

VITALITY SUPPORTED AGRICULTURE

Nurturing a Sense of Calm and Inner Peace During Life's Day-to-Day Chaos

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- **Young Fava Beans** — First of the season!!! Fava beans can be quite time-consuming when you have to remove them from the pods & also remove their little skins. But! When the beans are young, none of that is necessary, and the best way to enjoy your favas is to roast them whole and eat like edamame. See recipe.
- **Garlic Scapes**— First of the season!!! Just like *raab* is the term for the flowering stalk of any *Brassica*, a *scape* is the flowering stalk of any *Allium* (onion, garlic, leek). Garlic scapes are buttery & garlicky and so easy to chop up into sautéés, add raw into salads, or toss onto the grill. Enjoy these curly whirly wonders, they are a treat!
- **1 bu. Cilantro***
- **3 Persian Cucumbers**— We grow up with cucumbers available at the grocery store year-round, but there's nothing like that first crisp bite into the first spring cucumber of the season, especially on a hot day in the field!
- **1 bu. White Russian Kale**
- **1 bu. Spinach**
- **1 bu. Spring Carrots**
- **2 Fresh Willamette Sweet Onions!** — Each spring we wait for the first fresh bulb onions of the season after a long winter of dried storage onions. Be sure to get the most bang for your buck and use up every last inch of the green tops. You can slice them up and add them into sautéés or raw into salads, or simply add them to a pot to make stock.
- **1 head Lettuce**
- **2 lb. Yukon Gold Potatoes***

*Produce from OGC (Organically Grown Company)

3 TRICKS TO TRANSFORM YOUR SAUTÉÉS

Hello, veggie-lovers! Thins have been feeling like summer on the farm this past week and we've been soaking up the sunshine alongside the plants. There are so many incredible spring foods making their seasonal debut in your box this week, including fava beans, garlic scapes, and Persian cucumbers!

When I first started working at the farm, I didn't know what vegetables were let alone how to cook them. Over the years I've learned so much from farmer friends, from cookbooks, and through trial and error, and since then I've been helping to vegucate others and help break down the intimidation of cooking good food. There are 3 simple tricks that have taken my cooking to the next level, and perhaps they can revolutionize yours as well.

1. WAIT TO SALT

This is the big one folks, the gastronomic game-changer, the magic secret. Have you made a thousand mushy veggie sautéés? Well I have, and it's because I salted the veggies in the pan during the cooking process. Salt breaks cell walls & draws water out, which is great in an oven where water is evaporating from all directions, but not in a frying pan where water just puddles. To get perfectly textured veggie chunks, soft & juicy on the inside, golden-brown on the outside, just wait to salt until the very end. (*That's also the perfect moment to pour in eggs when making a breakfast scramble.*)

2. ADD ONIONS LATER

People always say that you want to start every sauté with your garlic and onions, but I've found the exact opposite to be true. Onions have a lot of water in them, so when you put them in first, just like salting early they will prevent your other vegetables from getting that golden-brown texture that you want. Add your onions in about halfway through the cooking process instead.

3. ADD GARLIC LAST

As I said above, people always say to add garlic first, but the longer it's in the pan the more its flavor diminishes. If you're going to spend all that time peeling and mincing cloves, be sure to add that precious garlic in last and let cook for just a few minutes, preserving all its potent flavor & getting the most from your meal.

—With love, your vegucator, LB

VEGUCATION STATION

Grilled Young Fava Beans in Shell



—Adapted from <https://www.tastecooking.com/recipes/grilled-fava-beans/>

Ingredients

- 1.5 lb **Young Fava Beans**, in their pods
- 2 Tbsp olive oil
- Salt to taste
- 2 Lemons, sliced in half
- Pepper, chili flakes & anything else for seasoning

Directions

1. In a large bowl, toss the fava bean pods with olive oil and salt.
2. Place the lemon halves and beans in a single layer on your grill over medium heat. Grill for about 3 to 4 minutes until nicely charred in spots. Flip the fava beans and cook another 3 to 4 minutes. If the pods start to burn, move them to the cooler side of the grill to finish cooking.
3. Transfer the charred lemon and fava beans to a serving plate. Sprinkle with salt and/or chili flakes.
4. Enjoy like edamame, eating the beans out of the shells. Young fava bean shells are also delicious when tender, and you may find that the entire thing is delicious and edible, save for the one stringy back bone of the bean.

How to Make Kale Chips You Actually Want to Eat



—Adapted from <https://www.thekitchn.com/kale-chips-262018>

Ingredients

- 1 large bunch **White Russian Kale**
- 2 tsp miso
- 2 tsp soy sauce or tamari
- 2 Tbsp coconut oil or any high heat oil
- Flaky sea salt for serving

Directions

1. Tear the kale and place onto baking sheets. Tear the kale leaves into bite-sized pieces and divide between 2 rimmed baking sheets.
2. Whisk together miso-tamari sauce. Whisk the miso and tamari or soy sauce together in a small bowl. While whisking, slowly drizzle in the oil and whisk until combined (it's okay if mixture looks slightly separated).
3. Coat and massage the kale. Drizzle the mixture evenly over the kale and use your hands to massage it into the kale, getting into every nook and cranny. Spread the kale into an even layer on each baking sheet.
4. Bake until crisp. Bake, stirring the kale and rotating the baking sheets between racks halfway through, until the kale is crisp, 18-20 minutes total. Toss with flaky sea salt, if desired.
5. While baking, keep a close eye on the kale to make sure it doesn't burn. I suggest not leaving the room.