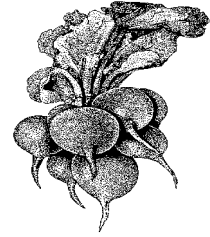


Lettuce Connect

East Farms CSA

Newsletter

June 15, 2006



Message from Jeremy

The rain and hail hit us hard last week. We lost our crop of arugula and most of the spinach. We will be re-planting for a fall crop.

Editor's Note

Each week we will try to provide you with cooking and storage tips, nutritional information and recipe suggestions for as many of the vegetables as possible in your box. Due to the fickleness of the weather, we may not always be on target with what you receive in your box that week. We will try to make it close.

Care and Storage

This week your box will most likely contain lettuces, peas and mizuna. Mizuna should be stored in the hydrator drawer of your refrigerator. Rinse the greens, wrap them in a

paper towel and put them in a plastic bag to preserve its freshness.

Use peas as soon as possible. Refrigerate in a plastic bag for 4-5 days maximum. Storing peas will sacrifice some of their sweet flavor and crisp texture.

Vegetable History

Peas are as ancient a cultivated food as wheat, barley and garlic. They have been found in famous excavations dating back to 7000 and 10,000 B.C. Perhaps originating in northern India, peas moved to the Near East, the Mediterranean, northern Europe, the British Isles and England. Peas maintain a staple status in many of these regions, particularly in their dried form, as an important protein and carbohydrate source.

Kid Stuff

What's the most dangerous vegetable to have on a boat? A leek!

Cooking Tips

I like to stock up on fresh peas this time of year. I shell them onto a cookie sheet and freeze them. When they are frozen I put them into zip lock bags for the winter. With this method, they don't stick together and I can eat local produce almost all winter long.

Featured Recipes

Fresh Green Peas and Sugar Snap Peas in Sesame Dressing

3 cups fresh shelled peas
12 oz. Sugar snap peas, trimmed
2 tbsp unseasoned rice vinegar
1 tbsp soy sauce
1 tbsp sesame oil
1 tbsp brown sugar (packed)
1 tsp coarse kosher salt
 $\frac{1}{2}$ tsp freshly ground pepper

Cook shelled peas in a large saucepan of boiling salted water until almost tender, about 1 $\frac{1}{2}$ minutes. Add sugar snap peas to the same pan and continue boiling 30 seconds. Drain; rinse under cold water and drain again.

Transfer to a large bowl.

Whisk vinegar, soy sauce, sesame oil, sugar, salt, and pepper in a small bowl to blend. (Peas and dressing can be prepared 2 hours ahead. Set stand separately at room temperature.) Pour dressing over peas and toss to coat. Season salad to taste with more salt and pepper if desired. Serve at room temperature.

6-8 servings.
Bon Appetit 7/04

Fresh Pea Soup

4 cups chicken stock
1 russet potato, peeled and chopped
6 green onions, white part only, chopped
2 cups shelled peas
salt and freshly ground white pepper
Fresh chives minced as a garnish

In a saucepan, combine the stock, potato, and scallions, place over medium heat, and bring to a simmer. Cover and cook until the potato is tender, about 15 minutes. Add the peas, re-cover, and cook until the peas are tender, 5 to 10 minutes longer.

Remove from the heat and let cool slightly. Purée the soup in a blender or food processor. Strain through a fine-mesh sieve into a clean saucepan,

if serving hot, or into a bowl, if serving cold.

To serve hot, reheat gently, season to taste with salt and pepper, ladle into warmed bowls, and garnish with the chives. To serve cold, let cool, cover, and refrigerate until well chilled. Season to taste with salt and pepper, ladle into chilled bowls, and garnish with chives.

Serves 4

San Francisco Ferry Plaza Farmers' Market Cookbook, Hirsheimer, Knickerbocker

Spiced Fillet of Beef with Mizuna Salad

For beef

2 teaspoons whole black peppercorns
2 1/2 teaspoons cumin seeds
2 1/2 teaspoons coriander seeds
2 teaspoons dried hot red pepper flakes
4 teaspoons kosher salt
3 1/2 lb center-cut beef tenderloin roast (fillet of beef), trimmed and, if necessary, tied
2 tablespoons vegetable oil

For salad

1 tablespoon extra-virgin olive oil
1 1/2 teaspoons fresh lemon juice
1 teaspoon minced shallot
1/4 teaspoon salt
4 oz mizuna or baby arugula, trimmed

For beef:

Preheat oven to 425°F.

Toast peppercorns, cumin, and coriander, then cool completely. Grind spices with red pepper flakes in an electric coffee/spice grinder or with a mortar and pestle. Stir in kosher salt.

Pat beef dry and sprinkle with spices on all sides, pressing to adhere. Heat oil in a large flameproof roasting pan set across 2 burners over high heat until just smoking, then brown beef on all sides, about 2 minutes.

Roast in middle of oven until an instant-read thermometer inserted diagonally 2 inches into center registers 120°F, about 25 minutes. Let beef stand in pan 25 minutes. Beef will continue to cook as it stands, reaching 130°F (medium-rare).

Make salad and slice beef:

Whisk together oil, lemon juice, shallot, and salt in a bowl, then add pepper to taste.

Untie beef if necessary, then slice. Toss mizuna with dressing and serve beef topped with salad.

Makes 6 servings.

Gourmet 9/02

Making Contact

If you would like more ideas and information about your veggies the newsletters from previous years are located in the CSA section of the website slowfoodutah.org.

Also check out the East Farms website at eastfarms.com.

If you have any questions, concerns or comments, please contact Shay or Jeremy East at 801-525-2219.