



## MYSTERY THURSDAY

PICCINO  
April 30th, 2009

**Agretti**  
**Baby Leeks**  
**Baby Carrots**  
**Green Garlic**  
**Little Gem Lettuces**  
**Sunflower Sprouts (!)**  
**Fava Beans**  
**Spring Shallots**  
**Wild Arugula**

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**Fridge Management:** Everything into the fridge. Top the carrots and toss the greens. Eat the sprouts within 2-3 days.

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### Recipes A-Z on our website

#### Andy's Agretti Piece

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

Food Bloggers We know

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#### PENNE WITH RICOTTA AND GREEN GARLIC SAUCE

1 1/2 cups fresh whole-milk ricotta, or a 15-ounce container whole-milk ricotta  
1/4 cup finely minced green garlic  
2 tablespoons minced parsley  
Salt and freshly ground pepper to taste  
1 pound dried penne or fusilli pasta  
2 tablespoons butter  
1/4 cup freshly grated Parmesan cheese +  
grated Parmesan for the table

Combine the ricotta, green garlic and 1 tablespoon of the parsley in a large bowl; season with salt and pepper.

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente. Just before pasta is done, remove 1/2 cup of the boiling water. Whisk enough of the hot water into the ricotta to make a smooth, creamy sauce.

Drain the pasta and add to the sauce along with the butter. Toss well. Add 1/4 cup Parmesan cheese and toss again, adding a little more of the hot water if needed to thin the sauce. Taste and adjust seasoning.

Serve on warm plates, topping each portion with some of the remaining parsley. Pass more Parmesan at the table. Serves 4- 6.

#### Bruschette con Pesto di Rucola

Makes about 1 cup The Bruschette: Cut into squares: slices of sturdy bread. Brush with olive oil and rub with a clove of garlic. Then grill or broil until light brown.

The Spread: In a food processor or blender, combine til smooth:  
A handful of arugula or wild arugula (the wild will be spicier)  
S & P to taste  
2 small garlic cloves  
1/4 cup toasted pine nuts or walnuts  
1/4 cup olive oil

Blend together to make a thick paste. Add: 1/2 cup parmesan cheese  
Top the bruschette.

Adapted from *The Simple Grande Gardening Cookbook* by Jean Ann Pollard

#### GREAT WAYS TO SERVE SPROUTS

From: [www.isga-sprouts.org/recipes.htm](http://www.isga-sprouts.org/recipes.htm)

- Add to tossed salads
- Use in coleslaw
- Try in potato salad
- Try in wraps and roll-ups
- Stir-fry with other vegetables
- Blend with vegetable juices
- Replace celery in sandwich spreads
- Top grilled cheese sandwiches after grilling
- Stir into soups or stews when serving
- Eat them fresh & uncooked in a sprout salad
- Add to sushi
- Saute with onions
- Puree with peas or beans
- Steam and serve with butter
- Use in sandwiches instead of lettuce

Salad Dressing Recipes