

Package Contents:

- 1 pint jam, blueberry or blackberry (blackberry has no label, blueberry does)
- ½ lb leaf lettuce
- 1 whole chicken, approx 4 lb
- 1 lb whole wheat linguini
- ½ lb cheddar curds
- 1 dz eggs
- ½ gallon milk
- 1 lb assorted sausages
- Choice of 2: kale, spinach, mixed greens, rhubarb, radishes, rapini, and asparagus

Rapini/Broccoli Rabe

Contrary to what the name says, rapini is not part of the broccoli plant. In fact, it is more like mustard greens and turnip greens. The leaves and stem are edible and have a nutty, somewhat bitter taste when eaten raw. The flowers and small head (looks a little like broccoli..hence the name) are also edible.

Rapini can be cooked several ways. Here are some ideas:

- Raw...if you enjoy a good source of Vitamin C and K in your salads, eat the leaves and flowers raw.
- Blanched. Rinse the entire stalk. Chop the thick, hard part off of the bottom of the stem (if your stalk has one). Leave the leaves on the stem and cut crosswise in 2 to 3 inch sections. Blanch the greens in boiling water for a couple minutes.
- Blanch and Saute. For blanched greens, remove them from the water and drain of water. Toss them in with some hot olive oil and garlic in a skillet. Cook until desired tenderness, generally about 1 to 2 minutes on medium high heat.
- Raw Saute. Cook the greens in olive oil and garlic or with some chunks of bacon (like the ramp recipes a few weeks back). Toss a little salt in (little) and toss the greens until they start to cook down and reach your desired tenderness. If using bacon, you may want to crisp it some first, drain the fat, and add the greens. Cook for a minute then add a half a cup of water and let cook off. The bacon and the greens will be done at the same time.

Rapini is very popular in Italian dishes, so feel free to incorporate some rapini into a pasta dish or puree it to make a pesto for a sauce for your pasta. I personally prefer just tossing the fresh pasta with the rapini/olive oil/garlic combination to make a very light, spring pasta dish.

Radishes

One of the first spring crops is the radish. Sadly, few people appreciate the radish. It's a salad garnish for many. But here are some different ideas for how to use it:

Pickled

I had to twist Heather Haviland's (Lucky's Café) arm to take some beautiful radishes two weeks back. She hates radishes and I knew that. Heather, her sous chef, and I spend about an hour together each Saturday shooting the breeze and figuring out what they can do with some of my extras. I cringed as I said radish.

After a few minutes though, we found a use. Heather was going to feature a smoked turkey breast sandwich the next weekend. Pickled radishes would add a kick and contrast to the turkey.

To pickle the radishes, coarsely grate them or slice them into thin slices. Slice a small onion as well. In a separate bowl, mix together a half cup of sugar, 2./3 cup of vinegar (white wine, rice, or something else light in flavor), and 2 tsps salt. Once the salt and sugar are dissolved, mix the radishes and liquid together. Cover with plastic wrap and refrigerate for two days before serving.

Roasted

Slice your radishes into thick slices or small cubes. Saute with butter in a skillet and serve.

Also, you can toss them with butter or olive oil and roast in the oven.

Roasted Radishes with Brown Butter, Lemon, and Radish Tops (from Bon Appetit, April 2011)

Ingredients:

- 1 large bunch radishes
- 1.5 tablespoon olive oil
- Kosher salt
- 2 tablespoons unsalted butter
- 1 tsp fresh lemon juice

Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit.

Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender,

stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.

Over medium-high heat you will brown the butter. Add butter and a pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice.

Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

Variation: You may also saute the radish greens to go with the radishes.

Rhubarb

First, don't eat any bit of the leaves on the stalk. Most of the leaves have been removed. The leaves are mildly toxic and will give you stomach pains.

Rhubarb is used to make jams, sauces, and for baking. I was going to write about how to make rhubarb jam...but there are so many variations that it is scary! In general, you are going to cook rhubarb in a small amount of water. The rhubarb contains lots of water so it will stay liquidy. Other sweeteners such as sugar or even fruits such as apples and strawberries are added to the rhubarb to mellow out the bitter taste. At this point, one may either continue to make jam (adding pectin, etc) or use the rhubarb as a sauce for dressing desserts, serving over a nice pork roast, or even on the ham loaf from a few months back!

For a very good article on rhubarb, please visit Wikipedia. Their article is rather thorough on the uses.

To recap, you may:

- Make a jam: search the web for countless recipes on jams
- Make a sauce: this will be a sweet and sour sauce containing rhubarb, a sweetener (sugar, honey, other fruit), and optionally apples. This will pair well with pork and turkey, kind of like a chutney. Try serving it on a pork chop, pork roast, sliced turkey, or the ham loaf from a few months back.
- Bake with it: Rhubarb pie! I haven't made one so I feel bad suggesting how.