

Strawberries  
Spigariello  
Fresh Garlic  
Spinach OR Chard  
Dill OR Rosemary  
Cardoon  
Fava Beans  
New Potatoes  
Chantenay Carrots  
English Peas

**Disclaimer to the above vegetable list:** The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

**Storage:** Remove twisty ties/rubber bands from all vegetables and everything into the fridge. Strawberries – due to recent rains, these may spoil even faster than usual so it's best to eat them right away! If eating the same day, store in a cool spot on your counter. Otherwise, store in a plastic container with a lid in the warmest spot in your fridge. Do not rinse until just before eating! Eat within 36 hours! Spigariello and Spinach, (or Chard): store loosely in plastic bags. Not in the coldest drawer. Fresh garlic, Dill or Rosemary: store loosely in a plastic bag in the fridge. Cardoon – rinse and store in plastic bag in fridge; not in coldest drawer. Fava beans: Store in the bag they come in. If keeping longer than 5 days, give them a quick, light drink, and return to the bag. Good keeper, but less starchy if used within the first 4 days or so. New potatoes: store in the fridge in the bag they came in. use within a week, tender skins, will rot if stored too long, great spring treat! Carrots: Separate from their greens, compost the greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. English Peas: Leave them in the bag they come in and put them in the crisper drawer of your fridge – not the coldest drawer.



Carrots, Strawberries, & Potatoes Photos by Andy Griffin  
English Peas Photo by Shelley Kadota

**Frittata (From Chef Jonathan Miller)**

Olive oil  
2 small shallots, minced  
1 large handful baby erbette chard, julienned  
1 garlic clove, minced  
1 T butter  
3 eggs, beaten  
parmesan

Heat your oven to 500. In a small skillet that can go in the oven heat a tablespoon of olive oil and sauté the shallots until soft, about 3 minutes. Add the chard, the garlic, some salt, and cook briskly, stirring, until the chard wilts. Add the butter and allow the butter to melt, then pour in the eggs. Stir lightly to mix everything, then stop stirring, lower the heat, and allow the bottom of the frittata to set over low/med-low heat. When just set on the sides and bottom (a minute or two), grate some parmesan on the top and put the skillet in the oven and cook through. It should puff up like a soufflé (unless your eggs are really old). This should take maybe 4 minutes. Pull it out and allow to rest for 2 minutes, then gently loosen the edges and slide the finished frittata on a plate. Finish with a dollop of sour cream and an herb or some salsa and serve warm or at room temperature. Yummy! (Serves 1-2)

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**Strawberry Balsamic Jam**

(Adapted from Well Preserved by Eugenia Bone.)

18 c halved or quartered strawberries  
7 c sugar  
1 t butter, unsalted  
½ c + 2 T balsamic vinegar

Put the strawberries in a very large pot and turn on the heat. Stir to warm the strawberries, and add the sugar, stirring until it is dissolved. Bring to a simmer, lower the heat, add the butter, and simmer over low heat until very soft and thickened, about 40 minutes. Add the balsamic vinegar.

Boil your ½ pint jars and bands for 10 minutes to sterilize them. While they are still warm (but dry), fill them with the strawberries, using a slotted spoon so the jar isn't mostly liquid. Place the lids on top, screw the bands on to finger tight, and place them in the canning jar. Cover with water by 1 inch and bring to a boil. Simmer for 10 minutes. Carefully remove from the pot and allow to cool. Check the seals, then screw the bands down a little more and store in a cool, dry place.

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**Julia's Fava Bean Goat Cheese Pizza**

1 empty Vicolo pizza crust from freezer; then a layer of thinly sliced parmesan (done with potato peeler); then a thick layer of peeled favas; then paper-thin sliced garlic cloves (I did this with a mandolin); then a layer of fresh goat cheese. then baked. Dinner's done! And the favas are used and out of the fridge: they take up space!

## **Fava "Cream"**

(From Well Preserved, by Eugenia Bone)

8 lb favas  
1 c chicken stock  
6 garlic cloves  
6 T pine nuts  
3 T lemon juice

Shell, blanch, and peel the favas so you have the bright green beans. Put those in a food processor with the stock, garlic, pine nuts, and lemon juice, and process to a paste. Pour this paste into 1 cup storage containers and freeze. They should keep frozen up to 6 months or so.

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## **Martin's Cardoon Potato Gratin:**

8-10 stalks Cardoon  
2-3 medium potatoes  
8 oz grated parmesan cheese  
1 pint half and half or cream  
S & P to taste

Blanch the cardoon stalks in water that has a splash of vinegar or lemon juice until medium tender. You can peel them if you like. We don't. Cut the cardoon stalks in 1/4 inch crescents, across the grain, like you would celery. Peel the potatoes. Cut the potatoes into batons, about like a french fry. Toss the cut, blanched cardoon stalks with the potatoes directly in a gratin dish. Reserve a handful of the cheese for the top and toss the rest of the cheese with the cardoon/potato mixture. Add the pint of half and half (or cream if using.) Season with salt and pepper.

Bake in a 425 oven 40 minutes or so: until golden brown and the potatoes are all the way through.

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## **Sauteed Cardoon with Thyme and Pine Nuts (Adapted from the Hunter Angler Gardener Cook blog.)**

1 lemon  
½ lb cardoon, trimmed  
1 onion, halved and thinly sliced  
2 T olive oil  
2 T sherry  
2 T honey  
¼ c pine nuts, toasted  
1 T thyme (fresh)

Bring a pot of salted water to boil and squeeze in the juice of 1 lemon. Cut the cardoon into large pieces and put immediately into its cooking water to avoid discoloration. Simmer for 45 minutes. Remove and cut into ½ inch pieces.

Heat the olive oil in a skillet and add the onion. Saute until softened and beginning to color, then toss in the cardoon for about 2 minutes. Add the sherry and reduce it until it is nearly evaporated, then add the honey, stirring to heat through. Add the pine nuts and cook for another minute or so until the sauce is thick. Remove from heat and season with salt and pepper, finishing with the thyme. Delicious!

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## **Quinoa with Peas & Carrots (Chef Jonathan Miller)**

1 lb carrots, halved or quartered lengthwise, depending on size  
1 c quinoa, preferably black  
2 c water  
olive oil  
1 lb freshly shelled english peas  
1 very large handful sugar snap peas, strings removed  
leaves from 6 medium sprigs mint, chopped  
balsamic vinegar

Heat the oven to 400. Toss the carrots with a little olive oil and salt, then roast in the oven until fully roasted, charred in places, and very sweet - about 45 minutes to an hour depending on size.

Rinse the quinoa in a strainer to remove the clear saponin. Drain well. Heat a small saucepan until hot, then add the quinoa and toast, stirring regularly until it dries and then toasts and smells nutty, about 5-7 minutes. Pour in the water and add a little salt. Bring to a boil, lower the heat to a bare simmer, cover, and steam until the water is absorbed and the quinoa is completely cooked, about 15 minutes. Remove from heat and rest 5 minutes.

In a pot of boiling, salted water, blanch the shelled peas for 15-30 seconds. Remove and cool under cold water or in an ice bath. Blanch the snap peas for 1 minute, then cool under cold water or in an ice bath. Cut the snap peas into bite sized pieces and toss with the quinoa, the english peas, the mint, and a generous drizzle of olive oil.

When the carrots are finished, cut into bite sized pieces and combine with the quinoa. Check for seasoning, adding a little more salt if necessary. Sprinkle a little balsamic vinegar in the salad, mix, and taste again. Serve cool or at room temperature.

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## **Curried Cracked Wheat with Dill and Toasted Pistachios (From *The Good Herb* by Judith Benn Hurley)**

1 cup cracked wheat  
1 ½ cups vegetable or chicken stock  
1 clove garlic, mashed through a press  
2 tsp. olive oil  
1 tsp. curry powder  
2 Tbs. pistachios, chopped  
1 tsp. minced fresh dill

Combine the cracked wheat, stock, oil, and curry powder in a small saucepan and bring to a boil. Cover loosely, reduce the heat to medium, and simmer until the wheat is tender, about 5 minutes. If there's any liquid remaining, drain it away. Meanwhile, in a small dry sauté pan, toast the chopped pistachios over medium high heat until fragrant and golden brown, about 2 minutes. Stir constantly to prevent burning. When the cracked wheat is ready, swirl in the nuts and dill. Serve warm as a side dish or on a nest of greens for lunch.

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