

*We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.* Adelle Davis (1904 - 1974)

## Crème de la Crop

What do I get?

**Epicureans:** Arugula Whole with Flowers (More), Strawberries, Snow or Shelling Peas, First Come... Fava Beans & Basil

**Standard:** Arugula Whole with Flowers, Salad Greens, Snow or Shelling Peas & Basil

Arugula

**Cleaning /Storage:** Once home strip the leaves and cut off the flowers (set them aside), fill your kitchen sink with a good amount of cold water (you want the leaves to be able to float). Then place the leaves into the water. Any silt will sink to the bottom. Now is the time to spin dry your leaves or place them in between towels to adsorb any excess water. Store the dry leaves and delicate flowers in an airtight container.

**Usage:** nice spicy bite on a sandwich, a cold salad alone or mixed with lettuce, sautéed w/ olive oil (possibly bacon drippings) for a vegetable side dish and juiced...

Strawberries

**Cleaning /Storage:** Need to be stored in your refrigerator. When ready to eat rinse them or place in sink full of water to allow silt to sink to bottom. Drain in colander; do not allow them to set in water long. They will adsorb the moisture and become soft.

**Usage:** simply eating, on a salad (excellent w/ Arugula), a topper for desserts, blended onto a smoothly or other drinks...

Salad Greens

**Cleaning /Storage:** See Arugula instructions

Peas, Shelling & Snow

**Cleaning /Storage:** Place them in an airtight container in your refrigerator until you are ready to consume. Before preparing to eat simply rinse them and place on a towel pat or air dry.

Shelling peas need to be removed from the outer hull and snow peas should have their strings removed unless they are very young (tender).

**Usage:** simply eating (cooked or raw), excellent on a salad, stir-fry, see recipes...

Fava beans

**Cleaning /Storage:** See Shell Pea instructions. Follow recipe for cooking and cleaning.

**Usage:** simply eating, in salads, see recipes...

Basil

**Cleaning /Storage:** Keep in air tight container in your refrigerator

**Usage:** fresh in salads, pesto, see recipe...

## Snow Peas with Toasted Almonds

Recipe adapted from Bon Appetite April 2009  
by Maria Helm Sinskey



photo by: Gail Albert Halaban

yield: Makes 4 servings

Crunchy toasted almonds make crisp snow peas even more fun to eat.

1 tablespoon unsalted butter  
1/4 cup sliced almonds  
1/2 pound snow peas, trimmed  
2 teaspoons minced shallot  
1 teaspoon fresh lemon juice

Melt butter in medium skillet over medium heat. Add almonds and cook until golden and fragrant and butter begins to brown, stirring frequently, about 1 1/2 minutes. Add snow peas and shallot; sauté until snow peas are crisp-tender, 1 1/2 to 2 minutes. Remove skillet from heat; add lemon juice. Season to taste with salt and serve

Your share will progressively get heavier throughout the season.

## How to Shell Fava Beans

By Molly Watson, from About.com



photo by Molly Watson

Snap off stem end of the fava pod towards "string" side of the pod.

Pull down and remove "string" that runs along inner curve of fava pod.

Open pods and remove beans from pod.

Bring a large pot of water to a boil. Add enough salt so the water tastes as salty as the sea (this will help the beans stay green). Add fava beans, cook 1 minute, and drain. Meanwhile, prepare a large bowl of ice water.

Plunge blanched fava beans into ice water and let sit until completely cool, 3 to 5 minutes.

Yes, shell them again. This is what makes fava beans so labor-intensive.

Make as speedy work of this as possible using this method: with your thumb nail, break through shell at the dimpled point and pull up to remove a "cap" at the top of the bean.

Having removed the top of the shell, you can now pop out the fava bean.

Fully shelled fava beans are bright, emerald green with an amazingly tender texture.

## Mixed Greens Salad with Freshly Shelled Peas and Edible Flowers

Adapted from marthastewart.com



photo from marthastewart.com

2 cups shelled fresh peas  
1 baguette, sliced diagonally into 12 pieces  
1 cup olive oil, plus more for bread  
Coarse salt and freshly ground pepper  
5 tablespoons plus 1 teaspoon fresh lemon juice  
3 tablespoons plus 1 teaspoon Dijon mustard  
1 tablespoon water  
2 teaspoons minced shallot (from 1 shallot)  
5 cups mixed lettuces  
Edible flowers, for serving

Bring a large saucepan of water to a boil. Add peas, and cook until bright green, 2 to 3 minutes. Drain immediately, rinse, and drain again.

Preheat grill to medium-high. (If using a charcoal grill, coals are ready when you can hold your hand 5 inches above grill for 3 to 4 seconds). Brush both sides of bread slices with oil, and season with salt and pepper. Grill until toasted and lightly charred, about 1 minute per side.

Place oil, lemon juice, mustard, water, shallot, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a jar. Cover, and shake to emulsify dressing.

Mix peas, lettuces, edible flowers, and 1 cup vinaigrette in a large bowl. Season with salt and pepper. Serve salad with grilled bread and remaining vinaigrette on the side.

## Arugula Salad with Lemon-Parmesan Dressing

Adapted from Bon Appetite April 2009



photo by: Antonis Achilleos

yield: Makes about 3 1/2 cups

It makes a great side dish, but this salad is even better as a pizza topping. Brush the with olive oil, sprinkle it with sea salt and...

1/3 cup freshly grated Parmesan cheese  
5 tablespoons extra-virgin olive oil  
2 tablespoons fresh lemon juice  
1 teaspoon finely grated lemon peel  
4 cups (packed) baby arugula  
1 cup halved cherry tomatoes (optional)

Blend first 4 ingredients in processor. Season dressing with salt and pepper. Transfer to bowl. Cover; chill up to 3 days.

Combine arugula and tomatoes in large bowl. Toss with enough dressing to coat.

## Basil Pesto

Adapted from marthastewart.com September 2005



photo from marthastewart.com

1 cup walnuts or pine nuts  
Coarse salt and ground pepper  
8 cups (4 ounces) lightly packed fresh basil leaves  
2 garlic cloves, coarsely chopped  
2/3 cup extra-virgin olive oil

Preheat oven to 350 degrees. Spread nuts evenly on a rimmed baking sheet; toast in oven until golden and fragrant, tossing once, 8 to 10 minutes. Let cool completely.

Meanwhile, bring 4 cups salted water to a boil; add basil, and submerge with a spoon. Immediately drain in a colander. Rinse with cold water until cool, then pat basil completely dry in paper towels.

In a food processor, combine nuts, basil, and garlic; season generously with salt and pepper. Process until nuts are finely chopped. With machine running, pour oil in a steady stream through the feed tube; process until smooth. Use immediately, or freeze. To freeze, spoon pesto into an ice-cube tray (2 tablespoons per cube); cover with plastic wrap. Freeze overnight, then transfer cubes to a resealable plastic bag; keep up to 6 months. Defrost pesto at room temperature, about 20 minutes (or at 30-second intervals in the microwave). Mash with a fork before using in recipes.

Use as a sauce for pasta, put on toast, sandwich spread...

