

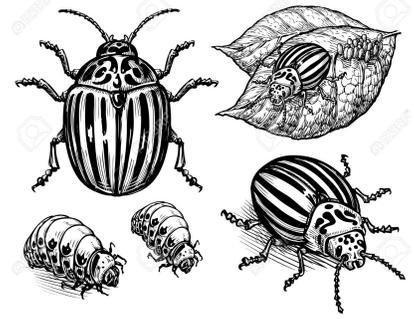


This Week's Basket:

Cucumbers
Summer Squash
Garlic Scapes
Kale
English Peas
Lettuce Mix
Head Lettuce

Beets
Parsley
Cabbage

6



Week 6! Ok, so I think I've been coming down unintentionally hard on the shelling peas. The truth is, I've been wanting and pushing for shelling peas for years now. I'm not quite sure why, but we never really considered them as a marketable vegetable and so they've been on the "homestead" list of things to do, which is to say that they never topped the priority list. One year they were lost in weeds, another we just never harvested them, last year the seeds never made it into the ground which we thought was the story for this year too. While I'm sad for the loss of our sugar snap pea crop and the potential cash it would bring in to market (there are very few veggie impulse buys!), I'm still very excited for our first real shelling pea crop! If all goes well, we'll have a surplus to stock our freezers with.

Anyone who's grown potatoes or eggplant before might recognize those pests at the top of the newsletter, the Colorado Potato Beetle. The adults hide out in the brush along the edges of fields and move in around the official beginning of summer to lay eggs under the leaves of potatoes and eggplants. The larvae hatch with a ferocious appetite and can do some very quick and extensive damage. Thankfully, we haven't had enough pest pressure from these creatures to justify buying expensive organic pesticides (EnTrust, a plant derived insecticide), so we've relied on spending a few hours going over the plants and hand removing them. The potato crop is looking great and soon enough, we'll be harvesting fresh new potatoes and wait till next year to tackle these pests again.

Most of the recipes I looked up for peas call for using them in pasta and I'm sure you won't have a hard time using them up, but I looked up a simple wilted lettuce recipe with peas that I thought you'd enjoy.

Fresh Garlicky Peas with Lettuce

4 Tbs Butter
5 Small
5 Garlic scapes, thinly sliced
1 1/2 cups fresh peas
2 small heads lettuce torn into large pieces (or lettuce mix)
Salt and pepper to taste

- Heat 2 Tbs butter in skillet over medium heat and add garlic. Season with salt and cook until tender.
- Add peas and cook until bright green and tender, about 4 minutes.
- Stir in remaining butter, along with lettuce and 1 Tbs water, season with salt and pepper and remove from heat
- Stir until lettuce is just wilted, about 1 minute