Sicilian Artichokes ***Handle with care!
Red and Green Gem Lettuces
New Zealand Spinach
Orach
Garlic Chives
Red Beets
Upland Cress
Snap Peas
Chervil
Baby Carrots

**Disclaimer to the above vegetable list**: The list above is approximate. When we run short of an item, we substitute with something else similar. Andy will make sure it will be a good value. In the meantime, we appreciate your patience and a sense of adventure with these boxes. Enjoy!

Storage: Artichokes, Lettuces, Beets, Snap Peas & Carrots: Store in bags in your crisper in the fridge.
Spinach, Orach, Garlic Chives, Cress and Chervil: Remove ties and store loosely in bags in the fridge.

Grilled Garlic Artichokes

Adapted from recipe by Rosiella from allrecipes.com
2 large artichokes (or 4-5 medium artichokes)
1 lemon, quartered
¾ cup olive oil
4 cloves garlic, chopped
1 teaspoon salt
½ teaspoon ground black pepper

Fill a large bowl with cold water. Squeeze the juice from one lemon wedge into the water. Remove the tough outer leaves of the artichokes, cut the tops off down to the lighter colored part of the artichoke then, slice in half lengthwise, remove the choke (the furry part in the middle) and place halves into the bowl of lemon water to prevent them from turning brown.

Bring a large pot of water to a boil. Meanwhile, preheat an outdoor grill for medium-high heat.

Add artichokes to boiling water, and cook for about 15 minutes, or until ‘al dente’. Just barely cooked. Drain. Squeeze the remaining lemon wedges into a medium bowl. Stir in the olive oil and garlic, and season with salt and pepper.

Brush the artichokes with a coating of the garlic dip, and place them on the preheated grill. Grill the artichokes for 5 to 10 minutes, basting with dip and turning frequently, until the tips are a little charred. Serve immediately with the remaining dip.
Chilled Pea and Spinach Soup
*Gourmet, June 1995*

1 pound fresh green peas, shelled (about 1 ½ cups), or 1 ½ cups thawed frozen
1 bunch spinach leaves (2 cups packed), washed well and spun dry
1 tablespoon sugar
1 teaspoon dried tarragon
½ teaspoon salt
freshly ground black pepper to taste
2 cups chicken broth
1 cup ice
2/3 cup plain yogurt

In a saucepan simmer peas, spinach, sugar, tarragon, salt, and pepper in broth 15 minutes, or until peas are very tender. Puree soup in a blender until smooth and transfer to a bowl. Stir in ice and ½ cup yogurt, stirring until ice is melted and soup is chilled. Divide soup between 2 bowls and top with remaining yogurt.

**Chive Vinaigrette**
*10-Minute Cuisine, Green & Moine*

5 tbsp olive oil
1 tbsp white wine vinegar
1 tsp Dijon mustard
Salt and Pepper
3 tbsp chopped chives
2 tbsp chopped tarragon (optional)

Mix up and dress a salad.

**Gomae (Sesame Spinach)**
*Recipe from Featherstone Farm, Rushford, Minnesota*

1 large bunch fresh spinach
1 to 2 tablespoons dark sesame oil
½ teaspoon soy sauce or tamari
1 teaspoon toasted sesame seeds

Bring a small pot of salted water to a boil. Drop the spinach into the boiling water for 1 to 2 minutes; it will turn bright green. Immediately remove the spinach and plunge it into the ice water for 1 minute to stop the cooking process. Drain it thoroughly, then squeeze out the excess water.

Mix the sesame oil and soy sauce in a bowl. Toss the oil mixture with the spinach and top with toasted sesame seeds. Serve warm or cold.

**Orachy Green Sauce**

2 cups mixed greens, such as spinach, orach, beet greens, cress, chard, arugula, celery leaves, almost any other green herb from your garden...
1 clove garlic, 1 shallot or 3 scallion bottoms, chopped fine
½ cup cottage cheese
½ cup yogurt or sour cream
S & P & lemon juice to taste

Put all ingredients in a mortar and pestle or a food processor and mash/whirl until desired consistency. This sauce can be a soup embellishment, a potato topper, a risotto flavoring, etc. Experiment and enjoy.

**Carrot and Beet Salad with Ginger Vinaigrette**
*Gourmet, April 1994*

¼ cup minced shallot
2 tbsp minced peeled fresh ginger
1 clove garlic, minced
¼ cup rice vinegar
1 tbsp soy sauce
½ tsp Asian (toasted) sesame oil
Tabasco to taste
½ cup olive oil
4 cups finely shredded carrots
4 cups finely shredded peeled raw beets (~ ¾ pound) spinach leaves, washed thoroughly, for garnish if desired

In a blender puree shallot, ginger, and garlic with rice vinegar, soy sauce, sesame oil, and Tabasco. With motor running add olive oil in a stream and blend until smooth.

In separate bowls toss carrots with half of the dressing and beets with remaining half. Divide carrot salad and beet salad among 6 plates and garnish with spinach leaves. Serves 6.

**Sesame Snap Peas**

½ pound snap peas, trimmed and strings discarded
1 teaspoon Asian sesame oil
1 scallion, sliced thinly on diagonal
2 teaspoons sesame seeds, toasted lightly
Salt as needed/wanted

Slice snap peas into 2 or 3 sections with a sharp knife. Sauté in a pan with the oil on med high heat until bright green. When serving, sprinkle with the scallions and sesame seeds. Add Salt if desired.