

In your share:

Spring Onions
Kohlrabi
Beets
Chard
Kale/Collards
Turnips
Garlic Scapes
Lettuce Mix
Radishes

In the PYO:

Peas(In Field)
Mint (L)
Lovage (L)
Sage (U)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Winter Savory (C)
Parsley (U)
Wildflowers (W)

PYO Key:

L – Lower PYO
U – Upper PYO
A – Wedge A
B – Wedge B
C – Wedge C
T- Triangle outside
fence
W - Wildflowers

In this week's share...

Garlic Scapes

If you don't already love them, we hope garlic scapes will win you over this season. Scapes are the flower stalks found on members of the Allium family, which includes onions, leeks, chives and garlic. They are the part of the plant that grows upward from the center of the greens and if we allowed them to continue, they would straighten out and finally flower into little seed-like bulbs. The flowering consumes energy, so we harvest the scapes instead to enhance bulb growth and produce hearty garlic.

Scapes tend to have the same flavor as the bulb that supports them, but to a milder degree. Use them in stir fries, dressings, or sauté and serve with grains, try them sliced raw in salads, or blend them into a savory spring pesto. They should be stored in a plastic bag in the veggie drawer of the fridge and will keep for quite a few weeks this way. If they do get floppy, trim the bottom 1/2" and put the cut end in water for an hour or so to perk them back up.

Beets

Beets are making their debut this week! Be sure to enjoy the roots and the greens. You can use the greens like most others – sauté them with some garlic scapes, onion and oil/butter and enjoy!

PYO

The Pick Your Own is really blossoming. Be sure to take advantage of the snap peas – there are plenty now, but with the heat really setting in they'll be gone before you know it!

Anise Hyssop

This beautiful flower and greenery can be enjoyed in bouquets and on your plate! The minty licorice flavor of the flowers make them a great addition to cold fruit and veggie salads.

Compost Buckets... Some sage advice from seasons past

Perhaps you haven't experienced it yet, but with warmer weather and softer vegetable trimmings (tomato seeds, anyone?) come sloppier compost buckets. While we don't mind the goop at all, the inside of your car and those with noses who pass by the bucket at home might appreciate the following suggestion from Redwormcomposting.com.

They recommend that you start your bucket with a nice, thick layer of absorbent material. Dried grass or other yard scraps are a good option, as is shredded white paper. A little crumpled up newspaper is okay too, just be sure to avoid the shiny sections and don't overdo it. The base layer should be enough to minimize the goop and control smells, but you can always add additional layers of dry material as you go.

Thanks for leaving the meat and dairy products out of your compost bins, and please let us know if you have any questions or suggestions about the composting process!

Recipes

Garlic Scape Pesto from MaryJane Butters

¼ pound (8-10) garlic scapes

1 cup grated Parmesan cheese

½ cup olive oil

3 tablespoons fresh lime juice

Puree garlic scapes and olive oil in a blender or food processor or blender until smooth. Stir in Parmesan cheese and lime juice and salt to taste. Enjoy!

Charred spring onion Frittata

Adapted from *The Art of Simple Food*

- 5-6 spring onions, halved and grilled until lightly charred
- 3-4 tablespoons olive oil
- 6 eggs
- 2 cloves garlic or 4 garlic scapes, chopped
- 1 tablespoon chopped fresh parsley or cilantro
- salt & pepper to taste

If you are working ahead, make this Frittata the day after you planned a grilled meal. Slide the onions onto the grill, then refrigerate them until you are ready to cook.

Roughly chop the already charred spring onions into ½ inch sections.

Lightly beat 6 eggs. Add 2 tsp olive oil, pepper, garlic, and herbs. Stir the onions into the egg mixture.

Preheat a clean 10 inch pan over medium-low heat. Pour in egg mixture. As the eggs set on the bottom, lift the edges to allow the uncooked egg to flow underneath. Continue to cook until mostly set. Invert a plate on top of the pan; turn the plate and pan upside down to turn the frittata onto the plate.

Pour 1 tsp oil into the pan. Slide the uncooked side of the frittata into the pan and cook for 2-3 more minutes. Slide onto a plate and serve warm or at room temperature.

This dish can be made ahead and frozen whole, or cut into wedges, wrapped in wax paper and frozen in zippered bags. It makes a great quick breakfast, or serve along side a green salad for lunch or dinner. And don't forget to top with Arugula Flowers.

Grated Beet Salad

From New York Times Martha Rose Schulman

- 1/2 pound beets
 - 3 tablespoons freshly squeezed orange juice
 - 1 tablespoon freshly squeezed lemon juice
 - 1 tablespoon extra virgin olive oil
 - 2 tablespoon minced chives, mint or parsley (or a combination)
 - Salt to taste
 - Leaves of 1 romaine heart
1. Peel the beets with a vegetable peeler, and grate in a food processor fitted with the shredding blade.
 2. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Season to taste with salt. Line a salad bowl or platter with romaine lettuce leaves, top with the grated beets and serve.

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.