



## ***In your share:***

Mustard Greens/  
Mizuna/ Mibuna

Lettuce

Kale

Collards

Chard

Turnips

Radishes

Spring Onions

## ***In the PYO:***

Snap Peas

Rhubarb

Chives

Parsley

Dill

Cilantro

Winter Savory

Lovage

Mint

Bachelors Buttons

Wildflowers

## ***Pick your Own***

The snap peas are in and ready for you to harvest. The beds are in the upper PYO (that's the area inside the fence). Find a staff member if you'd like a quick pea picking tutorial. A few things to know:

-Look for the flag in the snap pea patch so you'll know where to start picking. Work your way down a section of the row, then move the flag to where you stopped for the next member.

-The more you pick, the more we will have next week. When we take the peas off the plant before they get too big and fat, the plant gets the signal to produce more. Grab a bag, basket, or bucket, and get out there!

- When you harvest, do your best to remove the bean and its cap. This helps the bean help it stay fresh a bit longer and also lets the plant know the bean is gone so it will produce more. If you pull the entire stem, the plant stops producing, so two handed picking is best.

- Give them a good rinse when you get them home, then enjoy snap peas raw as a snack, tossed in a stir fry, or lending their crunch to a pasta salad.

## ***Get to know: Storing your Share***

Here are a few suggestions for getting the most out of your greens in during the abundance of spring. Tips for storing your share:

- While it is really important to wash your share, most produce does best in the refrigerator unwashed. Wait until you are ready to use the veggies to give them a good cleaning.
- If your greens are looking a little sad and wilted after the ride home, trim a ½" or more off the stems, then place the bunch in a cup of cool water. This should perk them back up before you store or cook them.
- To store greens in the fridge, place them in a plastic bag with a damp paper towel. The moisture will keep them perky for up to 2 weeks.
- When you get roots with greens attached (turnips, kohlrabi, etc), it is a good idea to separate them at home. Trim the stems, leaving a 1" section on the root, then place all the roots in a dry plastic bag in the fridge. Store the greens separately (see above).
- Bunches of fresh-cut herbs (parsley, cilantro, dill) often fare best stored as you would greens. They also like to be trimmed and kept with the stems in a cup of water on the counter, like a bouquet of flowers.

These methods will help maintain the flavor, texture, and nutritional value of your share until you are ready to enjoy it.

## **Lemon Mint Tabbouleh**

*Adapted from Bon Appetit*

- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 3 large garlic cloves, minced
- 1 cup bulgur (cracked wheat) or quinoa
- 1 cup boiling water
- 1 cup chopped seeded plum tomatoes
- 1/2 cup chopped fresh Italian parsley
- 2 large green or 1 large spring onion, chopped
- 2 tablespoons chopped fresh mint

Whisk oil, lemon juice, and garlic in small bowl to blend; set aside.

Place bulgur in large bowl. Mix in 1 cup boiling water. Let stand until bulgur is tender and water is absorbed, about 15 minutes. Alternately, cook 1 cup quinoa according to package directions.

Mix in tomatoes, parsley, green onions, and mint. Add oil mixture; toss to blend. Season with salt and pepper. Let stand at least 30 minutes to blend flavors. Can be made 1 day ahead. Cover; chill.

Variation: As tomatoes aren't in season yet, substitute ½ cup chopped olives or 1 cup cooked chick peas, drained and rinsed. For a Southwestern spin, use cilantro in place of the parsley, lime in place of lemon, and black beans instead of (or along with) tomatoes.

## **Sauteed Radishes and Sugar Snap Peas**

*Adapted from Bon Appetit*

- 1-2 tablespoons butter or olive oil
- 1 thinly sliced spring onion (white and green parts)
- 2 cups sugar snap peas, trimmed, strings removed
- 2 cups thinly sliced radishes (about 1 large bunch)
- 1/4 cup orange juice or 2 Tbsp red wine vinegar
- 2 tablespoons chopped fresh dill

Remove strings from fresh peas. Snap off the stem end and pull string lengthwise down each pod.

Heat butter or oil in large skillet over medium heat. Add onions and sauté until golden, about 5 minutes.

Add sugar snap peas and radishes; sauté until crisp-tender, about 5 minutes.

Add orange juice; stir 1 minute. Season with salt and pepper.

Stir in chopped dill. Transfer to bowl; serve.