

Week 5

**Carrots**

**Snap Peas**—a variety called Cascadia

**Broccoli** or **Rat-Tailed Radish Pods**

**Green Garlic**

**Swiss Chard**

**Lettuce--** a leaf lettuce called Red Sails

**Shungiku**, otherwise known as edible chrysanthemum

**Spinach**

**Strawberries!**

Farm news: Hurray for the intrepid strawberries! I never got around to weeding them this winter, but they are fruiting nicely anyway—and I think that the protective canopy of grasses and blackberries is keeping the birds away. Don’t worry, little strawberries—you will get weeded this summer. In the greenhouses, the cucumbers are blooming and setting lots of fruit—I think we’ll have cucumbers before zucchinis this year. This week’s odd veggie is shungiku, an interesting green that’s popular in Japanese and Chinese cooking—it also eventually produces a tasty edible flower. I’m always on the lookout for greens with unique flavors that aren’t in the brassica family—I like plant diversity—and shungiku has been one of my favorites for many years. This year’s new odd plant, Caucasian Mountain Spinach, is not doing great yet—it’s still in pots in the greenhouse, growing slowly.

**Edible Chrysanthemum Greens with Sesame Dressing (Shungiku Goma-ae)**

BY YUKIKO KENNEDY, from Edible Michiana

5–6 ounces shunpike (edible chrysanthemum greens)

2 tablespoons sesame seeds

2 teaspoons soy sauce

2 teaspoons mirin (place mirin in a microwave-safe bowl and microwave for 30 seconds to evaporate some of the alcohol.)

½ teaspoon sugar

In a pot of boiling water, cook the shungiku for 3–7 minutes, until tender crisp (not mushy). Drain and squeeze tightly to remove the excess water. Cut the shungiku into ¾-inch lengths. Set aside.

Toast the sesame seeds over medium heat until the seeds begin to pop. Put about 80% of the seeds into a clean coffee grinder or small food processor. (Set aside remaining seeds.) Pulse seeds in grinder 3–5 times for 1 second each pulse. Pour the whole and ground sesame seeds into a small bowl. Add the soy sauce, mirin and sugar and mix well.

Mix the sauce with the shungiku immediately before serving so that the mixture does not become soggy.