



### **47<sup>th</sup> Ave Farm Winter CSA for the week of June 3, 2013**

There are two big colorful salads in the packet this week that lend themselves to your adaptations. And you have a special treat of dried white beans that pair perfectly with the other special treat, the spring raab. Laura grows the most unbelievable creamy and flavorful dry beans. I suggest you cook them with the raab and some garlic scapes and maybe some pork product. You can also make a wonderful spring vegetable minestrone with the carrots and some peas tossed in at the end, based on the beans. Enjoy the beautiful produce and the sunny week ahead!

#### **Radish Notes**

**Spring Quinoa Salad with Radishes, Mizuna, Carrots and Herbs**

**White Beans with Spring Raab and Garlic Scapes (and bacon or sausage?)**

**Chopped Salad with Bok Choi, Mizuna and Tahini Yogurt Dressing**

**Bok Choi Yakisoba**

**Stir-fried Bok Choi and Quinoa**

#### **Radish Notes**

French Breakfast Radishes are really so good with good butter, sea salt and some good bread on the side.

You could also slice them thinly and mix them with very thinly sliced bok choy stems (the fleshy white part) and dress them with rice wine vinegar and salt for a nice little garnish.

They're also delicious in the quinoa salad below.



### **Spring Quinoa Salad with Radishes, Mizuna, Carrots and Herbs**

This is a pretty great “dinner” salad on a warm night. And it’s a pretty loose recipe so taste and adjust as you go and feel free to vary to suit your taste.

This makes a lot of salad so feel free to cut the recipe in half. I loaded mine up with herbs—mint, parsley, cilantro, chives and thyme. The more the better I think.

2 cups quinoa cooked in 2 1/2 cups water until tender and fluffy  
One bunch radishes, trimmed and chopped  
3-4 carrots, cut into small pieces  
2 cups bok choy stems, cut into small dice  
2 cups mizuna, fairly finely chopped  
1 shallot, finely chopped or 4 scallions or 1/2 onion, finely diced  
1 cup chopped fresh herbs (parsley, mint, oregano, cilantro, etc.)  
Salt and pepper

#### **Dressing**

1 1/2 tablespoons Dijon-style mustard  
1 garlic scape, chopped as finely as you can  
Grated zest of a lemon  
1/3 cup red wine vinegar  
1/2 cup good olive oil  
Salt and pepper to taste

Cook quinoa and allow to cool. In a separate bowl, mix chopped vegetables and herbs.

In a small bowl whisk mustard, garlic scape, zest and vinegar until smooth. Slowly add oil while whisking until the mixture is smooth. Add salt and pepper to taste. This dressing needs to be salt and tart. The quinoa will absorb a lot. You’ll be surprised how much vinegar and salt you need especially if you don’t eat it right away.

Toss with cooked quinoa, vegetables and herbs and drizzle on the dressing and adjust with salt and pepper to taste.

### **White Beans with Spring Raab and Garlic Scapes (and bacon or sausages?)**

Beans, greens and garlic (and possibly pork!) is a heavenly combination. And Laura's dry beans are such a treat. I've included my typical bean soaking and cooking instructions down below, however, I'm onto a different cooking method lately thanks to Cathy Whims (of Nostrana) who typically cooks her beans slowly in the oven—no soaking, just about 90 minutes in the oven in a covered pot. It works beautifully so if you have the time by all means try this method.

Dry white beans (however many you have- you might as well cook them all at once)  
1 bay leaf  
2 cloves garlic, peeled and left whole  
Small chunk of onion (not chopped)

Preheat your oven to 300 degrees.

Put all the above ingredients in heavy oven proof pot for which you have a good lid. Cover the beans with about 2-3 inches of cold water. Bring the beans to a simmer on the stove top and then put in the oven. Check after about an hour and give the beans a good stir. Re-cover and put back in the oven. Cook for another 30 minutes and check for doneness. You may need a little more time still. When tender, remove from the oven, add at least a teaspoon of salt, stir well and let sit for a while longer for salt to absorb.

Meanwhile, finely chop 3-4 garlic scapes and dice a little bacon or a pork sausage or two. In the large skillet you have, slowly cook the scapes and the pork if using, otherwise use olive oil or butter, until softened and beginning to brown. Add the well-washed, roughly chopped raab and a few pinches of salt. Cook for 3-4 minutes until the raab starts to soften. Add the drained beans and a little cooking liquid and heat everything through well and cook for a just a few minutes to let the flavors marry. Season with freshly ground pepper and drizzle with good olive oil.

### **Chopped Salad with Bok Choi, Mizuna and Tahini Yogurt Dressing**

This is a robust, bright salad that is begging for seasonal adaptations, protein additions (leftover chicken) etc. And it's just as good if not better the next day.

2-3 cups finely sliced bok choy stems  
4 cups chopped mizuna  
3-4 carrots, grated (on large hole of box grater) or chopped if too small to grate easily  
3-4 radishes, sliced into thin rounds (optional)  
1-2 green onions (scallions), thinly sliced  
½ Serrano chili, minced (with or without seeds depending on how spice you like things) or ½ teaspoon or more red pepper flakes  
2 tablespoons chopped mint  
¼ cup toasted, chopped almonds or toasted sunflower seeds

Dressing

2 tablespoons Tahini (sesame paste)  
2-3 tablespoons Greek Yogurt (or sour cream or mayonnaise)

1 teaspoon Dijon-style mustard  
1 small clove of garlic, minced or mashed with side of knife or 1 garlic scape, minced  
Juice of 1 lemon (or lime)  
Salt and pepper

Place all chopped veggies in a large bowl. Whisk dressing ingredients until emulsified and smooth. Taste for seasoning. The dressing should be quite strong since it's going to dress a lot of veggies. Toss veggies with dressing, mix well and adjust seasoning.

### **Bok Choi Yakisoba (Soba noodles in broth)**

This Japanese-inspired noodle soup is delicious one-pot meal. It's a great place for lots of garlic scapes and the gorgeous, tender carrots and you could even toss in some sliced snap peas if you don't snack on all of them before you can make anything with them. And if you don't have tofu you can use cooked chicken. You can use rice noodles or egg noodles instead of soba noodles as well. Adapt at will!

Serves 4, generously

1 8-ounce package soba noodles  
2 teaspoons toasted sesame oil  
1 onion, cut into ¼-inch half-moons  
4 garlic scapes, finely chopped  
2 cloves garlic, minced (you can omit this and just use scapes too)  
3-4 small carrots cut into match sticks  
5 shitake mushrooms, sliced (optional)  
3 cups bok choy, chopped  
4 cups water  
¼ - 1/3 cup soy sauce, tamari or Shoyu  
½ pound firm tofu cut into ½ inch cubes (or cooked chicken—see headnote)  
1 tablespoon grated fresh ginger  
2 green onions, thinly sliced

Prepare soba noodles according to package directions. Drain and set aside.

Heat oil in a soup pot and add onions and garlic and or garlic scapes; sauté over medium heat until onion begins to soften. Add carrots and mushrooms (if using); sauté a few minutes more. Add water, tamari, tofu, and ginger. Bring to a simmer, cover and cook for about 8 minutes. Add bok choy and cook 2 more minutes. Taste and add a little salt if needed. Depending on the soy sauce you use you'll probably need a bit of salt to bring it all together.

Portion noodles into deep bowls (you may have more noodles than you need so don't feel you have to use them all for four dishes) and ladle over broth and vegetables. Garnish with the green onions.

### **Stir-fried Bok Choi and Quinoa**

Cook 1 cup of quinoa with 1 ½ cups water and a couple pinches of salt until the water is absorbed and the quinoa is tender—about 15 – 18 minutes.

Meanwhile wash the bok choy well and shake or pat dry. Cut into thin ribbons. Finely chop some carrots and slice a handful of snap peas on the diagonal into thin slices. Heat some sesame or peanut oil in a large skillet or wok. Toss in some finely chopped garlic scapes and a couple of pinches of red pepper flakes, salt and the vegetables. Cook quickly over high heat, keeping the vegetables moving around. Finish with toasted sesame seeds and a little more toasted sesame oil and a splash of soy sauce if you'd like—though a little goes a long way so taste as you go. Serve over the quinoa and garnish with chopped cilantro or green onions or both, if you have them.

### **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 cheaper than cans. Once in the habit, it's not much work. I always soak and cook more than I need for any given recipe and freeze the rest in some of the cooking liquid.

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 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.) I've had good luck salting at the beginning of the cooking process but know that sometimes it can prevent beans from cooking properly, so salt mid-way through or at the end if you'd like. 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 20-40 minutes. Let beans cool in their liquid (if you're not in a rush) for several hours or overnight. No need to refrigerate at this point. It really deepens their flavor. 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.