

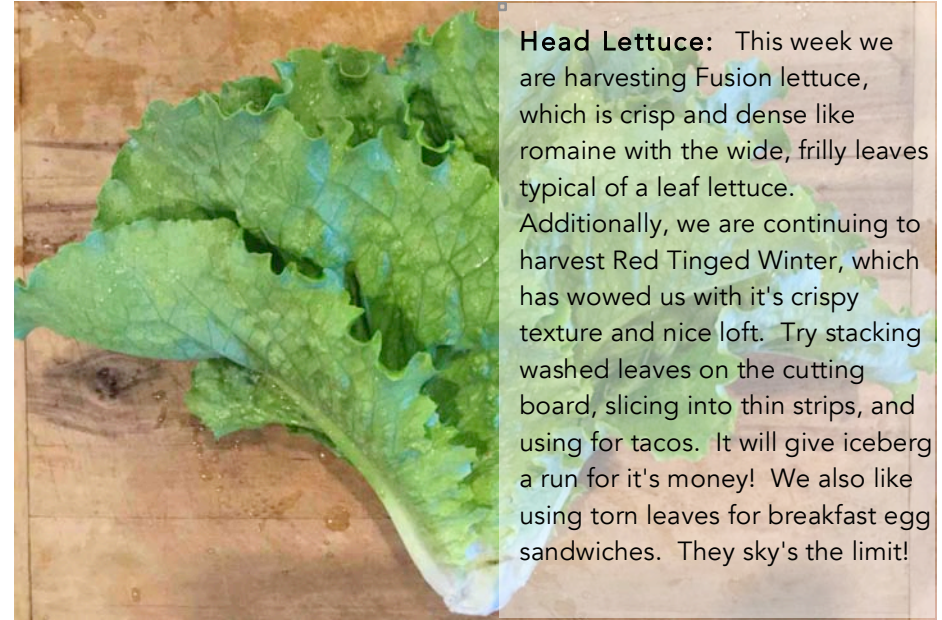
TURN UP THE HEAT, TASTE THE GOODNESS, HERE'S WHAT IS IN YOUR BOX:

Shallot and Cheese Toastie

Source: River Cottage Veg

1 Tbsp butter
5-6 fresh shallots, root end trimmed, white and greens sliced
A couple of sprigs of thyme, leaves only, coarse chopped (optional)
3 Tbsp heavy cream
About 2 ounces cheddar, grated
Sea salt and freshly ground black pepper
2 thick slices of sourdough or other robust bread

Melt the butter in a small frying pan over medium heat and add the shallots. As soon as they are sizzling, turn down the heat and sweat gently, stirring often, for about 10 minutes, until tender. Stir in the thyme, if using, and the cream and cool for a minute or two longer, until the cream is bubbling. Remove from the heat and stir in two-thirds of the cheese. Add salt and pepper to taste. Preheat the broiler and broil the bread (on low heat) until lightly toasted. Keep a close eye, as it is easy to burn. Spread the shallot mixture thickly over the bread and top with the remaining grated cheese. Broil until bubbling and golden, and serve right away.



Head Lettuce: This week we are harvesting Fusion lettuce, which is crisp and dense like romaine with the wide, frilly leaves typical of a leaf lettuce. Additionally, we are continuing to harvest Red Tinged Winter, which has wowed us with its crispy texture and nice loft. Try stacking washed leaves on the cutting board, slicing into thin strips, and using for tacos. It will give iceberg a run for its money! We also like using torn leaves for breakfast egg sandwiches. They sky's the limit!

Garlic Scapes: Garlic scapes are the flower bud of the garlic plant. The bud is removed in mid to late June to encourage the bulb to bulk up. Scapes make a fabulous addition to a flower bouquet and they are delicious to eat! Scapes taste just like garlic, only slightly milder. They can be used in the same way as garlic in any recipe, raw or cooked. Try them in a sauté, roasted, pickled, added to soups, and more. Garlic lovers can roast entire scapes to serve as a side dish. To do so, lay the scapes flat on an oiled cookie sheet, and roast at 350 degrees for about 20 minutes. Serve with a dish of melted butter to dip them in.

Garlic scapes will keep well in a bag in the refrigerator for up to 2 weeks.



Cucumber: Cucumbers are botanically classified as a fruit but we treat and eat them like vegetables. Some varieties in grocery stores are waxed to preserve their moisture, perhaps a good reason to enjoy cukes from a farm near you, when they are at their crispest, sans wax. This week we offer a hot house variety with thin skin, small seeds, and a mild flavor. Good partners to cukes are arugula, basil, bulgur, chives, cumin, dill, goat cheese, lemon, mint, oregano, parsley, peanuts, rice wine vinegar, scallions, toasted sesame oil or yogurt. **Store in the crisper in a ventilated plastic bag. Use within 3 days, as cucumbers quickly lose moisture and texture.**



□ **Sugar Snap Peas:** The edible pod peas - snow peas and sugar snap peas - can be eaten shell and all. They don't require the same sense of urgency as shell peas, but you will want to enjoy them in season and eat them as soon as possible. Sugar snap peas are tasty on their own, chopped into salads, or lightly sautéed into a stir-fry with garlic and other early summer veggies and herbs.

To store, keep in an open plastic bag in the refrigerator for as short a time as possible, ideally no more than a couple of days for optimal flavor and texture (although they are certainly usable for up to a week).

□ **Basil:** An annual herb that adds delicate flavor and aroma to many cultural dishes of Greece, Italy, and the Near East, basil adapts itself well to varied dishes created in imaginative kitchens. To use, remove leaves from stems and wash gently to remove any garden grit. Toss fresh whole leaves into green salads and chopped into pasta or rice salads. Layer basil leaves in a sandwich with slices of garlic and tomatoes, and cheese if you wish. Basil is famous in salad dressings, tomato sauces and as the main ingredient in pesto, but don't forget to throw a into egg or cheese dishes, sautés, stir-fries, puréed vegetable soups, dips and sauces. It deteriorates quickly, so use it as soon as possible. **For short-term storage, wrap in a lightly damp towel and refrigerate. Do not wash prior to refrigeration.**

□ **Swiss Chard:** If you don't know chard, you are in for a treat. We prefer to grow "Rainbow Chard" for our members, as we are always dazzled by the brilliant, multicolored stems of this green. The various varieties in this mix boast large, veined, semi-crinkly dark leaves. Chard is related to the beetroot and the flavor of the leaves falls somewhere between beets and spinach. To use chard, fold the leaf in half lengthwise to expose the stem. Run your knife along the stem to remove it. Once the leaves have been removed from the stems, you can stack them neatly and cut into strips. Stems should be chopped and cooked longer than leaves if sautéing or braising. Stems are crunchy like celery and soften like onions after a few minutes in the pan. Add leaves nearer the end of the cook time - just long enough to wilt them.

Swiss Chard Breakfast Burritos

Source: Asparagus to Zucchini

Makes 4-6 servings.

- 2-3 cups cooked and seasoned Swiss chard*
- 6-8 flour tortillas
- 2 cups shredded cheese
(cheddar or Swiss), divided
- 4 eggs, beaten
- 2 cups milk
- 1 tbsp flour
- 1 tsp mustard powder
- Salsa
- Sour cream



Oil a 9x13 inch baking pan. Divide cooked chard down center or tortillas. Sprinkle each pile of chard with 3 tablespoons cheese. Roll up tortillas and place seam side down in prepared pan. Mix eggs, milk, flour, and mustard powder. Pour over tortillas. Cover with foil and refrigerate overnight. The next day, let burritos come to room temperature. Heat oven to 350 degrees. Bake until eggs are set, about 45 minutes. Sprinkle remaining cheese on top and cover for last 5 minutes of baking. Serve with salsas and sour cream. This recipe can be adapted to use a variety of seasonal vegetables.

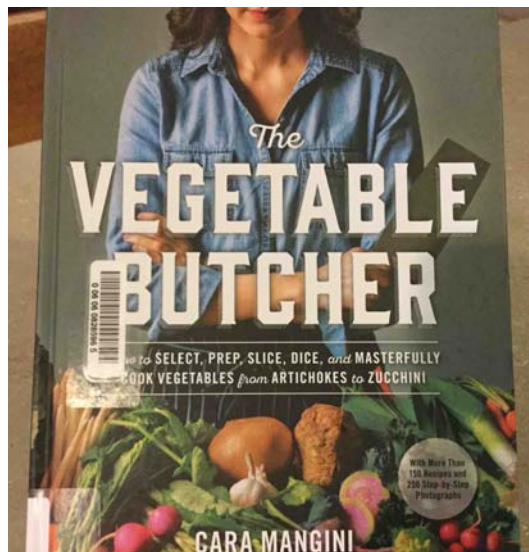
*It's best to start by sautéing some onions and garlic; then add Swiss chard, cook it (stems first) and season with stalk, peppers, and fresh herbs. Get creative!

□ Basil Vinaigrette

Source: The Vegetable Butcher

- 1/2 cup packed fresh basil leaves
- 1/4 cup white balsamic or white wine vinegar
- 1 cup olive oil
- 1/4 tsp fine sea salt, plus extra as needed
- 2 Tbsp honey

Combine the basil, vinegar, 1/4 tsp salt, and honey in a blender and blend until the basil leaves are finely chopped and smooth. With the blender running on low speed, strength in the olive oil, then turn up the speed to medium and blend until emulsified. Adjust the salt to taste. Try it with grilled vegetables or greens.



The Vegetable Butcher is recommended reading for those who wish to expand their culinary horizons. Great recipes, lots of practical cooking tips, and technical advise in an easy to digest format.

Available from your friendly librarian.