



Cartwheel Farm

little fields. local foods.

Sugar Snap Peas

Romanesco

Broccoli

Salad Turnips

Cartwheel Lettuce Mix

Red Loose Leaf Lettuce

Scallions

Summer Squash

SMASHED PEAS ON TOAST

We tend to eat almost all of the peas that make it up to the house from the garden raw and whole. They are so easy to enjoy without any fussing at all. And yet...

fussing over peas can have such spectacular results. Last year we went on a pea tempura kick that was delicious! Whole pods were dipped in batter and fried - along with kale leaves and whole sprigs of mint - and then salted and dipped in sweet and spicy vinegar. This year, the heat has sadly pushed our limited pea harvest towards starchiness.

The upside is that this makes them perfect for pureeing into a delightful spread for crostini or toast. Take the ingredients below and blend. Slather generously over crusty bread. Drizzle with olive oil. Top with sliced scallion and cracked pepper or chilli flakes. Add a poached egg or some smoked salmon or sliced avocado or all three to move this from snack to meal territory. Use frozen peas or edamame as an alternative.

Lightly Blanched Peas; Lemon Zest & Juice; Ricotta or Feta; Olive Oil; Salt

KNOW YOUR GARDEN

Each year we take a week to share a little snapshot of the farm for those of you who haven't yet visited... We are perched on Goat Mountain, facing south towards Canyon and Lister. Most of what we grow comes off of two little fields - one on each side of our maple-lined driveway. They are made up of a total of 100 hundred-foot beds. We rotate our crops among the beds from season to season. Some six covered tunnels follow the rotation. A greenhouse is home to our seedlings before they leave for the fields, as well as to tomatoes. We wash and pack at the original farmhouse and barn - a red plastered building that we renovated to suit our garden. The barn is presided over by a magnificent weeping willow. Before Cartwheel, this was Willow Springs Farm. We have been told that the tree is one of the oldest willows in the Valley. She is a wind-dancer and the heart of this little slice of land. A former orchard, the farm is dotted with a few fruit trees - apple, plum, and cherry. Wild thimbleberries and asparagus live at our edges. One corner is a toboggan hill. A tiny pond sometimes holds spring melt water. We look forward to opening our gates to visitors again soon!

BROCCOLI, TURNIP, & PEANUT SALAD

Broccoli and salad turnips play well together. Add creamy peanut dressing, some roasted nuts for crunch, and a little spice and you have lovely salad. The tricks to making this dish satisfying are using lovely veg (check!) and prepping it well. We suggest: peel the broccoli stem, finely slice the the stem and the turnips, and slice the broccoli florets. Let the prep time be a moment of calm! To plate with extra flare, spread dressing over the bottom of your serving tray or salad plates and heap the other ingredients artfully over top. Turn this into a happy summer meal by serving alongside noodles and grilled protein.

PREP TIME: 20 min COOK TIME: 0 min TOTAL TIME: 20 min

INGREDIENTS:

- Smooth peanut butter
- Sesame Oil
- Rice vinegar
- Soy or Tamari Sauce
- Coconut Sugar or Honey
- Fresh Ginger, minced
- Broccoli Stems and Florets, prepped (see above)
- Turnips, finely sliced (greens reserved for another meal)
- Scallion Greens, finely sliced
- Roasted Peanuts, whole or crushed
- Fresh Red Chilis, finely sliced (Optional)

INSTRUCTIONS:

- Whisk dressing ingredients.
- Toss broccoli and turnip in dressing and garnish with scallions, peanuts, and fresh chilis or see plating idea above.