In the Share

- Spinach, 1 bag
- Bok Choy, 2 heads
- Radishes, 1 bunch
- Lettuce Mix, 1 bag
- Garlic Scapes, 1 bunch
- Red or Green Leaf Lettuce, 1 head
- Choice of Spouts, 1 bag
- Cilantro, 1 bunch

Claire’s Comments

**Vegetable Wonderland**

You may remember from the newsletter a couple of weeks ago that we were feeling a little down about the way the crops were growing in this unusually cold, then hot, now cool season. When a few things look bad, it is easy to see how lots of things don’t look quite the way they should. But when some things look really good, it is just as easy to see the whole farm as a wonderland of beautiful vegetables. With the recent rains, and cool temps perfect for growing lovely greens, we are working in wonderland. Even just the contrast between the dark wet soil and the vibrant green plants can cause us to ooh and ahh over the loveliness of our farm. It looks so healthy and pretty you almost don’t even need to eat the food in order to feel full. Jake will disagree with me on that one, but truly, the farm is gorgeous right now. And abundant with delicious spring greens!

With all the bok choy, lettuce, and spinach in this share we did get a little worried about overwhelming you with too many leaves. So, even though the kale is perfect and calling out to be eaten, we decided to hold off on harvesting it until next week. That delay allowed us to take some photos in the kale field. So, at least we can whet your appetite for some of the lovely food that is to come.

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**Wednesday Harvest Crew**

Left aisle top to bottom: Laura, Kara, Lindsay, Julie. Middle aisle top to bottom: Claire, Sarah, Jake. Right aisle top to bottom: Jill, Ellen, Andy. Missing: Angela (photographer), Laurel, Justin, Dan.

Many thanks to Angela Richardson (who is a worker share on the farm) for this and many other lovely photos we hope to share with you this season.
Recipe

This recipe comes from Ruth Nichols. She created it two weeks ago when we had bok choy in the first share of the year. Though we do not have pea shoots this week, and you will have to substitute garlic scapes for the green garlic, it should still work well. I think I might even substitute cilantro for the parsley and oregano. Thanks so much for sending this along Ruth!

Spring Eggs, Greens, and Couscous

from Ruth Nichols

Chop:
leeks, about 2 cups
green garlic or garlic scape
bok choi stems and greens (greens separate), about 2 cups
pea greens, if available
parsley, oregano, or other fresh herbs

• Cook leeks, garlic, and bok choi stems in 2 Tbs. butter in frying pan until nearly soft.
• Add bok choi leaves and pea greens.
• Add 1 cup water and a bit of salt and cover until it boils.
• Turn off stove and add 1 cup couscous to greens.
• Cover and let sit for 5 minutes.

Cook separately:
2 cups of baby peas in microwave (3 minutes covered).

Beat:
6 eggs with fresh gratings of lemon pepper, and the oregano

• Heat 1 Tbs. butter in frying pan, then scramble the eggs.

Combine:
couscous mixture, eggs, peas and fresh parsley or other herbs in a large bowl.

Serve with sircocca sauce (Thai hot sauce).

Serves 4 or 5.

Ruth says, “It was awesome and took only about a half hour to prepare.”

I will use some stale bread to make croutons and suddenly my salad is much more exciting. Just cube the bread and toss it with some olive oil, finely chopped garlic scapes, and dried herbs of your choosing – I especially like thyme. Then put a single layer of the lightly coated bread on a cookie sheet and bake it until it is dry and crisp. Store the croutons separately and add them to your salads either before or after dressing.

The garlic scapes are new this week, just in time to replace the green garlic. Garlic scapes are the seed heads of hard neck garlic. If you pull them from the plant when they are still very small, you can extract a long pale core of garlic that is both tender and mild. You can chop them from blunt end all the way through the white swelling and to the long, elegant point, but the blunt end will be more tender. Use them anywhere you would use garlic. I like both green garlic and scapes because of their slightly more mild flavor. We pull the scapes not only to eat them, but also to stop the plant from spending energy on making them. We want to have large bulbs under the ground, so we cut short (literally) their efforts at above ground seed production and then enjoy this early taste of what is to come.

Cilantro is also new this week. I know many folks are either cilantro loves or haters. I myself used to dislike this herb, but I have grown to look forward to it in many dishes. I think it is just great in spring rolls; I love it freshly chopped on bean soup (which still sounds good to me in this cool weather); and I am always surprised at how good it is mixed in with cooked rice (in a burrito or not). I guess it is like my Mom told me when I was a young and picky eater, “if you keep trying things even though you think you don’t like them, maybe your tastes will mature and you will take pleasure in a wider variety of foods.” Though it took a while, in the case of cilantro I think I have finally arrived!

This week’s bok choy is a new variety from the choy we had two weeks ago, but it is just as lovely and delicious. It has been a good spring for bok choy! You will likely be more familiar with the thick white stems and deep green leaves of this more standard bok choy.

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Coming next week: more spinach, lettuce, salad mix, radishes, and garlic scapes. Also delicious turnips and beautiful, tender kale!