood Collective*

<b>2 cups water</b>	<b>2 cups broccoli</b>
<b>1 tablespoon butter</b>	<b>2-3 tablespoons fresh lemon juice</b>
<b>¼ teaspoon minced fresh tarragon</b>	<b>1 teaspoon minced fresh chives (optional)</b>
<b>¼ cup toasted, unsalted whole almonds, see below for instructions</b>	<b>Salt and ground black pepper to taste</b>

Bring the water to a boil in a saucepan. While the water heats, trim the broccoli. Blanch the broccoli in the boiling water for about 2 minutes until bright green, and drain it well. In a serving bowl, combine the broccoli, lemon juice, tarragon, and optional chives. Mix in the toasted almonds, and add salt and pepper to taste. Serve hot.

**Toasting Almonds:** Toasting heightens the flavor of seeds, such as sesame, cumin, and coriander. Toasted nuts are crisper and more flavorful than untoasted. Toast a single layer of raw nuts or seeds on an unlined baking sheet in an oven or toaster oven at 350°F (about 5 minutes for most nuts and just a couple of minutes for seeds) until they're fragrant and lightly browned.