



**This week's box:**

- Chard
- Mizuna
- Beets (Red or Chioggia)
- Pac choi or tatsoi
- Lettuce
- New potatoes
- Orach
- Peas (Sugar Snap or Snow)
- Baby summer squash and squash blossoms
- Baby Nantes carrots

**Large box also includes:**

- 



In the farming business, timing is everything. Well, timing and weather. We have been blessed with great weather...so far. We did a great deal of planting during the warm dry spring and now we're seeing the fruits – er, veggies – of our labor.

Unfortunately, sometimes the sun is too much of a good thing. A few weeks ago we were surveying the fields for our first box and thought the spinach would be ready for harvest. We had been eating it at home, excited to share it with you. Then we had several warm sunny days and the spinach took off, hitting its peak about a week before our first delivery. Once spinach is past its prime, it turns bitter and woody. Obviously, we couldn't give that to you. Instead, out came the tiller and our once-lovely spinach was returned to the earth. Alas. The good news is that we have a second planting that will be ready later this season.

Believe it or not, a few days can make a huge difference in the quality of the produce. We'll do our best to keep you informed each week on what's ready for harvest. But as some would say, weather happens. Let's hope it continues to be kind to us for the rest of the season.

### **Veggies of the Week: Summer Squash and Orach**

**Summer Squash** *Cucurbita pepo*. Summer squashes (zucchini, crookneck, round, scallop/pattypan) also include acorn, spaghetti, and delicata. When harvested early enough, the skin of these varieties is tender enough to eat. Summer squashes consist largely of water and have a neutral flavor, which means that they pair well with herbs and other vegetables. **Squash blossoms** are edible flowers, raw or cooked. Both summer and winter squash blossoms can be battered and fried – with or without filling – in a little oil for a tasty treat. A recipe for *Stuffed Squash Blossoms* is included.

**Orach** *Atriplex hortensis* — A native of the Alps, it's sometimes called Mountain Spinach. It contains three times the vitamin C as spinach. Orach has a nice, mellow flavor that is similar to chard. You'll never find it in the store, and rarely at farmers' markets, despite the fact that it is nutritious, colorful, and tasty raw or cooked. Almost any recipe that calls for spinach can be adapted to accommodate orach. Add it to a salad with other greens for a beautiful presentation. It works well as a raw garnish for fish or shellfish and also enhances poultry or pork.



### **Cleaning and Storage Tips**

**Beets** – Cut the tops off to keep beets firm, (be sure to keep the greens!). Leaving the tops on will draw moisture from the root, making them lose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top.

**Lettuce and other greens** – Fill a large bowl or sink with cold water, break off the leaves, dunk them in the water, lift them out, change the water, and repeat until the water is clean. Dry greens very well with paper or kitchen towels or a salad spinner and store them in a plastic bag or airtight container with a couple paper towels. Chard and beet greens do well in a cup of water on the counter or in the fridge.

**Squash blossoms** – Can be stored in the refrigerator for up to 2 days but are best if eaten right away.

**Summer squash** – Can be left on a cool counter for a few days or refrigerate wrapped in a damp towel for up to a week.

### Grilled Summer Squash

A variety of summer squash  
Oil  
Salt and pepper

1. Heat your grill.
2. Slice the squash lengthwise or 3/4 inch thick and toss in a bowl with the olive oil and salt and pepper to taste.
3. Grill the pieces for about 5 minutes on each side, until they are tender all the way through and beginning to drip.

#### Try this:

- Drizzle a little lemon, balsamic or red wine vinegar over the squash before grilling.
- Season with garlic or herbs such as oregano, thyme, or basil.
- Dice up the cooked squash and toss with couscous, feta and some herbs such as mint, basil, or parsley.
- Fill a warm tortilla with squash, goat cheese, cilantro, and a little salsa.

### Tips for Cooking and Using Beets

Wash beets and trim off the greens, leaving about 1" of the stems attached. Leaving some of the stems attached will prevent the beets from "bleeding". Keep the greens to eat them later. Always cool and peel beets before eating.

Roasting beets brings out the sweetness. You'll need: foil and a baking dish

1. Preheat oven to 400°F.
2. Wrap each beet in foil. Place beets in a baking dish and roast until tender when pierced with fork, about 1 hr.

Steaming beets is good alternative to boiling because it preserves more nutrients and isn't too messy. You'll need a deep sided pot with a tight-fitting lid.

1. Fill a large pot with about an inch of water.
2. Place beets in simmering water. Cover and cook until tender, 25-30 minutes.

#### Try this:

- Slice the beets and serve them over mixed greens with goat or feta cheese and a light vinaigrette .
- Cut steamed beets into wedges and sear them in a little olive oil for 10-15 minutes. Serve over sautéed greens such as chard or cabbage.

### Dress up your Salad

Lettuce, lettuce, and more lettuce. Don't get caught in a rut with the same old salad routine. Here are a few ideas to mix and match.

- Cheese please: bleu cheese, gorgonzola, feta, chèvre, smoked gouda, cubed aged cheddar
- Top it off with grilled chicken, salmon, steak, tuna, or crab cakes
- Sprinkle some cannellini beans, lentils, or chickpeas.
- Add some toasted or candied chopped pecans, walnuts, hazelnuts, or pine nuts. Use fresh or dried fruit
- Add a chopped boiled or poached egg. Go all out and use duck eggs.

### Leafy Greens Scramble

1-2 cups of chopped greens (chard, orach, or mizuna)  
2 Tbsp. oil  
4 eggs  
A splash of milk  
A handful of cheese (optional)  
Salt and pepper

1. Wash the greens and coarsely chop. If using chard, remove the stems and chop them into bite-size pieces.
2. Whisk the eggs and milk together in a bowl. Season with salt and pepper.
3. Heat a large shallow pan with oil over med-high heat. If using, cook the chard stems for 1-2 minutes until soft. Add the leaves, and cook until they are wilted.
4. Turn heat down to med-low. Add egg mixture. If using cheese, add after 1-2 minutes.
5. Stir and flip the eggs until cooked through.

#### Try this:

- Sauté half an onion, a leek, some green onions, or a shallot before adding the greens.
- Add some sautéed mushrooms or diced red pepper.
- Use butter instead of olive oil.
- Any of these cheeses will work: cheddar, gouda, chèvre, fontina, swiss, bleu.
- Make it a frittata. Instead of stirring and flipping the eggs, put the pan in a 350F oven for about 25 minutes until lightly browned on top.

### Stuffed Squash Blossoms

Squash blossoms are fried, traditionally, but they can be baked too.

4 squash blossoms  
1/2 cup ricotta cheese  
2 eggs  
1-2 tbsp chopped fresh herbs (basil, parsley, oregano, etc.)  
1/2 cup bread crumbs or crushed saltine crackers  
Salt and pepper

1. If baking, preheat oven to 400°F.
2. Mix together ricotta, 1 lightly beaten egg, and herbs. Season with salt and pepper.
3. Whisk remaining egg in a different bowl. Put the bread-crumbs in another bowl.
4. Carefully spoon filling into each squash blossom and twist loosely at the end to close.
5. Dip each stuffed squash blossom in egg, then bread-crumbs, and transfer to a parchment or foil-lined baking sheet.
6. Bake for 10 minutes, until lightly browned and crispy - or - fry in about an inch of oil until golden brown.
7. Cool for a few minutes before serving.

Don't be afraid to cook your **sugar snap peas**. If you're not a fan of eating them raw, try giving them a quick sauté or adding them to a stir-fry with other vegetables. Adding some savory flavors will complement their natural sweetness. Cook them quickly to preserve their crunch. Don't forget to remove the strings before cooking.