



In your share:

Mustard Greens/
Mizuna/ Mibuna
Lettuce
Kale
Collards
Chard
Turnips
Radishes
Spring Onions

In the PYO:

Rhubarb
Chives
Parsley
Winter Savory
Lovage
Mint

Pick your Own

If you haven't yet discovered the 'wedges', we invite you to take a stroll up into the fields to find the odd-shaped beds that host herbs; both perennials and annuals. Right now, you'll find winter savory ready for harvest. It lends a spicy, peppery flavor to cooked dishes. Ask us to help you identify it if you aren't familiar.

Reading Wigglers Book Club

Pick up a copy of local farmer and friend Forrest Pritchard's new book, *Gaining Ground*. We'll discuss the "inspiring story of how we beat the odds, stayed true to our roots, and saved the family farm" on Wednesday, June 26th at 6 pm. Join us!

Get to know: Spring Onions

Spring onions are similar to green onions or scallions, but with a larger, more defined bulb and often a stronger flavor profile. These young onions are best stored in a plastic bag in the refrigerator for up to 5 days. To use them, wash the bulb and greens and trim any root hairs from the bulb. Slice the bulb and the green tops and sautee, using as you would any fresh or storage onions. Spring onions can also be roasted or grilled whole for a beautiful and unique side dish.

Grilled Spring Onions ~ serves 2-4 as a side

- 1 bunch of spring onions, washed and trimmed
- 2 Tbsp olive oil
- Coarse salt & fresh ground pepper

Preheat a grill to medium high heat. Slice larger bulbs and their greens in half long ways.

Drizzle the onions with olive oil. Massage into onions to ensure they are evenly coated. Sprinkle with salt and pepper.

Arrange onions cut side down on the hot grill, concentrating the bulbs over the hottest part of the fire and leaving the greens away from direct heat. Grill until the tops begin to soften and grill marks appear, about 2 minutes per side. Pull off the heat and serve hot or at room temperature.

Spaghetti with Spring Onions and Greens

2-3 tablespoons olive oil
1 box dry spaghetti, whole wheat
2 cloves garlic (optional)
1 bunch spring onions, washed and trimmed
1 bunch greens (mustard, chard or kale), washed
1 teaspoon crushed red pepper flakes
Parmesan or Asiago cheese for grating

Cook pasta according to package directions, until tender but al dente.

Slice the onion bulbs into ¼" slices. Trim the greens into 1-2" lengths. Remove any tough stems from mustard greens and chop roughly. Dice garlic if using.

Heat oil in a medium saucepan over medium high heat. Cook garlic until fragrant, then add onion bulbs. Sautee 2-3 minutes until translucent; add the onion greens and mustard greens. Cook 2 minutes more, or until wilted. Season with salt and red pepper flakes.

Drain the pasta and add to skillet. Toss with greens and olive oil to coat pasta completely. Divide onto four plates. Top with freshly grated cheese and serve immediately.

Simple Spring Onion Soup

from SippitySup

- 2 tablespoon extra-virgin olive oil very good extra-virgin olive oil, plus more for drizzling
- 2 pound onions spring onions, bulbs, leaves and roots, chopped
- 1 pinch salt and pepper each salt and white pepper
- 1 cup low-sodium chicken stock low-sodium chicken stock
- 2 cup water water
- 1 clove garlic garlic, peeled and minced

Heat oil in a large soup pot over medium-high heat. Add all the onions and garlic, cook stirring occasionally until translucent, about 15 minutes. Season with salt and white pepper. Add the chicken stock and water. Bring to a boil, lower the heat and simmer for 15 minutes.

Remove the soup from heat, and let for a few minutes. Use an immersion blender to puree until smooth. Divide soup among 4 bowls, drizzle with more oil, and serve.