

June – Salad Bowl Month

Chilled Asparagus Salad – Sunnyside Farms-Fruitland, Idaho – est 1896

½ lb Asparagus Spears trimmed – blanch in boiling water – drain toss into ice water to keep them crisp and good green color. Mix together in a small bowl 2 Tbsp Ranch Dressing, 2 Tbsp Grated Sharp Cheddar Cheese, 2 Tbsp toasted slivered almonds. Drain asparagus and chop into bite size pieces, toss together gently with dressing and serve. Really tasty with fresh crisp Bacon Bits on top!

Toasted Asparagus

Trim stem end, rinse and pat dry place on a nonstick cookie sheet. Drizzle Extra Virgin Olive Oil and sprinkle with Sea Salt and Pepper – Roast in 425 oven for 8 mins, remove and sprinkle with fresh parmesan cheese, place back in oven bake till bubbly. Serve warm as an appetizer or a side with Lamb Chops.

Asparagus Soup

1 lb asparagus trim off end, then chop into bite size pieces. In a 2 quart sauce pan, melt ¼ cup butter and stir in ½ cup flour brown slightly and add 1 quart of 2% milk, blend well, add asparagus and ½ cup minced green onion, 2 cloves garlic, simmer till all cooked and asparagus is tender. Add 1 cup of grated sharp cheddar cheese, stir till all melted. We use white sharp cheddar. This freezes well so you can enjoy all year long.

Pea Pods – Springs true treasure in an edible pod!

My mom would tell me to pick a gallon of these tasty sweet pods from our huge garden. Why did she tell me to pick a gallon you may ask- that's a lot of pea pods!? Well those treasures are my very favorite spring time treat and I would eat most of them before coming back in to the kitchen!

Pea Pods are packed full of nutrients and fiber, best raw fresh off the vine. Enjoy them fresh on a veggie tray, in salads or gently cooked in a stir fry. You can freeze them by blanching, tossing them into ice water, drain and vacuum seal to use in dishes during the winter. By keeping them crisp you will be able to savor their sweetness and crunchy texture that makes these a true spring time treasure in pod.

Garden Pasta Salad with Pea Pods

Cook and drain your favorite pasta, approx. 1 ½ cups uncooked. We like bowtie or shells for this recipe. In a med size bowl add 1 cup raw snow peas cut into bite size pieces, 3 radishes sliced, 1 cup arugula leaves or just a few (you decide), 1 cup assorted greens (pak choy, kale, swiss chard) cut into bite size, ¼ cup sunflower seeds, toss together use any of the following salad dressings. If you have dried tomatoes (we dry tomato chips and use them for garnish when tomatoes are not in season) toss in a hand full for color and added crunch.

**FROM JUNE TO END OF SEPTEMBER – OUR PRODUCE IS PICKED FRESH
FOR YOU EACH DAY!**

Blooming Salads – Micro greens and edible flowers!

Mixed greens of all kinds, Baby Spinach and Beet Greens, Ruffled Red and Green Lettuce, Baby Pak Choy, Arugula, Mizuna and more...Use your bag of tasty crisp greens toss together with 3 sliced Radishes, ½ cup chopped pecans or almonds, 1 can drained mandarin oranges (keep juice to make dressing)

Honey Mustard Dressing

¼ cup Fresh Valley Honey, ¼ cup Mayo, 2 Tbsp Stone Ground Mustard, mix well. If too thick add white wine vinegar.

Balsamic Dressing

¼ cup balsamic vinegar, 2 Tbsp Extra Virgin Olive Oil, 2 Tbsp Honey, 2 Tbsp minced chives, and chive blossoms, dash of sea salt and fresh ground pepper. Whisk together with zest from fresh lemons.

Buttermilk Herb Dressing

½ cup Buttermilk (use a good brand “Bavarian” is best), 3 Tbsp white wine vinegar, 2 Tbsp chopped Fresh Basil Leaves, 2 Tbsp fresh parmesan cheese, ¼ tsp minced garlic, Dash of salt and pepper. Pulse in food processor for creamy texture.

Spinach Cheese Bundles

Mix together 6oz cream cheese with ½ cup chopped green onion with tops, 2 slices sundried tomatoes minced, 1 garlic clove minced, dash of salt and pepper, ½ cup chopped fresh spinach.

1 package Frozen Puff Pastry, place on floured surface and cut into 16 – 3” squares.

Place one 1 tsp or so of cream cheese mixture in middle of square bring up sides pinch tightly seal, Bake 400- 10 – 13 mins Great appetizer for summer!

MICRO GREENS AND EDIBLE FLOWERS –HEALTH, TASTE AND BEAUTY IN A TINY FUN SIZE!

Eating Fresh and Seasonal is not only tasty but is more nutritious!

Stir Fry Fun! Get the BBQ fired up!

Depending on how many folks you have coming over, use accordingly amounts of meats or create this dish for the vegetarian in your family- easy and tasty.

Chop fresh greens of spinach, pak choy, green onions, kale, swiss chard, baby beets and greens, asparagus and pea pods place in a large bowl with a dash of sea salt and pepper, 2 cloves minced garlic and a squeeze of fresh lemon – set aside. Prepare meats – using a blend of pork and chicken or beef and shrimp – bite size portions is best. If using seafood keep separate and add after other meats are cooked.

(Seafood's cook quicker) In a wok or large skillet on your cooktop or BBQ cook meats in Peanut Oil (healthy choice for frying), when cooked to perfection toss in fresh veggies, cook till vibrant green.

Serve with warm bread, white wine and enjoy the sunset!

Deb's Spicy Pak Choy Soup – Orofino, Idaho

Served Hot or Cold – This soup is a hit! Of course using homemade Chicken or Veggie Broth makes it even better (we always have some frozen) you can add chicken chunks or serve without this is a hearty soup for all! Sauté in a large skillet, Olive Oil, 2 heads of Pak Choy, 4 stalks of Celery (diced), 3 carrots diced, 1 red bell pepper and 1 green pepper (not in season at our farm till August- we have these diced and frozen too from the prior year), 3 cloves of minced garlic, 1 large onion diced, 7 mushrooms with a few shitakes (if you have them), dash of salt and pepper. Sauté till slightly crisp, 5 cups of broth, a 1 tsp of red pepper flakes (or a few more if you like spicy)--- Simmer a little more, don't overcook!

Serve with warm tortillas!

Romaine Lettuce Wraps

Take the largest leaves, rinse well and dry with paper towels. Place on serving tray, prepare chicken salad, salmon salad or shrimp salad. Using mayo, Dijon mustard, boiled eggs, chopped celery and parsley as your base for each salad, spoon on leaves, sprinkle with chopped chives and lemon zest. Roll leaves (you are using leaves like they were bread) and enjoy!

Rinse and wrap fresh greens in moist paper towels or washable cotton towels to keep fresh!

Wash all produce before you eat! Especially when it has come from the store or farmers market. Wrap lettuce in damp paper towels to keep fresh and crisp, radishes do best soaked in water, mushrooms in paper bags. Always keep Apples in their own space – they produce a gas that will naturally ripen other fruits and vegetables quicker than we wish.

Quick Quiche

In a blender add the following, 1 cup spinach, 1 cup broccoli, 1 Tbsp chives or 2 green onions, 1 cup precooked ham or bacon, 1 cup Sour Cream, ½ cup Bisquick and 4 Farm Fresh Eggs. Pulse together, pour into a greased baking dish. Top with ½ cup grated cheese, Bake at 350 for 45mins till knife comes out clean. Enjoy with Chipotle Tabasco!

Radish Chicken Finger Sandwiches

Using an assortment of breads (we go to the bread outlet when making a lot of these) cut off crusts and cut each slice in half. In a mixing bowl add the following 1 cup cooked chicken chopped finely, chopped finely 2 tsp green onions, 3 radishes minced, 1/3 cup plain yogurt or sour cream, ¼ cup mayo, 1 Tbsp Orange Zest, salt and pepper to taste. Mix well and spread a small portion on each piece of bread top with another slice. Use one dark and one white to make them attractive. Also adding Alfalfa Sprouts or Water Cress is fun!

Toasty Green Onions – Great topping on salads

Take green onions and cut off roots, cut into 2 inch portions then cut them in half lengthwise, on parchment paper that has been sprayed with Canola Oil, place halves and broil till crispy. Be careful not to scorch. Use as toppings for salads and or baked chicken or fish. Amazing presentation and awesome flavor.

Baby Beets with Greens – Tasty Healthy Treat

Baby Beets are packed full of vitamins and fiber. Use can use them uncooked in salads or steam slightly and serve warm with Balsamic Vinegar and Butter. You can also use the greens in a salad and take the beet, roast with other veggies and serve as a side. Roasting changes the flavor and increases the sugar. Serve them with honey and a bit of balsamic vinegar as a beet salad.

Aneta's Lettuce Wraps – When our youngest daughter is in the kitchen it is always GOOD!

Wash and drain large leaves of Butter Crunch or Romaine, in small bowls prepare diced radishes, shredded cabbage, bean sprouts, sliced fresh mushrooms, pea pods, and place on a serving plate and chill well. Mix and sauté the following in order: ¼ cup diced green onions, 1 clove minced garlic, salt and pepper, 3 Tbsp Olive Oil, add 1 chicken breast diced small, sauté till done. Add ½ jar of Hoisin Sauce (find in the Asian section of your local store). Cook only till warm. On your table place your chilled platter of leaves and toppings and a bowl of warm chicken mixture. Spoon onto leaf add your desired toppings and enjoy a crunchy treat from the garden.

Be creative, but keep it simple and fresh!

Artesian Bread Stuffed with Garlicky Roasted Chard

Make Homemade Artesian Bread or Purchase a hearty crusty dense bread, cut lengthwise. Tear out some of the bread making a trough. In a baking dish toss together 3 to 4 cups chopped Kale and Chard (bright colors if you have them) ½ cup chopped green onion, 3 to 4 cloves of garlic minced, drizzle Olive Oil on this mixture and sprinkle with Sea Salt and Pepper. Roast this mixture in pan tossing occasionally till greens are toasted on edges. Remove from oven, fill in bread trough using all greens. Drizzle a bit more Olive oil and sprinkle Fresh Parmesan Cheese toast till bread is browned.

Kale Smoothies with a kick!

Add Kale to your morning smoothies! Use plenty of fresh fruits too!

Roasted Kale and Pea Pod Salad-LemonSpritz

Rinse and pat dry 1 bunch of Kale, we like to mix ours up for different textures and color, Rough Chop, 2 green onions diced, 2 cups pea pods cut into bite size pieces, 2 clove of garlic minced, ½ cup parmesan cheese. Using a cookie sheet use a piece of parchment paper (easy removal and clean up), place chopped kale layered with green onions, pea pods and garlic, drizzle extra virgin olive oil over top, sprinkle salt and pepper, roast in 450 oven, be careful not to burn, flip pieces once then top with cheese and roast till browned and bubbly. Spritz with fresh lemon and some zest

Chive Vinegar – Make now and use later! So beautiful too.

When your chives are blooming, remove all flowers and place in a 1 gallon glass vessel or several smaller ones. Pack in as many as you have in the vessel. Add a very good quality Vinegar we use “Monks”, seal with lid and place in cool dark area-leave alone for at least one month. You can then pour out into smaller bottles or jars and keep for at least a year. Amazing Purple light onion flavor. Use straight on salads or cut with Olive oil. We use this for marinades too.

