

Box Contents:

1 bu Red Spring Onions
1 bu Asparagus
2 lbs Yellow Finn
Potatoes
1 hd Green Cabbage
1 bu Rainbow Chard
1 bu Carrots
1 hd Iceberg or Batavian
Lettuce

Field Notes: This is our final week of Asparagus, a season brought to the end more by weed pressure than quality concerns. When the heat picks up the flowers open early and the flavor can become a little too intense. We will now cultivate the bed tops and furrows, fertilize with compost and gypsum and set the asparagus on a summer course of ferny growth to fatten up the crowns for next Spring's asparagus production. Our peas are in a lull, though the next planting is much smaller than the last. Our intent will be at least one more round of peas before they're gone. Apricots look to be two weeks out with white nectarines to follow. We will also be offering stone fruit from Good Humus Farm again this year.

Another Farewell to Mountain Bounty Folk: This is really our last week of providing veggie boxes to Nevada County through their Mountain Bounty CSA. Please remember to contact Mountain Bounty about continuing your subscriptions. John can be reached at 530.470.8479 or through www.mountainbountyfarm.com. Thanks again to all of you!

Box Notes: You love them, and I love them: Freshly harvested New Yellow Finn Potatoes are here! These creamy nuggets of delight are fantastic anyway you prepare them. Roasted, mashed, pan-fried, or just steamed, these New Potatoes will cook in about half the time potatoes usually take. Yellow Finn's rich creamy flavor is right up there with the German Butterball and far ahead of the Yukon Gold. New potatoes have very thin and often peely skin: the best method of storing them is in the refrigerator to keep the starch from turning brown. Our red spring onions will soon be ready to cure for summer storage. It looks like we should have a bountiful dry onion and garlic harvest in a few weeks. Quarter these juicy tender bulbs, lightly coat the wedges with oil, place them on a roasting pan with a shallow layer of water, and roast them in your oven or toss them whole on the grill. The sweet, caramelized onions make wonderful sides to any dinner plate. The full, vibrant rainbow chard is the result of the hard work the crew has done to cultivate and irrigate the beds of greens. The cabbage is sweet and juicy – don't be afraid to eat it raw...Enjoy the bounty!

Monthly Payment Reminder: Payment is due the first week of June.

Tuesday (Napa and Yolo Counties) and Wednesday (East Bay) monthly subscription payment is \$64 for four deliveries in June.

Friday (Sacramento) monthly subscription payment is \$80 for five deliveries in June.

Warm Asparagus Salad on Arugula with Walnut Vinaigrette from *Vegetarian Cooking for Everyone* by Deborah Madison

1 large shallot, finely diced

1 pound asparagus, trimmed

1 hard cooked egg

Salt

1 ½ tablespoons champagne vinegar or white wine vinegar

3 ½ tablespoons roasted walnut oil

3 to 4 handfuls arugula, stems discarded, leaves torn into small pieces

Combine the shallot, vinegar, and 1/8 teaspoon salt in a small bowl. Let stand for 15 minutes to dissolve the salt, then whisk in the oil. Simmer the asparagus in boiling salted water until tender; then drain and remove to a clean towel.

Dress the arugula with 1 tablespoon of the vinaigrette and set it on a platter. Lay the warm asparagus directly on top and spoon the remaining dressing over the top. Finely chop the egg white, scatter it over the top, followed by the yolk, rubbed through a sieve. Serve at once.

Potato Salad from *Classic Armenian Recipes* by Alice Antreassian and Miriam Jebejian

1 ½ lbs potatoes

¾ cup chopped scallions

¼ cup chopped dill

¼ cup olive oil, or more to taste

Freshly ground black pepper to taste

1 small onion, thinly sliced

¼ cup chopped parsley

¼ cup lemon juice

1 teaspoon salt

1. Boil potatoes just until tender. Drain, rinse with cold water, peel and set aside to cool thoroughly.
2. Cut potatoes into small cubes or thin slices and toss lightly with the onion, scallions, parsley, and dill.
3. Whisk together lemon juice, oil, salt, and black pepper. Pour over salad, mix lightly, then adjust seasoning to taste.

Note: This can be prepared hours in advance. Do not refrigerate. Stir, then arrange on the dish and garnish just before serving. Leftovers should be served at room temperature for best flavor.

Soupe de Carottes *A delicate Carrot Soup* from *The Cuisine of the Sun* by Mireille Johnston

1 quart water

4 large or 6 medium-sized carrots

1 large onion

Soupe de Carottes continued...

1 tablespoon chopped parsley

Salt and freshly milled pepper

1 bay leaf

1 large potato

1 tablespoon olive oil

2 slices crusty white bread for making croutons

Bring water to a boil and add salt and bay leaf. Peel and slice the vegetables, then add them to the boiling water and simmer for 15 minutes. Pass through a Mouli food mill or blend in a food processor or blender, and pour into saucepan. Add salt and pepper (and sugar if desired), and check the seasoning.

Heat for 3 minutes. Sprinkle with olive oil and serve.

“You may serve the soup on croutons and sprinkle it with parsley at the last minute to add color, but I like the very simple, unadorned version as well.” MJ

Walnut and Cabbage Salad from *Classic Armenian Recipes* by Alice Antreassian and Miriam Jebejian

1 head green cabbage (about 1 ½ lbs)

1 cup boiling water

¾ teaspoon salt

Salt

1 cup walnuts

¾ teaspoon red chili pepper flakes

1 garlic clove, mashed

Garnish: minced fresh parsley

1. Cut cabbage in half, down the middle. Remove and discard the core and any bruised outer leaves. Rinse cabbage and cut into 1-inch pieces. There should be about 8 cups.
2. Drop cabbage in salted boiling water to cover and boil a few minutes, uncovered, until almost limp but still crisp-tender. Drain immediately, rinse with cold water and let drain in a colander while you prepare the sauce.
3. Mash the walnuts, add the 1 cup boiling water. Add pepper, salt, and garlic. Mix thoroughly. Pour ½ of the sauce over drained cabbage and mix gently to blend flavors. Cover and refrigerate for 1 hour before serving.
4. Serve in a shallow dish, garnished with parsley. The cabbage may be prepared beforehand and refrigerated. Remove 1 hour before serving, add the remaining prepared sauce, mixing well, and refrigerate until ready to serve.