



July 19, 2007

**Greetings CSAers,**

**What's in Your Box**

Red onions  
Green Cabbage  
Carrots  
Beets  
Chard  
Kale  
Snap Peas  
Zucchini, green or yellow, a small serving but just the beginning



**Beth's Farm News: What's Growing On**

We have been blessed by so much help this week! Over seventy people from Univera Corporation volunteered on Sunday. They weeded, picked peas, planted collards, painted vegetable signs, mowed, trimmed, hauled away garbage, and helped with some building construction projects. They left us with two beautiful red picnic tables built and painted on site and a spruced-up farm. The picnic tables came in handy Wednesday when groups from Americorps and GRuB volunteered and weeded flowers, cucumbers, and squash. Now we can more easily pick the summer squash that's beginning to ripen and that you get to sample in your box. The bush beans have begun to flower, indicating we'll have beans in ten to fourteen days. We'll have green beans, purple-spotted dragon tongue, and yellow beans. The pole beans will follow a week or two later. The basil we planted in the field house last month is starting to fatten up, as are the tomatoes planted alongside them. The peas will peak in the next week or so--enjoy them while they last!



**Recipes**

**Gingered Sugar Snap Peas**

- 1 tablespoon of unsalted butter
- 1 1/2 pounds sugar snap peas, ends trimmed
- 2 garlic cloves, minced
- 1 (1-inch) piece of fresh ginger, peeled and julienned
- 1 tablespoon minced candied ginger
- 1/3 cup toasted slivered almonds
- Salt and freshly ground black pepper to taste

Heat the butter in a large sauté pan until melted and bubbling. Add the peas and sauté for about 3



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minutes. Add the garlic and fresh ginger, and sauté for about 1 minute. Add the candied ginger and almonds and sauté just until the peas are crisp-tender, about 1 minute. Season to taste with salt and black pepper. Transfer to serving bowl. Serve warm. Serves 6

**Sautéed Sugar Snap Peas with Carrots and Honey Glaze**

1/2-1 lb Sugar Snap Peas  
2 Medium Carrots, Peeled  
2 tbsp Butter  
1 tbsp Honey  
Freshly Ground Black Pepper

1. Remove the strings from the pea pods
2. Cut each carrot into thirds. Slice each third lengthwise, into quarters so that the slices are about the size and shape of the sugar snap peas.
3. Place the carrots in a steamer basket set over 1½ inches boiling water, cover, and steam until they are just crisp-tender, 3 to 5 minutes. Drain the carrots in a colander.
4. Melt the butter in a large skillet over medium heat. Add the sugar snap peas; cook, stirring frequently, for 5 minutes. Add the carrots. Continue to cook and stir until the peas are bright green and crisp-tender, about 3 minutes. Add the honey and cook for 1 more minute, stirring constantly, until the peas and carrots are thoroughly glazed with honey.
5. Remove the skillet from heat. Season generously with pepper.



Recipe from *Farmer John's Cookbook: The Real Dirt on Vegetables*, Farmer John Peterson

**Risotto with Greens**

1 small onion, finely chopped  
2 T. olive oil  
1 c. risotto, uncooked  
1/2-3/4 lb. fresh greens, trimmed and torn (spinach, collards, kale, chard, beet greens, etc.)  
4 garlic cloves, minced  
2 (14-1/2 oz.) cans chicken or vegetable broth  
Freshly ground black pepper, to taste  
1 c. grated Parmesan cheese, optional

Sauté onion in olive oil in a small stock pan. Add risotto and sauté until golden. Add greens and garlic; sauté until greens are wilted. Stir in broth slowly (one can at a time). Cook, covered, on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper, stirring well. Add cheese, if desired, and blend well before serving.

**Enjoy!**