



Harmony Valley Farm

An update for our Community Supported Agriculture Customers - Since 1993
Twin Cities Edition

Pea Vine

by Andrea Yoder

Spring is the season for leafy greens. This spring you've already had a chance to try tasty greens including sorrel, nettles, hon tsai tai, red bok choy, spinach, and a mix of greens in the sauté mix. You still have many exciting greens to try this season including arugula, lettuces, red komatsuna, chard, kale, amaranth, collards and many more! In your box this week you will find a delightful taste of spring when you try the pea vine. Pea vine is a sign that peas are soon to follow. If you are impatient and anxious for more spring and summer veggies like I am, it's nice to have a taste of what's to come in an attempt to pacify your longings.

Pea vine is the tender shoots of a pea plant. We grow this crop solely for the vine and harvest it before the pea blossoms start to open. The leaves of pea vine are sweet and delicious, tasting just like fresh peas! Pea vine is also sometimes referred to as pea shoots or pea tendrils. As with many greens, pea vine is used more commonly in Chinese cooking. It is often added to soups or stir-fries, but also makes a delicious salad or accompaniment for fish and meat dishes. Pea vine pairs well with other spring vegetables including radishes, mint, scallions, green garlic and other salad greens.

When you get your pea vine home, it is best to keep it wrapped loosely in a moist paper towel stored in a plastic container or bag in the crisper drawer of your refrigerator. It is best to use pea vine within several days of receiving it. To prepare pea vine, rinse it in a sink of cold water, then

THIS WEEK'S BOX

GREEN GARLIC: Green garlic can be used in any recipe calling for garlic. It will offer a fresh, crisp garlic flavor to a stir-fry or can be sautéed and added to scrambled eggs and spring vegetable quiches. The green tops are also edible and add a subtle burst of flavor to salads or use them to top off tacos, quesadillas, or casseroles.

PEA VINE: Refer to vegetable article for preparation ideas

ARUGULA, SAUTE MIX, OR SPINACH: There are endless ways to toss up a salad with a tasty base of greens or spinach. Put your creative energy to the test and see what you can come up with. Here's one of my creations: Balsamic vinaigrette, sunflower seeds, radishes, and feta cheese.

BROCCOLI: You keep seeing "stir-fries" as a great way to eat your spring greens. Add some texture variety with some spring broccoli. Add it into the stir-fry recipe in this newsletter.

HON TSAI TAI: Toss into a salad with a sesame-soy vinaigrette, or use it in the stir-fry recipe in this newsletter. This will likely be your last taste of this beautiful green until next year...Enjoy!

RHUBARB: Tired of rhubarb pie (does that really ever happen?) Make a simple rhubarb sauce, cool it and put it over ice cream. Cut rhubarb into small pieces and put in a pan with about 1-2 Tbsp of water. Cook over medium heat until the rhubarb is tender and breaks down into a coarse sauce. Add a couple pinches of cinnamon, a squeeze of lemon juice and honey to season to your liking. Let it cool and then add it to ice cream.

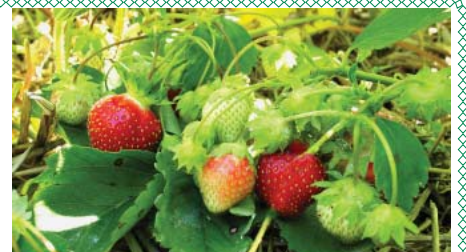
ASPARAGUS: Another great veggie for a stir-fry, or try something unusual and add it to a pizza! Along with green garlic, spinach and a tasty cheese such as pesto cheddar or feta, you'll have a pie unlike any other!

RADISHES: Possibly the last week for these crunchy veggies until the fall. Looking for a simple snack? Dip a radish in a little butter then in salt. I think that might be how the French eat them...oh wait, I think they wash it down with a glass of white wine.

SALAD MIX: A colorful blend of different greens, lettuces, and edible flowers. Be sure to check out our flower tunnel, in full bloom, when you visit for Strawberry Day on Sunday, June 22!

CHOICE: BURDOCK—Cut into pieces and put them on a cookie sheet in an oven set at low heat, about 100-150°F. Let it dry until there is no moisture left. Remove from oven and store pieces in a glass jar with a lid at room temperature. Drop a piece into your morning tea for help with indigestion, cleansing the liver, clearing acne and toning the stomach!

Strawberry Day!
Sunday June 22
Noon-6pm at the Farm
Potluck, Wagon Tour, U-Pick
Strawberries!



drain off excess moisture. If you will be cooking it, it is ok if it has some moisture on it. If you are going to eat it in a salad, it is best to pat it as dry as possible. The stems of younger pea vine are tender and can be eaten. Stems near the base of the plant and on more mature vines can become a little tough. If this is the case, remove the leaves from the stem and discard the stem or add it to a vegetable stock for extra flavor.

Whether you enjoy a pea vine salad with a light lemon vinaigrette and slices of radish or a spring stir-fry with pea vine, green garlic, carrots and other spring greens, I hope you'll enjoy this fresh taste of spring as you dream of sugar snap peas soon to follow.

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 Summer Fruit
 First Delivery June 19!

While we do our best to harvest enough of a crop for all members to receive some in their box, there will be times when there is not enough of a crop to fill all the boxes and something else may be offered in its place. We appreciate your understanding when this happens. Enjoy your veggies!

SPICY STIR FRIED CHICKEN AND GREENS WITH PEANUTS

SERVES 4

- 2 Tbsp soy sauce, divided
- 2 Tbsp dry Sherry, divided
- 3 tsp Asian sesame oil, divided
- 2 tsp honey, divided
- 1 1/4 pounds skinless boneless chicken breast halves, cut crosswise into 1/3-inch-wide strips
- 3 Tbsp peanut oil, divided
- 4 green onions or 2 green garlic**, white parts and green parts chopped separately
- 2 tsp chopped dried chiles
- 1 large bunch greens (such as spinach, hon tsai tai, bok choy, mustard greens, kale)**, spinach left whole, other greens cut into 1-inch strips
- 1 cup broccoli florets**
- 1 cup asparagus**
- 1/4 cup chopped roasted salted peanuts

--Whisk 1-tablespoon soy sauce, 1 tablespoon Sherry, 1-teaspoon sesame oil, and 1-teaspoon honey in medium bowl. Add chicken; marinate 20 to 30 minutes.

--Whisk remaining 1-tablespoon soy sauce, 1 tablespoon Sherry, 2 teaspoons sesame oil, and 1-teaspoon honey in small bowl and reserve.

--Heat 2 tablespoons peanut oil in large nonstick skillet over high heat. Add white parts of onions and garlic and chile flakes; stir 30 seconds. Add chicken; stir-fry just until cooked through, about 3 minutes. Transfer chicken mixture to bowl. Add 1 tablespoon peanut oil to same skillet; heat over high heat. Add broccoli, asparagus and greens by large handfuls; stir just until beginning to wilt before adding more. Sauté just until tender, 1 to 6 minutes, depending on type of greens.

--Return chicken to skillet. Add reserved soy sauce mixture; stir until heated through, about 1 minute. Season with salt and pepper. Transfer to serving bowl; sprinkle with green parts of onions and peanuts.

RECIPE SOURCED FROM EPICURIUS.COM

OPEN FACED BREAKFAST SANDWICH TOPPED WITH SAUTEED PEA VINE Serves 2

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| SAUCE: 1 1/2 Tbsp flour | 2 Biscuits or English Muffins, warmed |
| 1 1/2 Tbsp butter | 6 oz bacon or ham, cooked |
| 1/2 tsp Dijon mustard | 1 Tbsp butter |
| 1 1/4-1 1/2 cup milk | 4 eggs |
| Salt & Pepper, to taste | 1 bunch pea vine |

--In a small sauce pan over medium-low heat, melt butter for the sauce. Sprinkle in flour and stir to combine with a rubber spatula until it is well combined and has the appearance of wet sand.

--Stir in mustard and gradually add milk in small amounts, stirring with a wire whisk. Once all the milk has been incorporated, reduce heat to low and simmer, stirring frequently. Simmer for 15 minutes, then season with salt and pepper. Set aside and keep warm until ready to serve.

--Heat a small sauté pan over medium heat. Melt 1 1/2 tsp butter and sauté pea vine just until wilted. Season with salt and pepper. Remove from pan and set aside.

--Start to assemble sandwiches. Open biscuit or muffin. On each half, place crumbled bacon or slices of ham.

--Coat the small sauté pan with butter over medium heat. Cook the eggs one at a time. Cook to over-easy so the yolk is still liquid. Remove from pan and place on top of bacon or ham on the open-faced sandwich. Repeat with remaining 3 eggs.

--Top eggs with sauce and then sautéed pea vine. Enjoy!