

Box Contents:

1 ½ lb Cauliflower
1 lb Shelling Peas
1 bu Red Beets
1 bu Fennel
1 bu Red Bor Kale
2 pcs Leeks
1 lb Royal Blenheim
Apricots
1 bu French Lavender

Field Notes: We've picked our first few baskets of Cherry Tomatoes and look to be on schedule for your boxes in two weeks. We're experiencing deliciously mild weather which slows the tomatoes but extends the Spring veggie season and tempers the haste for which the Royal Blenheim Apricot is well known. We are all busy with June tasks: plant, hoe, trellis, harvest, transplant, hoe some more and irrigate constantly. We're grateful for the clouds.

Bulk Apricots: Will be available for next week only. They may be Good Humus's or ours; depending on how quickly everything ripens. They are 25.00 / 10 lbs and will be ready to eat. Please place orders no later than Sunday night for the week ahead.

Box Notes: The Royal Blenheim apricots come from our friends at Good Humus (certified organic by Stellar). These cute, blushing treats - packed with sugary flavor - will knock any other apricot variety out of memory. Good riddance! Our own stock of Royal Blenheim apricots will be ready for picking next week. The pea season has come to an end, but we are able to fulfill a last round of shelling peas for delivery. The French lavender is a wonderful aromatic. Dried lavender lasts longer than ones left in water. Hang the lavender flower-side down in a warm, dry area; don't place in direct sunlight. Some of the flowers may drop during the drying process, so it's best to place a bowl under the lavender. This is our last round of leeks Spring 2007, though we will start transplanting them in July. If you get your box later in the week, your leeks may have turned into Spring Onions...The young Fennel is delicious raw or cooked. Use the fennel soon (five days), it does not hold well, even in the fridge.

Watercress Salad with Beets and Walnut-Mascarpone Crostini from *The Zuni Café Cookbook* by Judy Rodgers

8 small beets or 3 medium beets
1 - 1 ½ tablespoons black currant vinegar
6 tablespoons extra-virgin olive oil
2 ounces walnuts
Walnut oil to taste (optional)

A few ¼ inch-thick slices chewy,
peasant-style bread
¼ cup mascarpone, at room temperature
4 ounces watercress

Preheat the oven to 375 degrees. Scrub the beets, trim the stem ends flat, and cut off the tails. Place in a wide baking dish, about as deep as the beets are tall, and add ¼ inch of water. Cover tightly and bake until they feel barely tender through, about 25 minutes; don't overcook. To test for doneness, use a skewer to stab at the center of a beet. Remove from the oven and leave covered for 5 minutes to finish cooking.

Uncover the beets, rub off the skins, and trim the ends again. Cut into slices or wedges. Place in a bowl, season lightly with salt and about a tablespoon of vinegar, and fold to distribute. Fold in olive oil to coat well. The seasonings should flatter, not overwhelm, the subtle beet flavor you first tasted. For the best flavor, cover and marinate overnight in the refrigerator.

Preheat the oven to 300 degrees. Spread the walnuts on a baking sheet and place in the oven until just warm through, about 5 minutes. Toast the slices of bread, then cut into bite-sized pieces. Spread each piece thickly with the mascarpone, then stud with walnut pieces.

Place the beets and their marinade in a bowl and toss gently with the watercress. Add more oil, vinegar, and salt to taste. If you like, add a few drops of walnut oil. Serve cool, garnished with the warm crostini.

Steamed Cauliflower with Cayenne-Dill Yogurt Sauce from *Vegetarian Cooking for Everyone* by

Deborah Madison

1 cauliflower, 1 ½ to 2 lbs
1 cup yogurt
½ cup yogurt cheese or sour cream
1 large garlic clove

Salt
2 teaspoons chopped dill
¾ teaspoon cayenne or hot paprika

Cut through the stems and peel the florets apart. Trim ends and dice the stems. Chop any leaves into small pieces. Steam everything over boiling water until florets are tender but still a little firm when pierced with a knife, 5 to 8 minutes. (A whole head takes 15 to 20 minutes.)

Whisk the yogurt and yogurt cheese together. In a mortar, mash the garlic to a paste with ½ teaspoon salt; measure 1 teaspoon, then add it to the yogurt with the dill and cayenne. If you have time, refrigerate for 1 hour before serving.

Breaded Fried Fennel from *Essentials of Classic Italian Cooking* by Marcella Hazan

3 fennel
1 egg
1 cup unflavored breadcrumbs, lightly toasted, spread on a plate

Vegetable oil
Salt

Cut the fennel tops where they meet the bulb and discard them. Slice off 1/8 inch from the butt end. Halve the bulb vertically, about 1/2 inch slices.

Bring 3 quarts of water to a boil, then drop in the fennel. Cook at a moderate boil until the butt end of the slice feels tender; don't overcook. Drain, and set aside to cool.

Beat the egg with a fork in a deep dish or small bowl. Dip the cooled fennel slices in the beaten egg, letting excess egg flow back into the dish. Turn the fennel slices in the breadcrumbs, coating completely. Press the breadcrumbs onto each slice with the palm of your hand until your hand feels dry and the crumbs are sticking firmly to the fennel.

Pour enough oil into a frying pan to come 1/2 inch up the sides. Once the oil is hot, slip as many slices of fennel into the pan as will fit loosely without overlapping. Cook until they form a crisp, golden brown crust on one side, then turn them and do the other side. Repeat the procedure until slices of fennel are done. Sprinkle with salt and serve at once.

Beets with Lemon, Cilantro, and Mint from *Vegetarian Cooking for Everyone* by Deborah Madison

1 ½ lbs beets, cooked and peeled
Finely grated zest of 1 lemon plus
2 tablespoons juice
4 handfuls salad greens
2 tablespoons chopped cilantro
¼ cup oil-cured black olives

Salt and pepper
6 tablespoons extra virgin olive oil
2 tablespoons finely diced red onion
2 tablespoons chopped parsley
1 tablespoon chopped mint
½ teaspoon ground coriander

Cut the beets into quarters or sixths. Whisk together the lemon zest and juice, onion, herbs, coriander, ¼ teaspoon salt, pepper to taste, and the oil in a small bowl. Taste the dressing on a beet and correct the seasonings if needed. Toss the beets with enough dressing to coat lightly. Toss the greens with the remaining dressing and arrange them on salad plates. Add the beets and olives and serve.