

## Crème de la Crop

### Quote of the Week:

The best and safest thing to do is keep balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.  
Euripides 484 BC-406 BC

### What do I get?

**Epicureans:** Cauliflower, (You Select One Of The Following: Broccoli, Shelling Peas, Summer Squash, Italian Flat Pod Beans, Or Scallions First Come First Serve), You Select Brassica Cooking Greens Or Salad Greens, Fava Beans Pickles & Purple And Genovese Basil

**Standard:** Cauliflower, (You Select One Of The Following: Broccoli, Shelling Peas, Summer Squash, Italian Flat Pod Beans, Or Scallions First Come First Serve), You Select Brassica Cooking Greens Or Salad Greens & Genovese Basil

### Broccoli and Cauliflower with Lemon, Mustard and Chive Butter

Recipe adapted from Bon Appetit November 1998

**yield:** Serves 8 to 10

1/2 cup (1 stick) butter, room temperature  
2 tablespoons Dijon mustard  
1 tablespoon grated lemon peel  
1/3 cup plus 1 tablespoon chopped fresh chives, or other herb  
1 1/2-pound whole cauliflower, trimmed, cut into florets  
2 1/2 pounds broccoli, stems trimmed, cut into florets

Using fork, blend butter, mustard and lemon peel in small bowl. Mix in cup chives. Season with salt and pepper.

Cook cauliflower in large pot of boiling salted water 2 minutes. Add broccoli and cook until vegetables are crisp-tender, about 3 minutes longer. Drain. Transfer vegetables to bowl of ice water. Drain. (Butter mixture and vegetables can be made 1 day ahead. Cover separately and chill.)

Combine butter mixture and vegetables in large pot. Toss gently over medium heat until vegetables are heated through and coated with butter mixture, about 5 minutes. Transfer to bowl. Sprinkle with remaining 1 tablespoon chives.

**Suggestions:** Use 1/2 the butter, broccoli stems can be peeled then sliced and added to mixture before cooking & steaming the broccoli and cauliflower separately instead of boiling.

### New Introductions

#### Snap Bean - Green Crop



An early flat-podded Romano type. Pods can grow up to 8" long while still retaining good quality. Bred by Albert F. Yaeger and Elwyn Meader at the University of New Hampshire. 1957

#### Basil - Purple Ruffles



Large, ruffled leaves. Good for garnishes or as an ornamental garden plant. Small percentage of plants are green. 3" long leaves. Ht. 16-20". 85 days to harvest.

#### Cucumber Pickling- Miniature White



Delicious for fresh eating. Thin-skinned, tender fruits are accompanied by a mild, sweet flavor with absolutely none of the bitterness typical in most white cukes. Black spine.

#### Cucumber Pickling - Vertina



European-style pickling cucumber. Very dark green fruits with good flavor. Black spines.

#### Summer Squash - Bush Baby



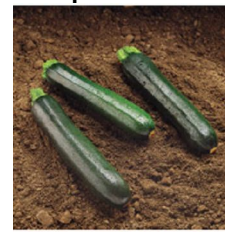
Ready to harvest at 4-6". At this stage they are more attractive and "proportional" than full-size zuchinis used as babies. Fruits are glossy and medium dark green with stripes.

#### Summer Squash - Magda



Mid-East style squash. Magda's sweet, nutty flavor is comparable with Zephyr. The blocky, pale-green, tapered fruits are usually picked small, 3-4" long, for stuffing, stir-fries, and pickling.

#### Summer Squash - Raven



Raven sets the standard for dark zucchini. I have smooth-skinned glossy shapely greeny-black fruits. Research by Dr. John Navazio showed that Raven's dark pigmentation contains more of the antioxidant lutein, which helps preserve eyesight, than lighter-skinned varieties.

#### Summer Squash - Raven



Precocious, yellow, green-tip straightneck. A distinctive, slender fruit, yellow with faint white stripes and light green blossom ends. Best at 4-6" for unusually delicious nutty taste and firm texture.

## Zucchini-Basil Soup

Gourmet July 2008  
By Shelley Wiseman



photo by: Romulo Yanes

**yield:** Makes 4 to 6 servings  
**active time:** 30 min  
**total time:** 45 min

This smooth puréed soup manages the near—impossible feat of being velvety and creamy without any cream. Ribbons of zucchini add a final soupçon of elegance. Excellent cold or hot.

2 pounds zucchini, trimmed and cut crosswise into thirds  
3/4 cup chopped onion  
2 garlic cloves, chopped  
1/4 cup olive oil  
4 cups water, divided  
1/3 cup packed basil leaves

Julienne skin (only) from half of zucchini with slicer; toss with 1/2 teaspoon salt and drain in a sieve until wilted, at least 20 minutes. Coarsely chop remaining zucchini.

Cook onion and garlic in oil in a 3- to 4-quarts heavy saucepan over medium-low heat, stirring occasionally, until softened, about 5 minutes. Add chopped zucchini and 1 teaspoon salt and cook, stirring occasionally, 5 minutes. Add 3 cups water and simmer, partially covered, until tender, about 15 minutes. Purée soup with basil in 2 batches in a blender (use caution when blending hot liquids).

Bring remaining cup water to a boil in a small saucepan and blanch julienned zucchini 1 minute. Drain in a sieve set over a bowl (use liquid to thin soup if necessary).

Season soup with salt and pepper. Serve in shallow bowls with julienned zucchini mounded on top

## Bacon and Swiss Chard Pasta

Bon Appétit May 2008  
by The Bon Appétit Test Kitchen



photo by: Lisa Hubbard

**yield:** Makes 6 servings  
**active time:** 35 minutes  
**total time:** 35 minutes  
1 pound linguine

12 ounces bacon, cut crosswise into 1/2-inch slices  
1 very large red onion, halved, sliced (about 6 cups)  
2 large bunches Swiss chard, stemmed, chopped (about 12 cups)  
1 tablespoon balsamic vinegar  
3 tablespoons extra-virgin olive oil  
2/3 cup grated Parmesan cheese

Cook linguine in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid.

Meanwhile, cook bacon in heavy large pot over medium heat until beginning to crisp, about 10 minutes. Transfer to paper towels to drain. Drain all but 2 tablespoons bacon drippings from skillet. Add onion and sauté over medium-high heat until softened, about 7 minutes. Add Swiss chard and sprinkle with salt and pepper. Add pasta cooking liquid to skillet. Toss until chard is wilted and tender, about 4 minutes. Sprinkle vinegar over; cook 1 minute.

Add linguine and oil to sauce in pot and toss to coat. Transfer to large bowl. Sprinkle with bacon and cheese. Season to taste with salt and pepper.

**In the above recipe you can substitute any cooking green. Examples: Brassica Greens, Spinach, Kale, Mustard Greens...**

## Green Bean and Hazelnut Salad

Gourmet May 2008  
Adapted from Diane Carlson  
The Conscious Gourmet, Santa Fe, and Jenny Matthau



photo by: John Kernick

**yield:** Makes 4 servings  
**active time:** 20 min  
**total time:** 30 min

Food editor Lillian Chou visited The Conscious Gourmet at their location in Santa Fe for a weeklong retreat in cooking and wellness. With its dose of flaxseed oil, this salad represents an attempt to get more omega-3s into the diet. The hazelnut oil is simply for deliciousness, complementing the toasted nuts and crisp-tender green beans.

1 ounce hazelnuts (2 tablespoons)  
3/4 pound green beans, trimmed and halved diagonally  
2 1/4 teaspoons grainy mustard  
1 1/2 teaspoons balsamic vinegar  
1/8 teaspoon fine sea salt  
4 teaspoons extra-virgin olive oil  
1 tablespoon flaxseed oil  
1 teaspoon hazelnut oil  
1/4 cup finely chopped red onion

Preheat oven to 325°F with rack in middle.

Toast nuts in a small baking pan until centers are golden, 15 to 20 minutes (cut one open to test for doneness). Cool to warm, then rub off any loose skins in a kitchen towel. Coarsely chop nuts.

Cook beans in a 6-quart pot of boiling salted water (1 1/2 tablespoons salt for 4 quarts water) until just tender, 4 to 6 minutes. Transfer to an ice bath to stop cooking. Drain and pat dry.

Whisk together mustard, vinegar, and sea salt in a bowl, then add olive, flaxseed, and hazelnut oils, whisking. Add beans, nuts, and onion and toss well. Season with salt and pepper.

Cooks' note: • Beans can be cooked 1 day ahead and chilled (once cool) in a plastic bag lined with paper towels.

**Practically any bean can be used in this recipe.**

