



A Place on Earth CSA Notes, June 2-5, 2021

In your share this week: Strawberries; Snap Peas; Garlic Scapes; Cilantro; Bok Choy; Tatsoi; Mixed Greens; Head Lettuce; Sage; Radishes

Garlic Scapes/Green Garlic! Opps! Last week we had Green Garlic in our box, and I neglected to explain what Green Garlic is. This week we have garlic scapes; how are they different?

- **Green Garlic** is garlic stalks that have been thinned out because they are too close to another stalk, so cloves can't form. While it may be chopped fine and used in soups and stews, it would be tougher than garlic. I like to freeze it and add to stock/broth for a umami flavor, or chop fine and add to soups, stews, and sauces. Use a good quality zippered plastic freezer bag so your ice cream and orange juice do not smell like garlic. It does come in handy.
- **Garlic Scapes** are the tops of garlic stalks that are removed by the farmer so they don't go to seed, and cloves will form. They are quite delicious when chopped and sauteed when cooking vegetables and meats. When I get my garlic scapes, I wash, dry, and chop into 1/4" segments, and freeze in good plastic freezer bags. I use these in place of green onions, and to replace sauteing onions and garlic together, using just garlic scapes instead. Think of them as money in the bank. Some people use them to make pesto, but you might not get many kisses that way, unless your sweetie also eats raw garlic. In my experience, I use them in cooking for several weeks, frozen, when I cook meats and some vegetables. Here's a recipe from my favorite food website, Allrecipes.com: [Garlic Scape Pesto Recipe | Allrecipes](#) You may not get a lot of kisses, but you will probably keep the vampires away!

Sugar Snap Peas! Food for the Gods! Sugar Snap Peas are so much better than the green peas you buy frozen and put the frozen package on bruises or swelling. They are actually pretty good to eat, too, but sugar snap peas are so much better, since you eat the whole pea, pod, and all; *raw!* To be fair, it's best to remove the ends and strings before setting them out for snacks or add to salads. Can you cook them? Well, yes, but why cook ice cream? They are so delicious and crunchy when eaten raw, that I don't recommend cooking them at all.

Are they the same thing as snow peas? NO! Snap peas have fully formed peas inside, and you eat the whole pod and peas, raw. Individually with a dip, or in a salad. Snow peas are best cooked, and the peas are not usually well formed; they are valued for the barely cooked value they add to a stir-fry. They are also a little harder to string.

Bok Choy: Speaking of stir fry, this is the perfect vegetable for stir frying, along with tatsoi, and this week's box has several things to add to the stir fry. Garlic scapes work perfectly with stir-fries, and perfectly with bok choy. Chop the garlic scapes into ¼" lengths and stir fry it at a high temperature first using an oil that has a high smoking point, such as avocado oil. Clean the bok choy and cut into ½" lengths. (Note that you need to wash each leaf to get the grit out.) Add firmer veggies such as chopped carrots and celery next, cooking until barely tender, before adding bok choy, adding it last. Season with a little soy sauce and sesame seeds. You may wish to serve over cooked rice or noodles.

Tatsoi: Similar to bok choy, but smaller, with leaves that look a bit like spinach. You can put the leaves in a salad, or chop leaves and stems into a stir fry.

Cilantro: This herb is certainly both loved and hated. My family members say it tastes like soap, so they don't enjoy it, though I do. It is used in many Mexican dishes, and in pesto. It does not freeze or dry very well, though you can freeze the leaves & small stems for dishes that are cooked. I share this pesto recipe every year in the spring or fall and can never get enough. I freeze the pesto in small jars, and use on many meats, egg dishes, grilled cheese sandwiches, and other ways. Adjust the recipe to the amount of cilantro you have, filling in with parsley if needed.

Cilantro Pesto

¾ cup olive oil

½ cup pine nuts (or use almonds, hazelnuts, or walnuts, as you like)

2-3 cups coarsely chopped cilantro.

¼ -1/2 cup coarsely chopped mint.

Coarsely chopped jalapeno –1 tablespoon for mild, or up to one whole pepper.

1 clove garlic peeled and minced.

1 teaspoon coarse salt

Juice of one lime

Parmesan cheese, grated (optional) (or substitute Kenny's Asiago cheese)

Put everything except the cheese in a blender or food processor and blend until your desired texture. Keeps in the refrigerator for about a week. You can add Parmesan when you make the pesto, or omit, and add it when you serve it. Delicious!

Greens: How much do you wash greens? I taught my family to wash in a large bowl of water, changing the water 3 times. I still do this if I don't know where the greens came from, but knowing that they are raised organically, I am not quite as fussy about how many times I change the water but wash until the water runs clear. This goes for lettuces and salad greens, as well as cooking greens. Cooking greens seem to be more likely to contain critters, so I usually put a couple of tablespoons of salt in the first wash. If there are worms, they float to the top and can be removed. Equally important, spin or towel dry the greens and store in a kitchen towel in a plastic bag in the fridge. If you can find the Debbie Meyer (BHA Free) Green Bags that keep the greens fresher, longer, use them. They are re-usable many times and seem to keep produce fresher.

Salads: It's certainly time to make glorious salads, with the great lettuce, radishes, tatsoi, and snap peas. The mixed greens are mostly used for salads, so wash and dry the greens and store in a plastic bag in the fridge. Feel free to try one of these salad dressings to vary the salads:

Miso-Sesame Vinaigrette That's Good on Anything (J. Kenji-Alt, New York Times)

- 2 medium garlic cloves, smashed with the side of a knife.
 - 1 small shallot roughly chopped.
 - 2 tablespoons shoyu or tamari
 - 2 tablespoons balsamic vinegar
 - 2 tablespoons red or white wine vinegar
 - 1 tablespoon light miso paste
 - 1 tablespoon dark brown sugar
 - ½ cup grapeseed, vegetable, or canola oil
 - 2 tablespoons toasted sesame oil
 - 2 tablespoons toasted white or black sesame seeds.
1. Combine garlic, shallot, shoyu, vinegars, miso and sugar in a blender and blend on high speed until homogenous. (Alternatively, mash garlic and shallots in the bowl of a large granite or marble mortar and pestle into a fine paste using the pestle, then stir in the shoyu, vinegars, miso, and sugar.)
 2. With the blender running on medium speed (the liquid should form a vortex but not jump up and splatter on the walls of the blender), slowly drizzle in the grapeseed oil. (If using a mortar and pestle, slowly drizzle in the oil as you stir vigorously with the pestle.)
 3. Transfer to a lidded jar. Stir in the sesame oil and sesame seeds with a spoon. Dressing can be stored in the refrigerator for up to 3 weeks. Shake well before using.

Garlicky Almond Dressing (David Tanis)

¼ cup crushed almonds.
3 tablespoons sherry vinegar
2 garlic cloves, minced.
½ cup extra virgin olive oil
Salt and pepper

Place almonds on a pie pan and bake at 400 degrees for 10 minutes, turning every 3-4 minutes, until lightly brown. Allow to cool. Place almonds, vinegar, and garlic in a small bowl. Whisk the olive oil and season with salt and pepper. Toss with salad greens of choice.

Know that this was a lighter share than later shares will be, so enjoy salad days.

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