

Mashed Potatoes with Kale

3 pounds potatoes, peeled, cut into large chunks
4 tablespoons extra virgin olive oil
4 cloves garlic, minced
1 bunch kale, large stems discarded, leaves chopped
1/2 cup (or more) warm milk or cream
salt and black pepper, to taste
Optional garnishes: chopped scallions, fried shallots, Parmesan cheese

Place potatoes in a large pot and cover with water. Add a pinch of sea salt. Bring to a boil and cook for 20 minutes, or until the potatoes are tender. Heat two tablespoons of olive oil in a large pan or skillet over medium-high heat. Add the garlic, chopped kale and a big pinch of salt; sauté just until tender, about 1 minute. Set aside. Mash potatoes. Slowly stir in the milk until mixture has a thick and creamy texture. Season with salt and pepper. Quickly stir in the kale. Transfer to a serving bowl, make a well in the center of the potatoes and pour on the remaining olive oil. Garnish with scallions, Parmesan cheese, and/or shallots. Serves 6. www.101cookbooks.com.

Kale Colcannon

4 medium potatoes, quartered
3 1/2 cups chopped kale
1 tablespoon butter
3 leeks or 1 large onion, chopped
1/3 cup milk
1/4 cup chopped fresh parsley
Salt and black pepper, to taste

Steam potatoes. Steam kale separately. Meanwhile, heat butter in skillet, add leeks or onion and cook until soft, stirring frequently to prevent sticking. When potatoes are tender, peel and mash them. When kale is tender, drain well. Combine potatoes, kale, leeks, milk, parsley, salt and pepper. Serves 4.

From "From Asparagus to Zucchini, A Guide to Farm-Fresh Seasonal Produce," Madison Area Community Supported Agriculture Coalition, 2003.

Use Your Sugar Snaps & Noodle Salad

"You can easily make this salad a main dish by adding shrimp or chicken! Kids will love the sweet citrus flavors paired with noodles and fresh, crunchy cabbage."

1/2 pound vermicelli or thin spaghetti, broken in half
1 1/2 cups sugar snap peas, cut in half

1 small yellow summer squash, cut into thin bite-size stripes
1 cup shredded carrots
1 cup shredded Chinese cabbage
orange sections to garnish
3 tablespoons toasted sesame seeds
Citrus-Sesame Dressing
1/4 cup fresh orange juice
2 tablespoons honey
4 teaspoons white wine vinegar or rice vinegar
1 teaspoon toasted sesame oil
1/8 teaspoon coarse salt
1/4 cup olive oil
Cook pasta according to the package directions; drain. Immediately rinse under cold running water; drain. In a large bowl, toss together the pasta, snow peas, summer squash, carrots, and cabbage. To make the dressing, combine orange juice, honey, vinegar, sesame oil, and salt in a small bowl and whisk vigorously. Slowly pour in the olive oil, while continuing to whisk. Pour just enough dressing over the pasta and vegetables to coat them lightly; toss. Just before serving, top with orange sections and a sprinkling of toasted sesame seeds. Serves 6 to 8.

Tofu or Chicken Stir-Fry with Sugar Snap Peas

Whisk sauce together in a small bowl:

3/4 cup broth
3 tablespoons light soy sauce
2 tablespoons brown sugar
1 tablespoon sesame oil
1 tablespoon sesame seeds
1 tablespoon corn starch
2 teaspoons gingerroot, peeled, minced
1 1/2 teaspoon garlic, minced
1/2 teaspoon crushed dried chilies
Saute over medium-high heat in a small amount of oil until browned:

1 pound boneless chicken cubed, or 1 block firm tofu, cubed

Add to saute pan:

1 cup sugar snap peas
soy sauce mixture (prepared above)
Bring to a boil, stirring. Reduce heat and simmer until sauce thickens.

Add:

12 ounces cooked soba noodles, rice noodles, spaghetti or fettuccini
browned tofu or chicken Serves 4 to 6.

Sugar Snap Pea & Rice Salad

6 ounce package long grain & wild rice mix
1/2 cup chopped broccoli
1/3 cup sliced red or green onions
1/4 cup Italian vinaigrette
1 tablespoon lemon juice
1/2 teaspoon lemon pepper
1 to 1 1/2 cups sugar snap peas
1/3 cup slivered almonds

Prepare rice according to package directions. Cool slightly. Steam broccoli until crunchy-tender. Toss with remaining ingredients and refrigerate 2 hours. Serves 4.

Adapted from "From Asparagus to Zucchini, A Guide to Farm-Fresh Seasonal Produce," Madison Area CS Coalition, 2003.

Sweet Potato Storage

According to [Alice Waters](#):

*Don't plan on keeping sweet potatoes for more than a few days at home. Any needless handling causes bruising and shortens their shelf life. Remember their tropical origins and keep them at a cool room temperature with good air circulation, **not in the refrigerator.***

Silver Dollar Sweet Potatoes

2 TBS melted, unrefined coconut oil or EV olive oil
2 tsp. apple pie spice or ground ginger or cinnamon or as needed

4 large or 6 medium sweet potatoes (2-2 1/2 lb.)
Preheat oven to 400F. Put oil in custard cup and se out spices. Rinse and scrub sweet potatoes with bristle brush. Pat dry. Remove rough sections and any soft or black spots. Peel if desired. Cut into 1/3 inch thick rounds with sturdy vegetable or chef knife or use a mandoline for potato chip-like texture. Cut in 1/2-inch thick rounds for softer, French fry-like texture.

Working quickly to keep sweet potatoes from oxidizing, lightly brush cut surfaces with oil, dust with spices, rub spiced halves together and arrange on 2 large cookie sheets or shallow baking pans. (For easy cleanup, line with unbleached parchment paper.) Bake 15 minutes. Flip slices with metal spatula if desired, and bake 10 to 15 minutes longer until just tender. Serve. Refrigerate leftovers and use within 3 days.