**Farm Update:** Welcome to those who are joining us for the first week! We got the much-needed rain that we were desperately waiting for and can continue gardening with a little more ease. We had been expecting peas by now but the plants just keep growing taller and not setting fruit. With this weekends expected heat we will have peas next week -and garlic scapes too. We found a few potatoes and had to share with you. Here is just a little taste. There will be much more to come.

Box Includes:

* Radishes
* Spinach
* Chinese Cabbage
* New Potatoes
* Cucumbers
* Green Onions
* Herb (1tsp dried = 1Tbsp fresh):

Cilantro

Recipes:

**Stir Fried Chicken with Chinese Cabbage**

1 1/3 pounds boneless, skinless chicken breasts (about 4), cut into 1-inch pieces

1 tablespoon plus 4 teaspoons soy sauce

3 tablespoons dry sherry

1/4 teaspoon cayenne

2 tablespoons cooking oil

1 onion, chopped

2 cloves garlic, minced

1 teaspoon ground coriander

1 tablespoon wine vinegar

1/2 head Chinese cabbage (about 1 pound), sliced

3/4 cup drained sliced water chestnuts (from one 8-ounce can)

2 teaspoons tomato paste

1/4 teaspoon dried red-pepper flakes

3 tablespoons water

3 tablespoons chopped cilantro or scallion tops

1/8 teaspoon salt

- In a medium bowl, combine the chicken with the 1 tablespoon soy sauce, 1 tablespoon of the sherry, and the cayenne. Let marinate for 10 minutes.

- In a wok or large frying pan, heat 1 tablespoon of the oil over moderately high heat. Add the chicken and cook, stirring, until almost done, 1 to 2 minutes. Remove.

- Add the remaining 1 tablespoon oil to the pan. Add the onion, garlic, and coriander. Cook, stirring, until the onions are golden, about 4 minutes. Add the remaining 2 tablespoons sherry and the vinegar. Cook, stirring, 1 minute longer.

- Add the cabbage, water chestnuts, the remaining 4 teaspoons soy sauce, the tomato paste, red-pepper flakes, and water and cook, stirring, for 3 minutes longer. Add the chicken and any accumulated juices,

the cilantro, and the salt and cook, stirring, until the chicken is just done, 1 to 2 minutes longer.

**Spinach Quiche**

Crumb crust:

1/3 cup flour

1/3 cup whole wheat flour

1/3 cup cornmeal

½ tsp salt

¼ tsp baking powder

1/3 cup butter

-lightly mix dry ingredients. Cut in butter until crumbly. Pat firmly into bottom and side of a 9-icn pie pan. (I add a little water so that it sticks together and then squish into the pan.)

Filling:

3 eggs

1 cup milk

1/3 cup milk powder

¼ tsp salt and pepper (each)

-Beat together.

Add 3 cups chopped veggies, like spinach, broccoli, onion, asparagus, etc.

Add ½ cup leftover meat like ham, bacon, or sausage.

Pour into crust.

Top with 1 cup shredded cheese.

Bale at 425’ for 15 minutes, then reduce heat to 350’ and bake until browned on top and set in the middle (about 30 minutes) Allow to cool for 10/15 minutes before cutting and serving.

New Potatoes -Boil in cream till tender.

Add salt and dill.