



RICE SALAD IN LETTUCE CUPS

- 1½ cups long-grain white rice
- Salt
- 1 cup sugar snap or snow peas, blanched*
- ½ red bell pepper, chopped
- ¼ red onion, thinly sliced and soaked in ice water for 10 minutes
- 1 head of Butter Crisp (or other leafy green) lettuce (about 8 large leaves)
- Dressing:**
- 2 tablespoons rice wine vinegar
- Salt and freshly ground black pepper
- 6 tablespoons vegetable oil
- 1 teaspoon toasted sesame oil

For the rice: Place the rice, 3 cups water, and a pinch of salt in a pot, cover and bring to a boil. Reduce the heat and cook on low until tender, about 20 minutes. Turn the rice out onto a sheet tray and let it cool completely. Next, combine the rice, peas, red bell pepper and red onion. Toss gently.

For the dressing: In a small bowl, add the rice wine vinegar, a small pinch salt and a few turns of freshly ground pepper. Mix together and slowly drizzle in the vegetable oil and then the sesame oil. Pour the dressing over the rice and mix until the rice is thinly coated. Adjust seasonings. Serve by placing a scoop of the salad in each lettuce leaf; wrap and eat!

**Cooked for about a minute in boiling water until bright green, then immersed in ice water to stop cooking process.*



ROMAINE LETTUCE SOUP

- 3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, roughly chopped
- 2 cloves garlic, roughly chopped
- 2 heads (8–9 cups) fresh green leaf lettuce
- 2 cups chicken or vegetable stock
- 2 teaspoons salt
- ½ cup plain Greek yogurt

1. Heat a large saucepan over medium-high heat and add 2 tablespoons of the olive oil. Add the onion and garlic and cook until softened and very lightly browned, about 4 minutes. Add the lettuce, in batches if necessary, and cook until gently wilted.
2. Pour in the stock and bring to a boil. Reduce heat, add the salt, and simmer for 5 minutes. Turn off heat and allow the soup to cool for 10 to 15 minutes.
3. Add the cooled soup to the blender, along with the yogurt, herbs, and remaining 1 tablespoon of olive oil. Blend on high for 3 minutes. Taste and adjust seasoning with salt and pepper. Chill the soup in the refrigerator. Garnish with fresh basil leaves, or other fresh herbs if desired, and serve.

—Adapted from a recipe by Chef Edward Lee, and published in *Organic Gardening*. The full, and much fancier recipe, can be found online at www.organicgardening.com



GARLIC SCAPE VINEGAR

- 1–2 whole garlic scapes (or more to taste)
- 1 cup light flavored vinegar, such as white wine vinegar or rice vinegar
- Glass container
- non-metal cap or cover

1. Sterilize the bottle and cap, either by simmering in hot water on the stove for 10 minutes or washing in the dishwasher right before using. Allow to dry.
2. Wash and dry garlic scapes. Cut into lengths that will allow the scape to be completely submerged below the level of the vinegar. Any exposed piece of scape not in the vinegar will start to deteriorate and rot.
3. Gently bruise the scapes, by rolling over slightly with a rolling pin, to release a bit more flavor.
4. Place the scape pieces in the sterilized container and cover completely with vinegar. Cover with lid, cap or cork.
5. Store in the refrigerator, or other cool, dark place. The following day, check the level of the vinegar and add more if the level has dropped at all. It is possible that the scapes will absorb some overnight.
6. Allow to infuse for 10 – 14 days, in a cool, dark place. Strain out original garlic scape pieces and replace with fresh ones (if available), primarily for decoration. Will keep for 2–4 months if kept out of direct sunlight.

— Adapted from recipe by Catie Schwalb



SAUTÉED BOK CHOY

— from www.Chow.com

- 2 tablespoons vegetable oil
- 2 medium garlic cloves, minced (or use chopped garlic scapes!)
- ½ piece of ginger, peeled and freshly grated
- ¼ teaspoon red pepper flakes
- 1½ pounds bok choy, cleaned, ends trimmed, & cut diagonally into 1" pieces
- 1 tablespoon soy sauce
- 1 tablespoon water
- ¼ teaspoon toasted sesame oil
- Salt (optional)

In a large frying pan with a tight-fitting lid, heat the vegetable oil over medium-high heat until shimmering. Add the garlic, ginger, and red pepper flakes and cook, stirring constantly, until fragrant but not brown, about 30 seconds. Add the bok choy and, using tongs, fold it into the garlic-ginger mixture until coated, about 1 minute. Add the soy sauce and water, cover, and cook until steam accumulates, about 1 minute. Uncover and cook, stirring occasionally, until the greens are just wilted, the stalks are just fork tender but still crisp, and most of the water has evaporated, about 2 minutes. Turn off the heat, stir in the sesame oil, and season with salt if desired.