

In your box this week:
Lettuces, Strawberries,
Chervil, Baby Carrots,
Fava Beans, Green
Garlic, mystery

**Initial Veggie
Notes** from Julia

Storage:
Everything in
your box should
be stored in the
fridge this week.
It will all keep

better if kept colder. Remove the greens from the carrots for better storage, the greens remove nutrition from the root.

To eat within 1-3 days: Strawberries & chervil.

What I would (and likely will) do with this week's box: Make a salsa verde with the chervil and serve that over fish. Divine. Eat the favas as is or put them in an orzo salad. Send the baby carrots in my children's school lunches. Make the green garlic pesto and use it instead of mayo on sandwiches, instead of red sauce on noodles and pizza, you get the idea.

The Farmer Article: Last week's article on strawberries and methyl bromide was quite lengthy, so the second half will appear in this week's paper copy with the veggie boxes. Here's a link to our website dedicated to Andy's writing, at this time it has 11 of Andy's recent articles on there, and more will be added at least a couple times a month.

<http://www.ladybugletter.com>

For more recipes, I've updated our other-recipe-websites page:

<http://www.mariquita.com/farm/recipe/links.html>

Photo Links these are in the email letter... I don't put the actual photos in this PDF version to save the ink on your printer since most folks use this for the recipes.... -jw

Recipes

Two Small Farms/Mariquita Farm Recipe Page:
<http://www.mariquita.com/farm/recipe/links.html>

FAVA BEANS: Have a guest or available child help remove them from the pods, or do it while you're

watching TV or on the phone... My favorite way to serve fava beans is to dump the whole pile of pods on the table, then eat them right there. You can serve with a sharp cheese, or as is. Or try one of the below recipes:

the following recipe is from CSA member Vinz K:

Baby Fava Beans and Pecorino

Toss the shelled Fava's in boiling water for one minute, drain and plunge them into ice water to stop the cooking and to keep them bright green. This also aids in peeling the skins. You skin the larger beans, the very small ones don't need to be peeled because they are quite tender. For about 1 cup of fava beans you shave 1/2 pound of Pecorino Sardo or Pecorino Toscano, preferably with whole peppercorns over them. You toss it with some high quality olive oil, and voila.

Julia's Fava Salad

2 pounds favas, unshelled weight
2 cups cooked rice or orzo
5 stalks green garlic, cleaned as you would a leek and chopped
3 baby carrots, finely sliced or chopped
2 handfuls spinach, dried and roughly chopped
2 Tablespoons chopped chervil
Homemade vinaigrette (standard proportions = 3 parts oil to 1 part vinegar, can also add S & P, mustard, honey or jam, herbs.....)

Remove favas from pods. If you have the time, patience or prep cook, blanch them for 1 minute in boiling water and remove their outer light green skins. If you've got larger beans, this step is necessary.

Cook the garlic and carrots and spinach for a brief time on med-high heat with a bit of oil, then cool. Mix with everything else in a bowl, eat.

Fava Bean Orzo

adapted from a recipe by chef Lissa Kane of Piatti Restaurant in Carmel

Serves 4

2 stalks green garlic, cleaned and chopped
1 Tbl. extra virgin olive oil
1/4 cup unsalted butter
1 lb. orzo (riso or pastina may be substituted)
1/4 cup white wine
7 cups warm chicken or vegetable stock

1 cup fava beans -blanched (probably no need to peel this week's crop: they are the tenderest first harvest, peel any larger beans you might have)
2 Tbl. kosher salt
freshly ground pepper to taste
1 Tbl. minced fresh oregano or thyme
1/4 cup grated Parmesan or pecorino cheese
1/4 cup fava bean purée (just mush up some blanched favas, or blanch some green peas and mush them if you need to substitute.)
Parmesan or pecorino cheese to taste

In a heavy-bottomed saucepan over medium heat, sauté the green garlic in the olive oil and one tablespoon of butter until softened. Add the orzo and stir to completely coat the pasta grains. Deglaze the pan by adding the white wine. Add one cup of warm stock and stir continually so that the pasta does not stick to the bottom of the pan. When the liquid is absorbed, add another cup of stock and continue stirring. Repeat this process, adding stock one cup at a time until the orzo is cooked al-dente (about 10 to 12 minutes). Add the fava beans, salt and pepper. Mix well and then remove from the heat and cover for three minutes. Next add the remainder of the butter, the thyme and the 1/4 cup of cheese. Stir in 1/4 cup of fava bean puree and serve the orzo with more cheese, if desired.

Garlic trivia I picked up off the Food Reference Newsletter:

Dear James (from <http://www.foodreference.com>)
It is not only Chinese courtiers long ago (who had a problem with garlic) -- even today no-one in the British Royal Family eats garlic (so as not to have breath that might offend), and as a result no-one who works for them is a garlic-eater either. I have a friend who works at Buckingham Palace and who, as a consequence of being forbidden to eat garlic herself, has learned to be inordinately attuned to garlic breath in others. It seems that the purer one tries to become, the worse the rest of us smell.
Yours, Michele

Green Garlic Soup Au Gratin

8 Stalks Green Garlic
1 Tablespoon Olive Oil
1 Tablespoon Butter
2 Tablespoons Butter, plus 2 teaspoons Butter
8 sl Day-old Bread
1 1/4 c chicken or vegetable Broth
1/4 teaspoon Salt

1/4 teaspoon Ground Black Pepper
1/2 c Parmesan Cheese, grated
Remove and discard upper third of garlic stalks; (green leaf ends) thinly slice bulb. Heat olive oil and 1 T butter until beginning to foam. Add garlic; sauté 1-2 minutes. Reduce heat, cover tightly, and cook 15-20 minutes, stirring occasionally. Spread bread with 2 T butter; oven toast until lightly golden. Add broth to garlic, season with salt and pepper and bring to a boil. Ladle into 2 oven-proof serving bowls; cover with toasted bread and top with cheese. Dot each with a teaspoon of butter. Bake at 450F for 10 minutes, until cheese has melted and begun to turn golden.

Green Garlic and Wild Mushroom Tortellini

2 8-ounce packages fresh tortellini
1 pound fresh wild mushrooms, or 2 ounces dried, reconstituted in hot water for a few minutes
2 tablespoons olive oil
2 tablespoons butter
1/2 cup green garlic, finely chopped
1/2 cup pasta water or white wine
3 Tablespoons white wine (optional)
A few curls of parmesan cheese

Prepare tortellini according to package directions. Clean and roughly chop wild mushrooms. Heat butter and oil to very hot and sauté mushrooms very quickly. Add green garlic and pasta water or wine and simmer for several minutes to make the sauce. Add the 3 T of wine just before you add the pasta. Add pasta to pan, toss and cook a minute longer. Serve in warmed soup plates garnished with several bits of sautéed mushroom and a curl of fresh parmesan cheese.

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