



Baby Astro Arugula  
Chioggia Beets  
Chard  
Burpless & Marketmore Cucumbers  
Farm Eggs  
Curly Kale  
Red Thumb & Purple Majesty Potatoes

**Vegetable of the Week: Astro Arugula**

Nobody's ever on the fence about arugula. Once you've tried it, you either have a meltdown when it's not available at market or you shove it away like a 5 year-old sitting over a plate of brussels sprouts. Thing is, it grows on you. One moment you're wondering why anyone would eat such a potent salad green and a few arugula-beet salad plates later you're wondering how you ever spent so much of your life eating all those tame lettuce and spinach salads.

Baby arugula is a little milder than the full-grown stuff but it still packs some kick. I like to combine it with other greens and pair it with fruits and other veggies with distinctive flavors like fennel. Fun fact: the ancient Romans combined arugula with lavender and chicory to make an aphrodisiac tea. So, there's that, too.

## **Recipes:**

### Potato Arugula Salad

1 1/2 lb. potatoes, cubed 1/2 lb. arugula  
3 tbsp. white vinegar  
2 cloves garlic, minced 1/4 cup olive/pecan oil salt + pepper

- 1) Bring pot of salted water to boil, add potatoes and cook until tender but still firm, ~15 min. Drain and cool. Transfer to bowl.
- 2) Mix vinegar, garlic, salt + pepper in mixing bowl and drizzly in oil while stirring until mixture thickens.
- 3) Toss cooled potatoes with oil & vinegar mixture and arugula.

This next recipe calls for a food processor - basically a blender made to chop, shred, grate, and blend anything you wouldn't otherwise put into a countertop blender. If you're not rocking one in your kitchen there's a lotta good reasons to look into getting one, especially if you've found yourself overwhelmed with vegetables at any point this spring. Whenever anything in my fridge is in danger of falling victim to father time I just combine it with garlic, oil, salt and pecans to make a green pesto or soften it up in boiling water and puree it into a soup. You can also save yourself some \$ and set the PB&J sandwiches in your kid's lunch pail to Technicolor by using one to make your own nut butters (basic recipe: nuts and salt). You can get an old, bulletproof Cuisinart one for 50 or so bucks on ebay and replacement parts are all over the internet.

### Chilled Chioggia Beet Soup with Basil Sour Cream

1 bunch Chioggia beets 1 cucumber  
1 medium onion  
1/4 cup balsamic vinegar 1/2 cup lemon juice

1 tbsp. grated horseradish 2 tbsp. fresh basil, chopped 2 cups half & half  
1/2 cup sour cream  
salt + pepper

- 1) Preheat oven to 350. Remove greens from beets and set aside. Roast beets in oven for 1-1 1/2 hours or until they soften.
- 2) Allow beets to cool and cut into medium-sized cubes. Peel cucumbers and cut into 1-inch cubes. Cut onion into 8-10 slices. Combine all ingredients except for sour cream and half of the basil in food processor and blend until smooth. Add salt and pepper to taste.
- 3) Combine sour cream and basil and season with salt and pepper. 4) Chill soup and sour cream.
- 4) Serve in bowls with dollop of cream mixture on top.

## Basil & Cucumber Salad

1-2 cucumbers, peeled, quartered and cut lengthwise 1-2 tbsp. basil, chiffonade\*  
2-3 tbsp. seasoned rice vinegar  
salt + pepper

\*chiffonade? Separate the leaves from the stem, stack them on top of each other, roll 'em up like a cigar and cut them into long, slender thin slices.

1) Combine all ingredients in a bowl and toss to coat. Chill prior to serving.