



Jubilee Farm Summer Session Week 4

Having just celebrated our national birth I want to think about a nearly lost quality of our national character-thrift. The dictionary renews our understanding of this word:

“Care and wisdom in the management of one’s resources. A flourishing condition; vigorous growth.”!

Thrift is not chintzy, it does not mean cheap, nor is it getting something for nothing. I want to reclaim this word’s true meaning for our national conversation. As a member of a CSA, you are making a declaration of food independence and contributing to the *wise management* of our local farm lands. This very cold and wet summer gives us an opportunity to pay close attention to what we have in the pantry and make careful use of each nourishing item. Go through your pantry and freezer(s) and make sure nothing goes to waste. Surely our founding mothers were masters of *thrift*, while their husbands were away crafting democracy’s documents. As you take stock of what’s on hand stop to appreciate the *vigorous growth* and harvest of the beautiful kale and peas just now coming out of Jubilee Farm fields.

Terrie Irish
www.summerinajar.com

Eat Your Peas....First

Remove the stems and pull the strings off before cooking or eating raw.

Peas are high in sugar which will quickly turn to starch and ruin the flavor if you try to keep them too long. (unless you freeze them) Don’t wait to enjoy these gems.

Snap Peas (edible pod & pea)

I’ve rarely known a snap pea to make it into a stir fry. We pick them, put them in a bowl and poof, they’re gone. We eat them raw, often adding them to a veggie plate with hummus. But if you have more discipline than I, consider a quick steam or sauté to retain the bright green color and vitamins A, C & K.

Snow peas (edible pod & pea)

Steam:

- In a steam basket over boiling water, cook in a covered pot for 4 minutes.

Stir fry:

- 1-2 Tbs. canola oil, a few toes of garlic-minced, 1 Tbs **fresh** grated ginger and chili oil if you like a little heat, and/or a tsp. of fish sauce. Quickly cook until fragrant and put in 3 cups of prepared veggies (sugar peas, broccoli, kale, onions, peppers-any combination) Add the sugar peas last, and cook no more than 2 minutes.

Preserving Peas

After removing the stems & strings, blanch the peas in boiling water for 2 minutes.

Remove and immediately plunge into iced water to stop the cooking process.

Drain and spread out on a cookie sheet and freeze.

Once they are frozen, store them in a thick zip-lock bag or freezer container.

Next winter, grab a handful and toss into a stir fry.

Confessions From an Onion Addict

Okay, it's true. Most nights I start the meal by dicing up an onion, smashing a few toes of garlic and tossing it into a pan for a sauté. Then I go the fridge and hope for a miracle. "Please let me find inspiration from some bit of left-over."

Here's a way to rescue a slim-pickins night and omit a processed flavor packet.

- Braise **kale**, cut in a chiffonade
(See Week 1 for directions. They're on the website: www.jubileefarm.org)
- Cook 2 cups of brown rice or mix it 1/2 white , 1/2 brown rice
Or cook Asian noodles and set aside until ready to mix all of the ingredients.
- 2 cups of diced chicken– This is a great way to extend left over chicken.
- Toss braised kale, rice or pasta with meat and coat with peanut sauce.
- Top with toasted chopped almonds or sesame seeds.
- This is a great place to use a few of your snow peas-pre-cooked and chilled so they're not overcooked in the final dish.
- Serve hot or cold. Leftovers make a great lunch.

Remember the onion & garlic, sautéing in the pan?

Here's how I make **peanut sauce**

Sauté in a medium pan:

- 1 diced onion
- 4-5 minced toes of garlic
- 4 Tbs. freshly grated ginger
- 1-2 minced jalapenos-Be careful not to touch your face after handling hot peppers.

Once the onion mixture is soft and fragrant add:

- 2 cups of finely chopped cilantro-remove the tough stems
- Cook until very soft.

Add:

- 1 cup of real chicken stock
- 1/4 cup light soy sauce
- 3 Tbs rice vinegar
- 1 can of coconut milk

Once the mixture is hot add:

- 3/4 cup organic peanut butter (Store PB in the refrigerator to prevent rancidity.)
- Stir until well blended and gently continue to heat the mixture being careful not to burn it.
- Adjust the flavor after it has warmed and the flavors have melded.
- Quickly blend with an emersion blender or use a traditional blender.

Use immediately, store in the refrigerator or *freeze* for later use.

Summer in a Jar teaches home food preservation and scratch cooking. If you're interested in taking a class, you can register on our website, www.summerinajar.com. Not all classes are posted presently, so give us a call if you have a specific interest. 425.788.5696