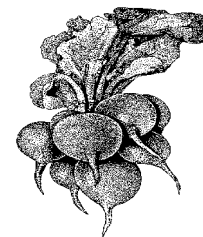


Lettuce Connect

East Farms CSA Newsletter



June 28, 2006

Care and Storage

Snap peas need stringing. Snap off stem tip toward the flat side of pod and pull downward.

Eat young, fresh snap peas raw. Put out a heaping bowl for snack or meal time, arrange decoratively with other vegetables on a platter or cut into a variety of salads.

Vegetable History

Did you know that English peas were the first vegetable to be canned? I think freezing is a better idea for preserving this delicate morsel.

Peas are an excellent source of low-fat protein. One cup has more protein than an egg.

Food For Thought

Vibrant produce is packed with disease-fighting phytochemicals. Research suggests that these foods may also keep arteries healthy.

Eating fruits and vegetables that have been grown locally is more healthy because they do not lose their nutrients from being

shipped long distances. This is just another reason to support our local farmer.

Kid Stuff

What did the carrot say to the wheat?
Lettuce rest, I'm feeling beet.
- Shel Silverstein

Cooking Tips

Make sure that you cook your beets thoroughly until they are completely tender and not mushy. If you don't, they may retain an unpleasant bitterness and ruin an otherwise well-made dish.

Featured Recipes

Tasty Salad

Roast the beets with orange, ginger, and a touch of tarragon at 350° for about an hour in a covered pan with a little water in the bottom.

Combine sliced cooked beets, chopped apples, and toasted walnuts with fresh greens.

Renee Shepherd, Renee's Garden.

Roasted Beet Salad with Oranges and Beet Greens

6 medium beets with beet greens attached
2 large oranges
1 small sweet onion, cut through root end into thin wedges
1/3 cup red wine vinegar
1/4 cup extra virgin olive oil
2 garlic cloves, minced
1/2 tsp grated orange peel

Preheat oven to 400°. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with a fork, about 1 hour 30 minutes depending on the size. Cool. Peel beets, then cut each into 8 wedges. Place beets in a medium bowl.

Cook beet greens in a large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Peel the oranges and remove the white pith. Working over another bowl and using a small sharp knife, cut between membranes to release segments. Add orange segments, onion to bowl with beet mixture. Whisk vinegar, oil, garlic and orange peel in a small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour.

Serves 6

Bon Appétit January 2004

Peas and Lettuce

2 cups shelled English peas
1 head bib lettuce, leaves sliced into ribbons
3 scallions, including tender green tops, chopped
1/4 cup minced boiled ham (optional)
2 tbsp butter
1 tsp sugar
2 tbsp water
salt and freshly ground white pepper
1/4 cup fresh mint, chopped

In a saucepan, combine the peas, lettuce, scallions, ham (if using), the 2 tbsp butter, sugar, water, and a pinch of salt. Place over medium heat, bring to a simmer, cover, and cook until the peas are soft but not mushy and are still bright green, about 10 minutes.

Season to taste with salt and pepper, and a little more butter if you like. Then add the mint, toss to combine, spoon into a warmed serving dish and serve.

Serves 4.

The San Francisco Ferry Plaza Farmers' Market Cookbook, Hirsheimer and Knickerbocker

Making Contact

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 801-525-2219.