



## **47<sup>th</sup> Ave Farm Winter CSA for the week of May, 28 2012**

Oh what treats this week! Radishes, baby bok choy, fava greens, arugula. . . I don't know if you've ever cooked radishes but they are wonderful in the below stir-fry and you can use their tops in this dish too. And if you have some white beans lurking in your pantry by all means use them in the hearty salad with arugula and tuna.

Fava Greens Notes

Radish Notes

Bok Choi and Green Garlic Stir-fry with Lime

White Beans with Arugula and Tuna

Asian Noodle Salad with Toasted Sesame Dressing, Turnip Greens and/or Bok Choi

Green Garlic, Fava Greens and Feta Frittata

### **Fava Greens Notes**

These greens are so tender and sweet and fresh.

- You can chop them coarsely and add them raw to salads.
- More typically you can sauté them in a bit of olive oil with other tender greens (like the turnip greens in this week's share) and you could stew some finely chopped green garlic in a bit of butter first and then add the fava greens for a simple side dish.
- You can add the fava greens, chopped to a spring vegetables soup (maybe with some dry beans and some small pasta) at the very end.
- You could also blanch them briefly in salted, boiling water and then make a quick pesto out of them to garnish a soup or crostini or stir into scrambled eggs.
- You could make last week's pea shoot risotto with the fava greens instead—exact same process. Again, bacon would be delicious to add to this.

### **Radish Notes**

- Radishes are wonderful, as the French eat them, with some good butter and good sea salt.
- They add color, crunch, and sweet-spiciness to salads—you could make a lovely one with the lettuce and some arugula and a dressing of some minced green garlic, Dijon-style mustard, red wine vinegar, olive oil, some fresh thyme if you have it and some hardboiled egg.
- They are good sautéed or braised with other veggies (or stir-fried, see below)
- The greens can be quickly blanched and made into a pesto by themselves or in combination with other herbs.

## **Bok Choi and Green Garlic Stir-Fry with Lime**

*--inspired by 101cookbooks.com*

There are lots of ways to approach this technique and flavor combination. If you have ½ a bunch of asparagus on hand, by all means use it in this dish. If your turnip greens happen to have tiny turnips attached to them in this week's share, use those.

You can include extra-firm tofu or very thinly sliced flank steak or leftover chicken in this dish. Alternatively you can fry an egg on the side and top the stir-fry with it.

Whatever approach you take you want to have all your vegetables (and protein, if using) cut up and ready to go when you start. The dish just takes a few minutes cook.

**\*\*NOTE:** If you are using meat or tofu (cut into small pieces or very thin slices respectively). Fry it briefly in toasted sesame oil in a wide skillet or wok over high heat. Then remove from pan while you proceed with the rest of the ingredients.

Toasted sesame oil

4 green onions (or chunk of regular onion), thinly sliced

scant 1 tablespoon freshly grated ginger

1/2 teaspoon crushed red pepper flakes

1/2 a bunch of asparagus, trimmed and cut into 1-inch pieces (optional)

1 bunch radishes, cut in half (or quarters) and tops washed and roughly chopped

a couple big pinches of fine-grain sea salt

2 stalks green garlic, trimmed of tough ends and roots, finely chopped

1 big handful of toasted cashews, chopped up a bit or roasted peanuts or slivered toasted almonds

4 cups (more or less) bok choy, washed and cut into 1-inch ribbons/chunks

zest and juice of one lime (or zest and juice of half a lemon)

1 tablespoon soy sauce or Shoyu

1 small handful fresh mint, thinly sliced (optional but very good)

Add a (generous) splash of toasted sesame oil to the pan and, as soon as it is hot, add the onions, ginger, red pepper flakes, radishes, asparagus (if using), and salt. Stir-fry for about 2 minutes, then add the garlic, nuts, and bok choy and radish tops and stir-fry for another minute or 2, or until the greens wilt. Return tofu or meat (if using) to the pan. Stir in the lime zest and juice and the soy sauce. Cook for another 30 seconds, stirring all the while.

Remove from heat and stir in the mint. Taste and add a bit more salt if needed. If not using meat or tofu top with fried egg or serves as is with rice or just as a side.

Serves 2-4 (main/side)

## **White Bean, Arugula and Albacore Salad**

Serves 4 as a main course or 8 as a side.

This is a quick, hearty and classic Italian salad. It's strongly flavored with generous amounts of acidity from both vinegar and lemon juice and capers and red onions. It's best with some of our local Oregon Albacore that can be found in cans at New Seasons, Pastaworks, Fred Meyer, etc. It's worth getting good-quality canned tuna (something I always keep in the pantry) for this dish.

1 or 2 (5 or 6-ounce) cans tuna (preferably Oregon Albacore)  
3 cups cooked white cannellini or other white beans or 2 (15-ounce) cans, drained and rinsed  
2 cups (or more) arugula, chopped  
1/3 cup capers, nonpareil in brine or packed in salt, drained and rinsed and chopped up a bit  
2 tablespoons lemon juice (or more vinegar if you don't have lemon juice)  
2 tablespoons red wine vinegar  
2 tablespoons olive oil  
1/2 small red onion very thinly sliced or 1/2 bunch of chives or 2-3 scallions  
bite-sized pieces  
Zest of half a lemon  
Sea salt and fresh ground black pepper

In a large bowl, add the tuna, reserving the olive oil or juices from the can in a separate small bowl. Break tuna into bite-size pieces with a fork. Add the beans and capers. Into the bowl of olive oil or tuna juices, add the red wine vinegar, lemon juice, and zest and extra olive oil. Season with salt and pepper. Pour dressing on the tuna, bean and caper mixture and add the onion and the arugula to tuna mixture and toss gently. Serve with good, crusty bread.

*Note: Very good the next day, mashed up a bit, as a sandwich filling.*

### **Basic Dry Bean Soaking/Cooking Instructions**

If you aren't in the habit of soaking and cooking dry beans here are the basic steps. The flavor of the beans is very good this way and they are much, much cheaper than cans. Once in the habit, it's not much work at all. And I always soak and cook more than I need for any given recipe and freeze the rest in some of the cooking liquid. I also rarely cook beans for use in the moment. They improve so much if you can let them sit in their cooking liquid for an hour or so, or up to 8 hours. I usually cook them while I'm doing something else in the kitchen and then have them on hand for the next few days and/or freeze them for later use.

3-4 cups dried beans (garbanzo, white, black, pinto. . . ) Rinse beans if they look dusty and pick out any stones. Usually I don't find anything like that. Place in a large bowl covered by about 4 inches of cold water. Soak over night or 6-8 hours. Drain and rinse beans.

Place soaked beans in a large pot and cover with cold water by several inches. Add a few whole, peeled garlic cloves, a bay leaf and a big chunk of peeled onion. Bring to a boil, turn down to a simmer and let cook covered until the beans are tender, stirring occasionally (this helps prevent some beans from softening before others.) If your beans are old (hard to tell!) salting them at the beginning can prevent them from cooking properly, so salt mid-way through or at the end. When you do add salt, be generous, as in at least 3 teaspoons kosher salt to start if you're cooking 4 cups or so of dried beans. They'll probably need more still. The time it takes for the beans to cook will vary depending on the kind of bean and the freshness of the dried beans. Garbanzos take the longest, usually about 45 minutes. Black, white and pinto can be done in 15-40 minutes. Let beans cool in their liquid (if you're not in a rush) and then use, freeze, etc. If you're freezing some, fill your container with the beans and then ladle in the cooking liquid until the beans are almost covered. Cooked beans also keep in the fridge for 5-6 days and for several months in the freezer.

## **Asian Noodle Salad with Toasted Sesame Dressing, Turnip Greens and/or Bok Choi**

*—inspired by Feeding the Whole Family by Cynthia Lair*

This is fairly classic combination. It's a perfect place for some green garlic, bok choy and turnip greens this week. You can adapt at will and actually some slivered radishes would be great or you could experiment with the fava greens here too—using them instead of or in addition to the others.

Serves 4-6 as a side and 2-3 as an entrée

1 (8-ounce) package soba noodles (or whole wheat spaghetti – Barilla is a brand for this)  
¼ cup sesame seeds  
¼ cup chopped cilantro and/or mint (can omit in a pinch)  
1 bunch bok choy, washed and cut into ½ inch ribbons  
1 bunch turnip greens, washed and cut into ½ inch ribbons  
2 tablespoons toasted sesame oil  
3 tablespoons tamari (or regular soy sauce)  
2 tablespoons red wine vinegar  
1 tablespoon maple syrup or honey  
2 teaspoons, minced green garlic  
pinch or two of chili flakes (or more depending on your taste)

Cook soba noodles according to package directions. About 2 minutes before the noodles are done add the chopped greens to the noodles, bring back to a boil and cook for a few more minutes. Drain and rinse noodles and greens in colander.

Toast sesame seeds in a dry skillet over medium heat. Keep seeds moving until they give off aroma, pop, and begin to brown. This just takes 3-4 minutes. Remove and set aside. They burn easily so watch carefully.

Mix dressing ingredients in large bowl, add noodles, greens, sesame seeds and cilantro. Mix well.

## **Green Garlic, Fava Greens and Feta Frittata**

This is one of my quickest, go-to dinners for a busy day. The options are literally infinite as to what to include. In this version green garlic and fava greens are the core, with a bit of feta. You could substitute the turnip greens for the fava greens as well. This is wonderful the next day in sandwiches or as a snack. It's just as good at room temperature as it is cold or warm. To make this a bit heartier, you could add potatoes cut into small dice that you cook with the green garlic.

3-4 green garlic stalks, washed finely chopped  
2 medium potatoes, scrubbed and cut into ½-inch dice (optional—see headnote)  
1 tablespoon olive oil or butter  
6-8 eggs (or whatever you have or want to use)  
3-4 cups, chopped fava greens (or turnip greens)  
2 ounces feta or fresh goat cheese (optional—can omit choose or substitute some Parmesan or even sharp cheddar)  
Salt, pepper

Heat the butter and oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the green garlic and a few pinches of salt to pan and

sauté over medium heat until they soften about 7-8 minutes. Add the fava or turnip greens and turn up the heat to medium-high and sauté, stirring often, for about 2-3 minutes until just tender and wilted.

Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add a few generous pinches of salt and several grinds of pepper and crumbled feta or goat cheese. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Cover and cook on medium heat for a few minutes. When the eggs begin to set around the edge take the pan off the heat and set under the broiler (uncovered) until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way. Serve with a slice of bread and salad.