

Yarducopia Recipe Book

Summer 2017



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Sheet Mulch Garden

Five Simple Steps to Sheet Mulching:

1. Mow or cut your lawn, weeds, or other vegetation right down to the ground (optional).
2. Put at least two layers of cardboard or newspaper over the area the garden will be located in. I prefer to use large sheets of cardboard from appliance stores, because these last longer and are quicker to lie down. You can use layers of wet newspaper too. Make sure to have a 4 to 6 inch overlap where sheets meet so buried weeds can't find a route to the surface.
3. Now you can add your weed-free organic materials. I like to keep it simple, and just add a 6 to 8 inch layer of horse manure with bedding and urine. You can also do some sheet composting here, alternating layers of nitrogen-rich materials like fresh grass clippings with carbonaceous materials like straw or leaves.
4. Now you add your final top mulch layer (dries grass, leaves, straw, etc.) at least 3 inches thick. Water the whole bed thoroughly once again. Your sheet mulch bed is complete.
5. You can plant right into your bed if you like. Throw a double handful of compost in the planting hole and then put in the plant. Pull the layers and top mulch back around the plant, water well, and you're all set. Planting seeds is easy also: lay a strip of soil or finished compost about 1 inch deep and 1 inch wide on the surface to plant into. If you are planting seeds, be sure to water regularly, as compost on top of cardboard can dry out quickly.



Thyme



Harvesting: Woody stemmed herbs are best harvested just before blooming for peak flavor. Cut the stems for drying fresh thyme, just before a growth node. This will increase bushing and ensure a constant supply of the tasty leaves. Morning is the best time of day for harvesting thyme

Drying: Traditionally, many herbs were dried by hanging. This is still a useful practice today and requires no special equipment. Take stems and bundle them together. Tie the bundles and hang them where the temperatures are at least 50 F. (10 C.) and humidity is low. Stems may take a week or more to dry.

Eating: Fresh thyme can be used in many different recipes and is very good with roasted veggies and meats.

Sautéed Butter-Thyme Mushrooms

1 tablespoon butter

1 tablespoon canola oil

1/4 cup finely chopped **shallots***

3/8 teaspoon salt

2 (8-ounce) packages presliced cremini mushrooms

1/3 cup dry white wine

4 teaspoons chopped **fresh thyme**

**Use shallots from the garden as well!*

Melt butter in a large skillet over medium-high heat. Add oil and shallots; cook 1 minute or until tender. Add salt and mushrooms to pan; cook 13 minutes or until mushrooms are brown and liquid evaporates. Add wine to pan; cook for 2 minutes or until liquid almost evaporates. Stir in thyme, and cook for 30 seconds.

Other Uses: Thyme can also be made into an essential oil! Thyme oil is used to help relieve and treat problems like arthritis, wounds, bites and sores, water retention, menstrual and menopausal

problems, nausea and fatigue, respiratory problems (like colds), skin conditions (oily skin and scars), athlete's foot, hangovers and even depression.

Thyme Oil

1/2 cup fresh **thyme**

8 ounces carrier oil (ex. olive oil)

Mortar and pestle

Saucepan

Funnel

Glass container

Wash the herbs and dry it by patting it with a clean cloth. You may also dry it in the sun or place it in a salad spinner. Crush the herbs using the mortar and pestle to release their natural oils. Place the crushed thyme and its oil into the saucepan, and place the carrier oil. Simmer this mixture over medium heat for at least five minutes or until it produces bubbles. Turn the heat off and allow the mixture to cool. Pour the mixture into the glass container then store in a cool place.

Sage



Harvesting: At least twice during the growing season, cut six to eight inches from the top of the plants. This allows vigorous growth throughout the season. To harvest, pick the leaves as desired as long as you don't cut back more than half the plant; if you do it will stop producing. Harvest sage on a clear day after the dew has dried on the leaves but before the sun's heat can dissipate the essential oils that give the herb its flavor and aroma. As with thyme, sage can be dried (see drying instructions above).

Eating: Sage is native to Southern Europe and the Mediterranean, pairing nicely with many pastas and meats!

Brown Butter Sage Sauce

1 stick organic salted butter
14 leaves fresh sage or to taste
freshly cracked black pepper to taste

1/2 lemon optional
3/4 lb butternut squash ravioli or potato
gnocchi

Cut the butter into large pieces and add it to a light colored pan over medium low flame. As soon as the butter starts to foam up add the sage leaves, (make sure they are dry) and cook together for 3 to 5 minutes. The butter will foam up and start turning brown (noisette). Do not touch it, and do not stir. The moment the foam subsides remove from heat. The sage should be crispy by now. Hit it with a squeeze of lemon juice if you prefer and serve it over cooked ravioli or gnocchi. When cooking the pasta make sure to reserve a little bit of the pasta water. Add the cooked ravioli to the butter sage sauce and gently toss to coat. Add a little bit of the reserved pasta water if needed to loosen up the sauce. Serve with freshly cracked black pepper on top.

Pumpkin-Sage Lasagna

4 1/4 ounces walnuts, coarsely chopped (1 cup)

One 15-ounce can pumpkin (not pumpkin pie mix)*

8 **sage** leaves, minced

Sea salt

1/2 teaspoon chile flakes

Freshly ground pepper

1/2 teaspoon white balsamic vinegar

3 garlic cloves, minced

13 ounces ricotta (1 1/2 cups)

2 eggs

12 lasagna noodles

*Make this recipe in the fall once the **long-pie pumpkins** have ripened

Preheat the oven to 425°. Place the walnuts on a baking sheet and toast in the oven for 10 minutes, or until they are light brown and fragrant. In a medium bowl, whisk together the pumpkin, sage leaves, sea salt, chile flakes, 1/2 teaspoon of freshly ground pepper, white balsamic vinegar, garlic and 1 cup of water. In another medium bowl, whisk together 1 cup of the ricotta, the eggs, 1/2 teaspoon of freshly ground pepper and 1/4 cup water. In a 9-by-11-inch ovenproof baking dish, spread 1/3 cup of the pumpkin and cover with 4 lasagna noodles, 1/3 of the pumpkin and 1/3 of the ricotta. Continue to layer the lasagna, sprinkling all of the walnuts in the middle layer. Dot the top of the lasagna with the remaining 1/2 cup of ricotta cheese. Cover the baking dish with aluminum foil and bake in the preheated oven for 35 minutes. Uncover the baking dish and spoon the pan juices over any noodles that are not in the liquid. Bake for 10 minutes, until the noodles are soft. Remove the lasagna from the oven and set it aside to rest for 10 minutes before serving.

Cilantro



Harvesting: Harvest by cutting the leafy stems near ground level; most will be around 6 to 12 inches long. Avoid cutting more than one-third of the leaves at one time, or you may weaken the plant. Cilantro loses a lot of flavor when dried, so it is best fresh.

Eating: For quick preparation, add fresh to salsas or tacos.

Cilantro and Ginger Hummus

1 can (15 ounces) chickpeas (you can use dry and cook your own too)

1/2 cup tahini

1 tablespoon minced garlic

1 tablespoon grated fresh ginger

1/4 cup **cilantro**

juice from 1/2 a lemon

1/4 cup water

1/4 cup olive oil

1 teaspoon sea salt

In a food processor blend the chickpeas until they are a coarse grain. Now add the tahini, garlic, ginger, lemon juice, cilantro and salt. Blend for a full minute or two. Now with the processor still running drizzle in the oil and then the water. For an even smoother, thinner consistency add more water.

Herb Salad

2 ears sweet corn, husked

1 big handful **lettuce**, torn into bite-sized pieces*

3 big handfuls green beans, blanched for 20 seconds in boiling salted water, cooled completely under cold water

1/2 red onion, thinly sliced

1 bunch of **chives**, finely chopped*

1 handful **cilantro**, loosely chopped

1 small handful of small/medium **basil** leaves**

1 handful of pepitas, toasted

Fine-grain sea salt

1 clove garlic, peeled

1/3 cup Greek yogurt

**Substitute for red or green shiso!

1 tablespoon lemon juice

1 medium avocado

*Use other ingredients grown in your garden!

Cut each ear of corn in half and carefully cut kernels from cobs. Combine the raw corn, lettuce, green beans, red onion, herbs, and pepitas in a large bowl. Now make the avocado dressing by sprinkling a big pinch of salt on the garlic clove. Chop and crush it into a paste. Place the garlic in a medium bowl along with the yogurt, lemon juice, and avocado. Puree with a hand blender. Taste, add salt one pinch at a time until properly seasoned. If you aren't dressing the salad immediately, cover with plastic, pressing into the top of the dressing to prevent browning. Gently toss the ingredients with a couple big dollops of the avocado dressing. Taste, add a bit of salt and/or more dressing if needed.

Shiso



Harvesting: Be sure when you harvest your red shiso that the plant is dry. Harvesting from a wet plant can encourage mold infections. When you prune (or pinch off) the leaves, do it at the stem. Avoid leaving stubs so that new leaves can come in from that same spot. When pruning you shouldn't take more than 1/3 or so of the plant at a time. If you take much more than that, the plant may not recover well from pruning.

Eating: Shiso is very closely related to basil and can be simply cut up and used on salad, or used as a lettuce wrap for meats or fishes. Use any way you would basil, including pesto.

Shiso Pesto

4 c. tightly packed shiso leaves	1 clove garlic, pressed
1/2 c. raw pistachio nuts	1 lemon (juiced)
2 tbsp miso paste (any type)	1/2 c. olive oil
	1/4 c. rice bran oil

In a food processor add the nuts, shiso, miso paste, garlic, lemon juice and olive oil. Pulse until evenly ground. Turn the food processor to "on" and let it puree while slowly adding the rice bran oil until smooth. The consistency should be between a sauce and a paste. Miso should make the pesto plenty salty, but you can adjust the salt and acidity (lemon) to your liking if necessary. If you made far more than you can use in a few days (as I did), you can add the remaining pesto to ice cube trays, drizzle a touch of oil on each, cover with plastic wrap and freeze to preserve individual servings. Enjoy for months!

Kkaennip Jangaji (Korean-Style Fermented Shiso Leaves)

A large bunch of shiso leaves , enough to loosely stack 2-3 inches high	fish sauce)
Sea salt	2 tsp. gochujang (Korean chili paste), or more if you like it spicy
2 tsp. mam ruoc (Vietnamese or other Asian fermented shrimp paste)	2-3 cloves garlic, minced
2 tsp. nuoc mam (Vietnamese or other Asian	1-inch knob ginger, peeled and minced
	filtered or pure water

Wash shiso leaves and remove stems. Stack the leaves putting a fine layer of sea salt in between every other leaf. Put the leaves into a glass or ceramic bowl with just enough pure water to cover. Leave for several hours or overnight. Drain leaves. In a separate bowl, mix the rest of the ingredients together until you get a loose paste. Using a butter knife or the back of a spoon, spread a little bit of the paste in between every other leaf, until all the chili paste is used up. Fold up the whole stack and place into a clean, sterile Mason or air-lock jar. Add pure water until the leaves are covered, then close the jar loosely. Leave in a cool, dark place to ferment. This takes about a week, though in cool weather it could take longer. Unless you are using an air-lock jar, you should check the lid every day to see if any fermentation gas needs to escape. Serve a small plate of the leaves to be eaten as a banchan (side dish), mince the leaves into vegetables or salads for a spicy kick, or eat your fermented shiso by wrapping a leaf up with some lettuce and bulgogi (Korean BBQ). So yummy!

Dill



Harvesting: Characteristic aroma is an indicator of fresh herb quality. You can use dill weed once the fern-like leaves develop (about 8 weeks); cut them next to the stem. However, peak quality is just as flower heads open. Culinary quality of dill declines after cutting; if possible, cut just what you need when you need it. Gently harvest your herbs; use pruning scissors. This is especially important if storing dill weed in your refrigerator or if you are going to freeze, heat or air dry dill weed. Damage to the leaves at harvest can lead to discoloration and increased susceptibility to decay.

Eating: Dill added to mayonnaise is great on fish dishes.

Grilled Carrots with Lemon and Dill

1 bunch (about 1 pound) carrots, scrubbed and patted dry	1/2 teaspoon salt, divided
2 teaspoons grapeseed oil or other high-heat oil	1 tablespoon dill , minced
	1 tablespoon fresh lemon juice
	1/8 teaspoon freshly ground black pepper

Trim tops and any fibrous ends from the carrots and cut crosswise into pieces approximately 3 inches long. Cut any thick ends in half lengthwise, so all pieces are about 1/2- to 3/4-inch thick. In a bowl, toss with the oil and 1/4 teaspoon salt. Preheat grill pan or grill over medium-high heat. Place carrots cut-side down on the grill and cover. (Use a big pot lid or a metal sheet pan as a grill pan lid.) Grill for 4-5 minutes, until the carrots develop sear marks and are beginning to soften. Flip, cover, and grill for another 4-5 minutes. Carrots will be softened with a bit of crunch in the middle. Transfer the carrots to a bowl. Mix in remaining 1/4 teaspoon salt, dill, lemon juice and pepper. Serve warm or at room temperature.

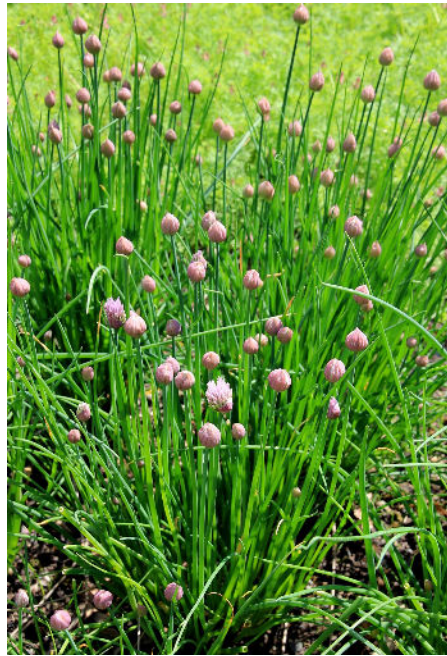
Dill Pickles

1 1/2 cups distilled white vinegar
1/4 cup sugar
4 teaspoons kosher salt
1 teaspoon mustard seeds
1 teaspoon coriander seeds
3/4 teaspoon **dill seeds***
2 cups hot water

2 pounds kirby cucumbers, sliced 1/4 inch thick
3/4 cup coarsely chopped **dill***
3 garlic cloves, coarsely chopped
* Using the entire plant including the stem, leaves, and flowers is a common technique for flavoring dill pickles.

In a large, heatproof measuring cup, combine the vinegar, sugar, salt, mustard seeds, coriander seeds and dill seeds with the hot water and stir until the sugar and salt are dissolved. Let the brine cool. In a large bowl, toss the cucumbers with the dill and garlic. Pour the brine over the cucumbers and turn to coat. Place a small plate over the cucumbers to keep them submerged, then cover the bowl with plastic wrap. Refrigerate the pickles overnight, stirring once or twice. Serve cold.

Chives



Harvesting: You may begin picking chives 30 days after transplanting or 60 days after sowing seed when the leaves are at least 6 inches tall. Using a sharp pair of kitchen shears, snip the leaves from the base of the plant, to within 1-2 inches of the soil. Cut the flower stalks off at the soil line to prevent the plant from forming seed. This will encourage the plant to keep producing leaves, and you can utilize the flowers as garnish or tossed into salads. Chives can be used both fresh and dried but they lose quite a bit of their flavor when dried. It's best to use them fresh.

Eating: Most chives have a mild, herbal, onion flavor. Garlic chives have flatter leaves and, not surprisingly, a garlic flavor. Use either as a garnish anytime you want to impart a mild garlic or onion flavor. They're especially good in spring and summer soups, stir-fries, soufflés panini, eggs, and crepes.

Chive Crepes

1 1/2 cups (brown) rice flour
 1/2 teaspoon fine grain sea salt
 2 tablespoons toasted sesame seeds
 1/2 cup full-fat coconut milk

1 cup water, plus more to thin, if needed
 6 large eggs
 1/3 cup minced **chives**
 1 teaspoon extra-virgin coconut oil

In a large mixing bowl combine the flour, salt, and sesame seeds. In separate bowl, whisk together the coconut milk, water, eggs, and chives. Pour this mixture over the flour mixture and

stir until combined and lump-free. Let sit for 5 minutes, stir again, and now thin with more water, a small splash at a time, until the batter is thin enough to quickly spread across a pan - the consistency of a yogurt thinned with water or heavy cream. Getting the consistency of the batter right, is the key to success here. To cook the pancakes, heat a large skillet or griddle over medium heat. Melt the coconut oil, and pour a scant 1/4 cup of batter to provide a thin coating. As you pour, rotate the pan so the batter runs to cover the entire bottom. Cook until deeply golden, and the edges of the pancake are beginning to curl and lift. Flip, and brown the second side. Cover with a clean tea towel while you make your way through the rest of the batter, or even better, serve immediately. Leftover batter keeps well in the refrigerator for a few days. Stir, and thin with a bit of water (if needed), before using.

Shallot



Harvesting: The tops can be harvested within 30 days and are commonly used in soups, salads and stews. The bulbs will take around 90 days to mature. Shallot bulb picking should begin when the greens of the plant start to wither, fall over and die. They will turn brown and become droopy while the bulbs will protrude from the soil and the outer skin becomes papery. This usually happens in late summer. When it is time to harvest a shallot plant bulb, dig the bulbs, shake off the dirt, braid the tops. You can store them in mesh bags in a cool and dry location.

Eating:

Caramelized Shallots



1 tbsp extra-virgin olive oil
8 ounces **shallots** (about 6 to 8 large shallots), diced or sliced into rings
1 tsp salt
1 tsp sherry vinegar or apple cider vinegar

2 tsp sherry or white wine (sherry will be sweeter)
2 tsp brown sugar
2 sprigs fresh **thyme***

Freshly ground pepper, to taste

Water, as needed

*Use other ingredients from the garden!

Heat the oil in a heavy skillet over medium-low. Sauté the shallots for 2 minutes, then sprinkle them with the salt and sauté for another 5 minutes, or until soft. Reduce heat if necessary to prevent them from browning too quickly. Add the remaining ingredients except water, and sauté for another 20 minutes, stirring occasionally. Add water as needed to prevent sticking and burning, about a teaspoon at a time. Remove the sprigs of thyme before serving.

Brussel Sprouts with Shallots and Salt Pork

1 cup 1/4-inch cubes salt pork or pancetta
(about 8 ounces)

2 large **shallots**, peeled, quartered (about 1
1/2 cups)

Kosher salt and freshly ground black pepper

1 1/2 pounds brussels sprouts, outer leaves
removed, trimmed, halved

1-2 tablespoons juice from jarred **dill
pickles***

*Use other ingredients from the garden!

Blanch salt pork in a large saucepan of boiling water for 1 minute. Using a slotted spoon, transfer salt pork to a paper towel-lined plate to drain. Cover and chill. Cook salt pork in a large heavy skillet over medium heat, stirring occasionally, until about 3/4 cup fat is rendered, 10-12 minutes. Carefully strain drippings into a small bowl; return 2 tablespoons drippings and pork to pan. Increase heat to medium-high and cook, stirring occasionally, until salt pork is browned and crisp, 5-6 minutes. Transfer to paper towels to drain. Reduce heat to medium. Add 2 tablespoons drippings to skillet; add shallots, cut sides down. Cook, turning once or twice, until tender and browned, 10-12 minutes. Season with salt and pepper. Transfer shallots to a serving platter. Increase heat to medium-high. Add 2 tablespoons more salt pork drippings to skillet. Working in 2 batches and adding 2 more tablespoons drippings between batches, cook brussels sprouts, turning occasionally, until tender and browned. Transfer brussels sprouts to platter with shallots. Let stand at room temperature. Rewarm shallots and brussels sprouts together in same skillet over medium heat before continuing. Drizzle shallots and brussels sprouts with 1 tablespoon pickle juice. Season to taste with salt and pepper and 1 tablespoon more pickle juice, if desired. Scatter salt pork over.

Leeks



Harvesting: Don't trim them until you are ready to use them. Harvest leeks from loose soil by pulling them up. Shake the plants and brush off as much soil as possible and then rinse them thoroughly. Leeks are best used fresh, but if you must store them, wrap them in a damp paper towel and place them in a plastic bag in the refrigerator for seven to 10 days. Smaller leeks keep longest, so use the large ones first.

Eating: Chop and add to any breakfast eggs or salads.

Braised Leeks

4 large **leeks**, tough outer leaves discarded
and trimmed to about 6 inches in length
3 tablespoons butter
1/2 cup chicken stock

1 teaspoon **dried thyme***

1/4 teaspoon salt

1 pinch pepper

*Use other ingredients from your garden!

Using a sharp knife, trim most of the roots off the end of the leek, leaving enough so that the leek remains attached at the bottom. Cut each leek lengthwise into halves and then cut each half into inch long pieces. Soak leeks in a large bowl of cool water to allow any dirt to settle to the bottom. In a saute pan, melt the butter over medium heat. Add the leeks to the skillet. Cook the leeks, stirring occasionally, for 5 minutes. Sprinkle with thyme and cook one minute more. Add stock, reduce heat to medium low. Braise the leeks, covered, for about 10 minutes, or until the leeks are very tender. Season with salt and pepper and serve.

Six-Onion Pizza

For the Pizza Dough:

1 tsp. honey

1/4 oz. package active dry yeast

3/4 cup warm beer

2 tbsp. extra-virgin olive oil

3 cups bread flour, plus more as needed

1 tsp. kosher salt

For the Onion Purée and Compote:

5 tbsp. extra-virgin olive oil

12 sprigs **thyme***

2 large white onions, very thinly sliced lengthwise

1 bay leaf

Kosher salt and freshly ground black pepper, to taste

8 oz. **leeks**, white part only, halved lengthwise, cut into 1/4"-thick slices

8 oz. **shallots**, very thinly sliced lengthwise*

8 oz. red onions, very thinly sliced lengthwise

8 oz. finely grated pecorino

5 scallions, very thinly sliced

1 bunch **chives**, thinly sliced*

*Use other ingredients from your garden!

In a large bowl, stir together honey, yeast, and 1/4 cup water, heated to 115°; let sit until foamy, about 10 minutes. Stir in beer and oil until smooth. Add flour and salt; stir with a wooden spoon until dough forms. Transfer to a lightly floured work surface and knead until smooth, about 8 minutes. Cover with plastic wrap and let sit in a warm spot until doubled in size, about 1 1/2–2 hours. Meanwhile, make the onion puree: Heat 2 tbsp. oil, thyme, white onions, bay leaf, and salt and pepper in a 12" skillet over medium-low heat, and cook, stirring occasionally, until onions are very soft but not browned, about 30 minutes. Remove and discard thyme stems and bay leaf. Transfer onions to a food processor or blender and puree until smooth; set aside. Make the onion compote: Heat 1 tbsp. oil in a 12" skillet over medium heat; add leeks, season with salt and pepper, and cook, stirring occasionally, until very soft but not browned, about 15 minutes. Transfer to a bowl and set aside. Heat remaining oil in skillet, add shallots and red onions, and season with salt and pepper; cook, stirring occasionally, until very tender and lightly browned, about 18 minutes. Transfer to bowl with leeks, and stir to combine; set aside. Uncover dough and cut into quarters; shape each quarter into a smooth ball. Lightly flour dough balls and transfer to a floured 9" × 13" baking pan; cover with plastic wrap. Let sit in a warm spot until doubled in size, about 1 1/2–2 hours. Heat oven to 500°. Place one piece dough on a lightly floured work surface and flatten with your fingertips. Pick up dough circle and gently feed edges of dough between your thumbs and forefingers, letting the weight of the dough stretch edges until the circle of dough is 12" in diameter. Place dough circle on a parchment paper-lined baking sheet, and working quickly, spread about 2 tbsp. onion puree over dough, leaving a 3/4" border around edge; sprinkle evenly with about 1/4 cup onion compote. Sprinkle one-quarter of the pecorino over onions, and transfer to oven. Bake until browned and crisp at the edges, about 12 minutes. Repeat with remaining dough balls, puree, compote, and pecorino. Sprinkle each pizza with one-quarter each of the scallions and chives before serving.

Endive



Harvesting: Endive is traditionally blanched, blanching is simple. About five days before harvesting, draw the head together and secure with a wide rubber band. The new leaves that develop while the plant is tied will be creamy white and tender. You can get the same effect by covering individual plants with large, dark-colored pots. To harvest, simply cut the plant at ground level, trim away any bad outer leaves, wash, and you're ready to go or take a few outer leaves off the plant when needed. I like to separate the inner, more tender leaves for use in salads, keeping the outer, greener leaves for cooking.

Eating: Endive can be used either raw as a salad ingredient, or cooked, most commonly sautéed or in soups.

Asparagus, Orange, and Endive Salad

2 1/2 cups diagonally sliced asparagus	2 tablespoons canola oil
2 cups rinsed, dried and torn endive leaves	1 tablespoon orange juice
2 large oranges, sliced into rounds	1 tablespoon white sugar
1 red onion, thinly sliced	salt and pepper to taste
1/3 cup raspberry vinegar	

To a large pot of boiling water, add the asparagus. Blanch for 1 minute; drain, and plunge asparagus into a bowl of cold water. Drain again and dry. In a large bowl, combine the asparagus, endive, oranges, and red onion. Whisk together the raspberry vinegar, canola oil,

orange juice, sugar and salt and pepper. Add dressing to the asparagus endive mixture; toss well and serve.

Radicchio



Harvesting: Harvest individual leaves any time. Heads are ready for cutting when they're firm to the touch (usually after about 60 to 65 days), similar to iceberg lettuce. To harvest, cut the entire plant just above the soil line. Harvest heads when they're young, picking at whatever stage you want: kiwi, orange, or grapefruit size. Older heads become more bitter and tough. Don't expect all heads in a crop to form at the same time. Once heads reach maturity, they won't continue to enlarge but will instead develop a core, the start of a flowering stem. When this core forms, flavor becomes intensely bitter. When stored in the refrigerator in a perforated plastic bag, heads typically last 3 to 4 weeks.

Eating: All **radicchio** leaves can be eaten raw in salads and larger leaves can be cooked with pasta or meats.

Kale



Harvesting: You can use the baby kale harvest for leaves in a few salads. Harvesting kale for use in soups, stews and cooked, mixed greens allows use of larger leaves. Harvesting kale may include taking a few leaves or removing the entire bunch by cutting at the roots.

Eating: Kale can be chopped and used as a cooked green in soups, sauces, eggs, etc. or raw in salads.

Kale and Apple Salad

3 tablespoons fresh lemon juice	1/4 cup dates
2 tablespoons extra-virgin olive oil	1 Honeycrisp apple
Kosher salt	1/4 cup slivered almonds, toasted
1 bunch kale , ribs removed, leaves very thinly sliced	1 ounce Pecorino, finely grated (1/4 cup)
	Freshly ground black pepper

Whisk together the lemon juice, olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes. While the kale stands, cut the dates into thin slivers and the apple into thin matchsticks. Add the dates, apples, almonds and cheese to the kale. Season with salt and pepper and toss well.

Mushroom Paella With Kale And Eggs

Mushroom Stock:

1 ounce dried porcini mushrooms	1 celery stalk, chopped
1 tablespoon olive oil	1 pound crimini mushrooms, coarsely chopped
1 large onion, chopped	6 sprigs fresh flat-leaf parsley
1 carrot, peeled, chopped	4 sprigs fresh thyme *

¼ teaspoon black peppercorns

1 teaspoon kosher salt

Paella And Assembly:

6 tablespoons olive oil, divided

1½ pounds crimini mushrooms, quartered

Kosher salt and freshly ground black pepper

1 large onion, very finely chopped

½ red bell pepper, very finely chopped

½ poblano chile, seeds removed, very finely chopped

4 cloves garlic crushed, chopped to a paste

1½ cups short-grain Spanish rice (such as Bomba)

1 cup dry white wine

1 teaspoon chopped fresh **thyme**, plus more for serving*

1 bunch small kale, ribs and stems removed, leaves coarsely chopped (about 8 cups)

4 large eggs

¼ cup chopped fresh flat-leaf parsley

*Use other ingredients from your garden!

Mushroom Stock: Place porcini mushrooms in a medium bowl and cover with 1 cup boiling water; let sit 30 minutes. Line a fine-mesh sieve with 2 layers of paper towel and set over another medium bowl; pour mushroom mixture through (towels will catch any grit from mushrooms). Set aside porcini mushrooms and soaking liquid. Heat oil in a large saucepan over medium heat. Cook onion, carrot, and celery, stirring occasionally, until softened, 5–7 minutes. Add crimini mushrooms, parsley, thyme, peppercorns, salt, reserved porcini mushrooms and their soaking liquid, and 6 cups cold water. Bring to a boil, reduce heat, and simmer 30 minutes. Strain stock into a clean saucepan and keep warm over low heat (you should have about 6 cups). Stock can be made 4 days ahead. Cover and chill. Reheat before using.

Paella And Assembly: Preheat oven to 425°. Heat 2 Tbsp. oil in a 12” paella pan or skillet over medium-high heat. Cook mushrooms, tossing occasionally, until they release their liquid, about 4 minutes. Continue to cook until liquid evaporates and mushrooms are golden brown and tender, 5–7 minutes longer; season with salt and pepper and transfer to a plate. Add 2 Tbsp. oil to pan and cook onion, bell pepper, and poblano chile, stirring often, until soft, about 3 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds; season with salt and pepper. Add rice and cook, stirring constantly, until rice is translucent, about 3 minutes. Add wine and cook, stirring, until completely evaporated, about 2 minutes. Return mushrooms to pan, stir in 1 tsp. thyme, and add mushroom stock just to cover rice; season with salt and pepper. Cook, without stirring, adding broth as needed to keep rice moist while cooking, until rice is al dente and all liquid is absorbed, 15–20 minutes. (Shake pan after adding more stock to distribute evenly.) Continue to cook paella, occasionally moving pan around burner to make sure all areas get evenly heated, until a crust (socarrat) forms around the sides and bottom of the pan (rice will smell toasted and make a light crackling sound), 6–8 minutes. Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium-high heat. Add kale, season with salt and pepper, and cook, tossing, until slightly wilted. Add ¼ cup water to skillet and cook kale, tossing, until completely wilted, about 5 minutes longer. Spoon over paella. Make 4 shallow divots in the top of paella and crack an egg into each divot. Transfer pan to oven and cook paella until egg whites

are just set, 8–10 minutes. Top paella with parsley and more thyme and drizzle with Calabrian Chile Oil. Serve in pan.

Swiss Chard



Harvesting: Chard can be harvested while the leaves are young and tender (smaller than 4 inches) or after maturity. Once you have begun your Swiss chard harvest, the plants can be continually harvested up until it frosts. The most common method for how to pick chard is to cut off the outer leaves 1 ½ to 2 inches above the ground while they are young and tender (about 8 to 12 inches long). Older leaves are often stripped off the plants and discarded to allow the young leaves to continue to grow. Be careful not to damage the terminal bud. Provided the growing point is not damaged, all leaves can be cut off to within 2 inches of the soil. Harvesting chard is best done with a clean and sharp pair of garden scissors or a knife. Sever leaves at the base of the plant. New leaves will grow quickly. Swiss chard can be stored for one to two weeks if refrigerated.

Eating: Chard can be used as a cooked or raw grain in any dish.

Swiss Chard Salsa Verde

This deceptively simple condiment is as addictive as pesto and as transformative as a squeeze of lemon. Spoon it onto fish, chicken, steak, roasted vegetables, or even pasta.

½ bunch small **Swiss chard**, preferably red or rainbow

1 medium **shallot**, finely chopped*

¾ cup (or more) extra-virgin olive oil

2 tablespoons finely chopped fresh **chives***

1 tablespoon (or more) red wine vinegar

1 teaspoon finely grated lemon zest

Kosher salt and freshly ground black pepper

*Use other ingredients from your garden!

Remove ribs and stems from chard leaves and reserve. Finely chop leaves (you should have about 1¾ cups); thinly slice ribs and stems crosswise. Combine chard leaves and ribs and stems, shallot, oil, chives, vinegar, and lemon zest in a medium bowl; season with salt and pepper and toss to combine. Add more vinegar or oil, if desired.

Frittata with Chard and Chorizo

8 large eggs

4 ounces dried chorizo, thinly sliced

1½ ounces Manchego cheese, grated (about ⅓ cup)

1 tablespoon olive oil

¼ small onion, cut into ½" pieces

1 tablespoon chopped fresh flat-leaf parsley

6 fingerling potatoes, thinly sliced

1 tablespoon chopped **chives** *

1 bunch small **Swiss chard**, ribs and stems removed, leaves coarsely chopped

Kosher salt and freshly ground black pepper

*Use other ingredients from your garden!

Heat broiler. Whisk eggs in a large bowl, then whisk in cheese and herbs; season with salt and pepper. Cook chorizo in a 10" broiler-proof skillet, preferably cast iron, over medium heat, stirring often, until browned and crisp, about 3 minutes. Transfer to plate. Heat oil in same skillet; add onion, season with salt, and cook, stirring often, until beginning to soften, about 1 minute. Add potatoes and cook, tossing occasionally, until just softened, about 5 minutes. Add chard and cook, stirring often, until chard is wilted; season with salt and pepper. Mix in chorizo. Pour in egg mixture, tilting skillet to evenly distribute. Cook, undisturbed, 2 minutes, then transfer to oven and broil until egg is cooked through and starting to brown, about 5 minutes. Run a heatproof spatula around edges of frittata to loosen, then slide onto a plate; serve in wedges.

Chinese Cabbage



Harvesting: Cut whole heads at soil level when they are compact and firm and before seed stalks form usually 50 to 80 days after sowing. Complete the harvest before the arrival of freezing weather. If the first fall frost arrives before heads form, Chinese cabbage can still be harvested for greens. Chinese cabbage heads will keep in the vegetable compartment of the refrigerator for about 4 weeks.

Eating:

Quick Kimchi

Combine a few cups of chopped **Chinese cabbage**, a tablespoon of sambal olek (an Eastern hot sauce), 3 tablespoons of rice wine vinegar, 4 sliced cloves of garlic, and a healthy pinch of salt. Stir well, chill overnight and then eat right out of the bowl!

Stir Fry

If you've ever eaten a stir fry at an Asian restaurant, there's a good chance there was **Chinese Cabbage** in your stir-fry. There's a million ways to add it to a Stir fry, separating the white stems and dicing them into one inch squares can make for a nice presentation. Don't throw the green part out though – just add it to the stir fry toward the end (since it takes less time to cook).

Tomatillo



Harvesting: The best indicator for when to pick a tomatillo is the husk. Fully ripe tomatillos will be firm and the fruit turns yellow or purple. Tomatillo harvesting is best when the fruits are green because they contain the most flavor. Choose fruits that have burst their husk and have no signs of disease, mold or insect damage. Remove and compost any damaged fruits. Cut the fruits off the plant to avoid harming the stems and other fruit. Harvesting tomatillo fruits is best done in the morning from mid-summer well into fall. Tomatillos store well in a cool, dry location. They can hold for several weeks in this manner. For longer storage, can or freeze the fruits.

Eating: Tomatillos can be substituted in your favorite fried green tomato recipe!

Salsa Verde: Green Tomatillo Salsa

8 ounces (5 to 6 medium) **tomatillos**,
husked and rinsed

Fresh hot green chiles, to taste (roughly 2
serranos or 1 jalapeno), stemmed

5 or 6 sprigs fresh **cilantro** (thick stems
removed), roughly chopped*

Scant 1/4 cup finely chopped onion

Salt

*Use other ingredients from your garden!

In a blender or food processor, combine the tomatillos, chiles, cilantro and 1/4 cup water.

Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then

shake to remove excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

Roasted version: Preheat a broiler. Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until darkly roasted, even blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. In a blender or food processor, combine the tomatillos and chiles, including all the delicious juice that has run onto the baking sheet. Add the cilantro and 1/4 cup water, blend to a coarse puree, and scrape into a serving dish. Rinse the onion under cold water, then shake to remove the excess moisture. Stir into the salsa and season with salt, usually a generous 1/4 teaspoon.

Fried Green Tomatillos with Burrata, Cumin and Basil

2 (4-ounce) balls burrata cheese
 4 medium **tomatillos** (husks removed and rinsed)
 Kosher salt and freshly cracked black pepper
 1 or 2 limes
 A few fresh **basil leaves**, hand-torn or sliced into thin ribbons*
 1/4 cup extra-virgin olive oil
 1 teaspoon cumin seeds
 3 to 4 tablespoons canola oil, for frying
 1 cup buttermilk
 1/2 cup cornmeal
 1/2 cup all-purpose flour

1 teaspoon garam masala (store-bought or homemade, recipe follows)
 1/2 teaspoon cayenne pepper

Homemade Garam Masala:

3 large cinnamon sticks (if you have the kind you get at Indian stores, it's about 3 tablespoons of cinnamon bark bits)
 3 tablespoons whole cloves
 1/4 cup green cardamom pods, shelled, husks discarded (about 2 tablespoons of seeds)
 4 large black cardamom pods, shelled, husks discarded (about 1 tablespoon of seeds)

*Substitute for Shiso!

First, line a baking sheet with paper towels or parchment paper. Set a cooling rack over it. This will be where you land your fried tomatillos. Then, using your hands, rip the burrata into bite-size pieces (1 per slice of tomatillo), and line them up on a plate. Season them with a little salt and pepper. Slice your lime into wedges so that it's easy to squeeze over the top of the whole thing at the end; keep your basil handy too. Set them aside. To make the cumin oil: In a very small skillet (cast-iron if you have it), warm the olive oil until it's nearly smoking. Add the cumin seeds. (The seeds should sizzle once they hit that oil! If not, your oil is not hot enough.) Cook, swirling the pan every now and then, until the cumin seeds darken in colour (don't let them burn!). As soon as they've darkened, pour the oil into a small bowl, and let it cool. Then, grab a large skillet (again cast-iron is awesome) and set it over medium-high heat. Add the canola oil.

Keep an eye on it while you set up your dredging station (if it starts to smoke, take it off the heat to cool off). Pour the buttermilk into a flat-bottomed dish, and season with a little salt and pepper. In another similarly shaped bowl, whisk together the cornmeal, flour, garam masala, and cayenne pepper. Season it also with a generous pinch of salt and pepper. To check that the oil is hot, drop a pinch of the flour-cornmeal mixture into the pan. If it sizzles enthusiastically at you, it's time to go! Dip both sides of a tomatillo slice in the buttermilk. Then, using your other hand (to avoid the "claw"), dredge it in the cornmeal mixture. Shake off excess cornmeal, and drop it into the oil. Repeat with as many slices as you can fit into the pan without overcrowding. By the time you've placed the last slice in the pan, it will probably be time to flip the first one. It should be lightly golden, but not soft. Cook another minute or so, and then remove to the parchment-lined baking sheet. To assemble: Place the tomatillos on a platter. Top each one with a piece of burrata. Drizzle those puppies with a little cumin-infused oil. Sprinkle some basil over the top and finish with a squeeze of lime juice. Serve your fancy-pants fried green beauties immediately!

Homemade Garam Masala: Combine the cinnamon sticks, whole cloves, green cardamom pods, and black cardamom pods into a spice/coffee grinder and grind until fine. Store the masala in an airtight container away from direct sunlight.

Broccoli



Harvesting: When you see a flower head beginning to form in the center of the plant, check its growth every day. Ideally, you harvest broccoli while the tiny buds are tightly closed. If the buds begin to swell or show yellow (the flower petals), cut the head from the stem right away, no matter how small it is, because the opening buds have a mealy texture. After cutting the main head, leave the plant to grow bite-sized side shoots in the axils of the leaves. Don't be disappointed if your broccoli head is smaller than those in the grocery store; they are usually grown in a friendly climate and with lots of pampering. Heads keep for about a week in the fridge.

Eating: Broccoli is good raw in salads, steamed, or cooked in more complex recipes.

Three-Cheese Macaroni

Salt and pepper

1/2 pound short tubular pasta, such as cavatappi

2 cups **broccoli**, cut into florets, stalks peeled and thinly sliced

1 tablespoon olive oil

1 small yellow onion, minced

1/2 teaspoon ground mustard

5 tablespoons all-purpose flour

5 ounces Neufchatel cheese

3 cups 1% milk

1 1/4 cups grated extra-sharp cheddar cheese (5 ounces)

1/2 cup grated Parmesan cheese (2 ounces)

1/4 cup panko breadcrumbs, toasted

Preheat oven to 350 degrees. In a large pot of boiling salted water, cook pasta 3 minutes less than package instructions. Add broccoli and cook 3 minutes more. Drain. Meanwhile, heat oil in a large pan over medium-high. Add onion, 1/2 teaspoon salt, and ground mustard. Saute until onion is translucent, about 4 minutes. Add flour and cook, stirring, 1 minute. Add Neufchatel, 1 tablespoon at a time, stirring until incorporated. Gradually whisk in milk, then bring to a boil. Reduce heat and simmer, about 3 minutes, stirring constantly. Stir in cheddar and Parmesan, then add pasta and broccoli. Season with salt and pepper. Transfer to an 8-inch square baking dish and bake until bubbling in center, about 25 minutes. Sprinkle with panko, and serve.

Kohlrabi



Harvesting: Harvest kohlrabi stems when they are still young and tender, usually about 2 1/2 to 4 inches in diameter. Harvest by cutting them from the base of the plant. You can trim the leaves from the stem and save them to cook separately. Kohlrabi keeps for 2 to 3 weeks in the fridge.

Eating: You can peel and slice kohlrabi tubers to eat them raw with dips or in salads, or you can cook them like turnips. The leaves are cooked until just tender, like cabbage or turnip greens.

Roasted Kohlrabi

4 **kohlrabi** bulbs, peeled

1 tablespoon olive oil

1 clove garlic, minced

salt and pepper to taste

Preheat an oven to 450 degrees F (230 degrees C). Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

Kohlrabi Gratin with Oyster Mushrooms

4 **kohlrabi**, medium size
 1 onion
 300 g oyster mushrooms
 4 medium potatoes
 250 ml whole milk
 3 eggs

1/2 tsp vegeta (seasoning), natural without
 glutamate
 A pinch of nutmeg
 A pinch of black pepper
 A pinch of salt
 100 ml olive oil



Slice the onion and oysters, then fry on the oil. Slice thinly kohlrabi and potato, slices should be transparent, use a grater. Sprinkle a baking dish with oil, make a thin layer of potatoes and kohlrabi, sprinkle with roasted oyster mushrooms and onions, drizzle with oil. Repeat the process several times, then put onions and oyster on the top. Mix milk with eggs and season with pepper, nutmeg, vegeta, pour the mixture over layers in the baking dish. Bake in oven for about 60-75 min. at 180 ° C (356 oF), if the top layer begins burning, reduce the temperature and continue baking. Serve with chutney or with other flavouring.

Patty Pan Squash



(Male blossom left, female right)

Harvesting: Within days of flowering, it is very likely that you will have fruit that is sizeable enough to harvest. Pick once the color changes from green to golden yellow but while the fruit is still small (2-4 inches). Patty pans can grow to 7 inches across but get rather tough the larger they get.

Eating: You can prepare patty pans just as you would any squash. They can be sliced, diced, braised, grilled, fried, roasted or stuffed. Steam small ones whole for four to six minutes. Scallop squash even make edible, useful serving bowls. Just scoop out the center while either raw or cooked and fill with whatever your heart desires. Extra male blossoms and tender new leaves can be used on salads and stir fried.

Stuffed Patty Pan Squash

5-7 small-medium **pattypan squash**
 2 cups of pre-cooked brown rice
 1 Tablespoon olive oil
 1 cup of baby portabello mushrooms
 2 cups packed chopped rainbow **chard***

1/2 cup chopped onions
 2 cloves garlic, chopped
 1/2 cup shredded swiss cheese
 Seasonings: **sage** and **thyme***
 1/2 cup part skim ricotta cheese

*Use other ingredients from your garden!

Boil pattypan squash for 15 minutes. If rice is not already cooked, cook it in a separate pan while the squash is boiling. Cook rice and boil squash at the same time and make the stuffing while

those two are cooking. In the sauté pan, add the oil. Let it heat to medium. Add the mushrooms, onions, garlic, and rainbow chard. Add Seasoning of choice. Cook 5-7 minutes until done. If the pan gets too dry, add a little water to finish steaming the greens. Preheat oven to 400 degrees. Add the sautéed vegetables to mixing bowl. Add the ricotta. Add the rice. Stir to combine. Set aside. Remove the squash. Cut off the end AND stem so that they sit flat. Using a small paring knife, cut out a deep pocket. Repeat with the rest of the squash. Keep the stuff you cut out. Chop and add it to the mixing bowl. Stuff each squash with the vegetable/cheese mixture. Bake 20 minutes. Remove and top with cheese. Return to oven for 3 minutes until cheese has melted. Serve immediately.

Long Pie Pumpkin



Harvesting: Long pie pumpkins can be used like a summer squash or zucchini when they are young. To harvest when young, cut the stem near the start of the fruit. Long pie pumpkins can also be used like pumpkin when ripe. Harvest by cutting stem near vine or at least 2-3" from fruit. Bring in before first frost and let ripen on kitchen counter until skin becomes an orange color. Too many days of sun on fruits after maturity will bleach handles and cause sun scald on the fruit. A short or broken stem can lead to rot.

Eating: Use in your favorite pumpkin pie or soup recipe when mature and all orange.

Baked Zucchini (Substitute for young long pie pumpkin)

4 young **long pie pumpkins**, quartered
lengthwise

1/2 cup freshly grated Parmesan

1/2 teaspoon dried **thyme***

1/2 teaspoon dried oregano

1/2 teaspoon dried **basil***

1/4 teaspoon garlic powder

Kosher salt and freshly ground black pepper,
to taste

2 tablespoons olive oil

2 tablespoon chopped fresh parsley leaves

*Use other ingredients in your garden!

Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste. Place young long pie pumpkin onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then broil for 2-3 minutes, or until crisp and golden brown. Serve immediately, garnished with parsley, if desired.

Pumpkin Pie

Filling:

2 cups **Long Pie pumpkin** puree

2 eggs

1 1/2 cups cream

1/2 cup unrefined cane sugar

1/2 teaspoon sea salt

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon freshly grated nutmeg

1/8 teaspoon ground cloves

Pie crust

Preheat the oven to 350°F. Heat your oven to 425°F. In a large mixing bowl lightly beat the eggs. Add the purée and the remaining ingredients and stir to blend. Pour the mixture into the dough-lined pan. Bake for 15 minutes and then reduce the heat to 350°F and bake an additional 45 minutes or until a knife inserted comes out clean. Allow to cool slightly before serving.

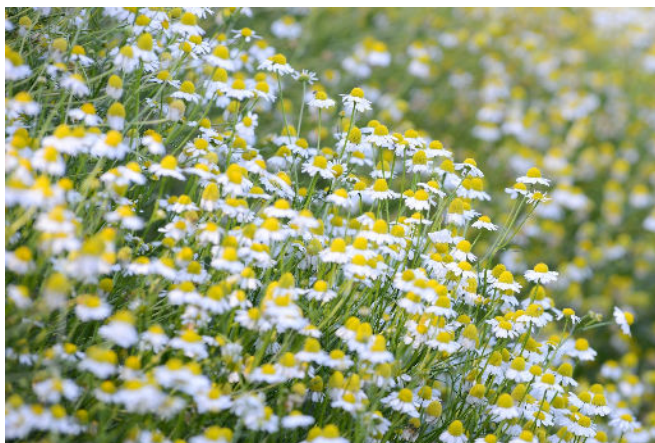
Mint Marigold



Harvesting: You can harvest the leaves throughout the growing season as soon as the plants have achieved some size. Mature leaves are not significantly tougher, more bitter, or less fragrant than the young, tender ones. Begin harvesting leaves when the plant has reached about 12 inches in height, clipping sprigs or individual leaves for tea or seasoning. If the plant does flower, the small, bright yellow flowers are good additions to salads as a garnish.

Eating: Mint Marigold can be used to garnish salads, as well as to season chicken and fish. It can also be used to brew anise-flavored tea. Try your favorite brownie recipe and add 3 tablespoons of freshly chopped Mexican mint marigold leaves. You may be surprised how well the herb blends with chocolate (or maybe not, since the ancient Aztecs regularly used it with their *chocolatl* drink).

Chamomile



Harvesting: Harvesting chamomile is usually a summer pastime, though if you're lucky, you may get a few plants that continue to bloom through a frost. If you keep your patch picked daily, it will continue to bloom all summer long. In any given patch, the flowers don't all bloom at the same time. Each bloom must be picked at its peak if you want the best benefit and flavor, and this takes a lot of time! Start harvesting chamomile flowers in the morning after the dew has evaporated but before the sun is high. Select the flowers that are nearly open. Pinch the stalk just below the flower head and pop off the bloom.

Eating: Use fresh or dried to make tea.

Honey-Chamomile Whipped Cream

1 cup heavy cream

1 tablespoon honey

2 teaspoons loose chamomile tea

Combine cream and honey in a small saucepan over medium heat, stirring or swirling the pan to incorporate the honey. Heat until steam just begins to form and small bubbles appear around the pan's edges. Remove from heat and add tea. Cover pan and steep for 20 minutes. Remove tea bags, squeezing to release cream, or strain out loose tea leaves. Transfer chamomile cream to a medium bowl. Refrigerate for several hours until cold. Alternatively, let bowl cool in an ice water bath to use immediately. Using an electric mixer or hand whisk, beat cooled mixture until soft peaks form. Serve with fresh fruit or with any dessert that calls for whipped cream.

Nasturtium



Harvesting: For salads, harvest nasturtium flower buds, flowers, and young leaves in the cool of the morning when flowers have just opened. The more heat-stressed the plant, the more pungent the leaves and flowers will taste. Gently wash and dry the flowers and leaves and use immediately or store in a plastic bag in the refrigerator. Although you can eat the whole flower, if the flavor is too strong use only the milder-tasting petals.

Eating: Nasturtiums are a peppery plant with many uses. The flowers and the young leaves are excellent in salads. The flowers can also be infused in vinegar by pouring hot vinegar over a few flowers and letting them cool and steep for a day. Nasturtium leaves can also be blended into pesto sauces or stir fried.

Stuffed Nasturtium Flowers

nasturtium petals (whole flowers)
 1 (8 ounce) package cream cheese, softened
 1 garlic clove, minced fine
 1/2 tablespoon **fresh chives** (you may use
 chive blossoms, chopped)*

1 tablespoon chopped fresh lemon verbena
 (or lemon balm, lemon thyme, lemon basil,
 lemon catnip, or lemon zest)
 salt and pepper

*Use other ingredients from our garden!

Make sure flowers are clean and dry. Pick as close to serving time as possible, but definitely the same day. Store in the refrigerator until ready to use. Mix cream cheese thoroughly with herbs. Season to taste. Place 1 or 2 teaspoons of mixture (depending on size of flower) in center of flower. Pull petals upwards to cover the cheese as much as possible. Press lightly into cheese to stick.

Borage



Harvesting: Pinching the terminal growth will force a bushier plant but may sacrifice some of the flowers. The leaves may be picked at any time and used fresh. Dried leaves have little of the characteristic flavor so the plant is best consumed after harvest. Borage leaves are furry and become more prickly with age, so they need to be picked young and chopped finely. The stalks can be cooked like any other vegetable.

Eating: Borage flowers taste as nice as they look. They're a little sweet and taste like cucumber, and are delicious on their own or as a salad garnish. The entire blossom can be eaten, though it is recommended that you remove the fuzzy outer leaves before eating. The flowers aren't the only useful part of this prickly plant! You can add a cucumber-y flavor to all sorts of dishes, since younger leaves can be eaten raw if you can palate the fuzziness, but otherwise borage leaves can be chopped up and put in soups or stir-fry.

Borage Soup

1 kg **borage leaves and flowers**
4 green onions
1 handful fresh parsley

2 cups chicken stock
3 medium potatoes
sea salt

Boil a large pot of water with $\frac{1}{4}$ cup of salt. Peel potatoes and cut into large chunks. Boil them for 15 minutes then fish them out with a slotted spoon and set aside. Prepare an ice water bath. Boil onions 3 minutes then scoop them out and place in ice water. Boil parsley 2 minutes then scoop into ice water. Boil borage 1 minute then scoop into ice water. Drain cooled greens. Bring stock to a simmer. Mash potatoes into the stock and simmer 15 minutes. Chop greens, add them to the stock and return to a simmer. Season with salt to taste. Purée soup in a food processor. Return to the pot, heat through, garnish with borage flowers and serve immediately.