



MYSTERY THURSDAY

AZIZA
May 14th, 2009

Fava Beans
Green Garlic
Purple Scallions
Shallots
Wild Arugula
Baby Carrots
Lettuces
Spinach
Pea Shoots
Tarragon

Fridge Management: Everything into the fridge. Top the carrots and toss the greens. Eat the sprouts within 2-3 days. The **Spring Garlic** looks like it does because at this stage of spring/garlic growing: that's what it looks like! Just rinse and remove the outer layer, and you have gorgeous green garlic stalks: use nearly all of it! The toughest dark green ends can be cut off and used in making your own stock. **The pea shoots** are from our neighbors Ken and Sandra at New Natives. These can be eaten in a salad or sautéed down. I love pea shoots and **wild arugula** so much I tend to only salad these puppies.

Julia's Fast Fava Management: Prepare the **favas** by getting family help, then sauteeing with garlic. no family available to help? try shelling them with a [story tape](#), favorite [radio](#) show, or tv show/movie. works for me!

Sesame Spinach with Ginger and Garlic

adapted from *Gourmet*

1-2 stalks green garlic, trimmed
2 tsp. sesame seeds
1 TBS vegetable oil
1 tsp. grated peeled gingerroot
1 bunch trimmed spinach

Mince garlic (including all the light green part); In a small dry skillet toast sesame seeds over moderate heat, stirring, until golden. In a heavy 6 quart kettle heat oil over moderate heat until hot but not smoking and cook garlic and

gingerroot, stirring, 20-30 seconds, or until fragrant and golden. Add spinach by handfuls, stirring, and cook until just wilted. Serve spinach sprinkled with sesame seeds.

Puttanesca with wild arugula

Puttanesca is a forgiving recipe that's basically a rather doctored up version of 'Red Spaghetti': that's what our friend Bill calls red spaghetti sauce that so many Americans know. below is one version of puttanesca, the opportunities for substituting with what's in your kitchen are vast. AND Fava beans, shelled, blanched, skinned, would

1-2 onions, chopped, and or mixed with shallots and scallions, of course!
2 tablespoons olive oil
2-3 cloves garlic, chopped
pinch hot red pepper flakes
S & P to taste
2-3 anchovies, rinsed
1/2 cup chopped kalamata olives (many stores now sell them already pitted) at least 2 32 ounce cans chopped tomatoes
1 8 oz can tomato sauce
grated or crumbled parmesan-type cheese
1/3 tightly packed cup wild arugula, chopped
Hot cooked noodles (orichette or other)

Cook the onions in a large pot with the oil until translucent. Add the garlic, anchovies, and red pepper flakes and cook for another 20 seconds or so. Add the tomatoes and sauce and cook for 15-20 minutes on medium low, stirring once in while. (now would be a good time to cook up the pasta!) Add the basil, S & P, and olives and cook for another few minutes while you set the table and perhaps throw together a salad.

Add the wild arugula just before serving and pass the cheese for eaters to add or not as they choose. Enjoy!

Recipes A-Z on our website

** Make your pre orders for any upcoming mystery nights, I may not send reminders!