



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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VEGETABLE FEATURE: Pea Vine

By: Chef Andrea Yoder

Description: Pea Vine is actually an immature pea plant that is harvested before the vine starts to develop blossoms. It has a mild, sweet pea flavor and may be eaten raw or lightly cooked. Pea vine has a bright, subtle pea flavor and, as with all leafy greens, is packed with nutrients that leave you feeling invigorated!

Preparation & Use: While the tendrils and leaves are tender, the main stem can sometimes get tough depending on how mature the plant is at harvest. This week's pea vine is at an in between stage. Most of the upper stem is still tender while the mid to lower portion may be a little more coarse. In past years we've had members comment that the pea vine is "stringy." There are several ways to deal with this issue and still extract full flavor and benefit from the pea vine. The first option is to pick the tender leaves, tendrils and thin stems off the main stem. You can use those in salads or lightly cook them. Do not throw the stem away as it still has flavor that can be extracted! You can simmer the stems in hot broth, sauces or soups to extract the flavor, then discard the stems.

I must admit, I don't like to spend a lot of time sorting through a bunch of pea vine, so I typically utilize option #2 when the pea vine is more mature. Option 2 is to blend/chop leaves, tendrils and much of the stem in a blender, food processor, or simply with a knife. I will still discard the lower few inches of the bunch if that portion of the stem is more tough,

but I typically utilize the remainder of the plant. If you chop it very finely and use a good blender or food processor, you can add it to pesto, smoothies, soups, cream cheese, etc. If you are using pea vine in sauces, soups or broth, I recommend rough chopping the pea vine into smaller pieces and adding it to hot broth or a sauce base. Let the pea vine simmer briefly to extract the flavor, but don't overcook it or you'll lose the bright pea flavor. Once you've infused the flavor of the pea vine into the sauce or broth, you can strain it out to remove it. If you'd like to extract just a little more flavor, blend the mixture before straining it.

Pea vine goes well with cream, butter, cheese, pancetta, prosciutto, bacon and ham, lemon, lime, mint, parsley, chives, spring onions, green garlic, radishes, asparagus, and mushrooms.

Storage: Store pea vine loosely wrapped in a plastic bag in the crisper drawer of your refrigerator until ready for use.

What's In The Box?

PEA VINE: This is the large, somewhat crazy looking green in this week's box! Read more about pea vine in the [vegetable feature article](#), including how to best utilize it at this stage of maturity.

GARLIC SCAPES: Nearly the entire garlic scape is edible and you do not need to peel it. The end that was attached to the plant may be dry, so trim that end off. The skinny tail on the other end, after the little bulb may also be a little tough so you may wish to discard it. You can eat scapes raw or cook them in any recipe calling for garlic.

POTATO ONIONS: This is an overwintered spring onion. Use both the green upper portion as well as the base. Use them to add some complementary onion flavor to a batch of [Pea Vine Cream Cheese!](#)

ASPARAGUS: This will likely be our final week for asparagus. Last weekend we had freezing temperatures which froze off some of our asparagus spears, plus production was slowed significantly with the cold temperatures. Thus, we did supplement our harvest with some product from J & S Organic Asparagus Farm.

BABY SPINACH OR BABY ARUGULA: If you're building up a surplus of greens, consider turning this week's bag of spinach into [Creamed Spinach with Mushrooms](#). It will disappear before you know it!

SALAD MIX: Looking for a fast food in this week's box? This is it! Simply toss salad mix with a light vinaigrette of your choosing and you have a base for a salad that can become a meal in itself.

RHUBARB: This year we are sourcing rhubarb from Richard's longtime farmer friend, John Zehrer from Star Valley Flowers. Please note, this rhubarb is not currently certified organic, however his field has been previously certified and he continues to manage it according to organic standards. We're thankful for the opportunity to work with him while our young field of rhubarb is getting established. We hope to resume harvesting from our own fields next year. If you have any further questions about this rhubarb, please reach out to us.

CILANTRO: Use both the leaves and stems as they are both tender and packed with flavor! Make a [Creamy Cilantro Dressing](#) to enjoy with this week's spinach or head lettuce.

MINI RED ROMAINE AND MINI BOSTON HEAD LETTUCE: Our first few varieties of head lettuce are mini varieties. Separate the leaves from the base of the head and wash them well in cold water. Dry the leaves well to remove excess water before you use them. You can do this with a salad spinner, or put them in a clean kitchen towel and pat or shake off the water.

DIANA OR RED RADISHES: Slice them thin and add them to salads or use them in this [Fish Taco Recipe](#) along with cilantro.

Pea Vine Vinaigrette

Yield: 1 ¼ cups

2 cups rough chopped pea vine (tender stems and leaves)	4 Tbsp apple cider vinegar	⅔ cup sunflower oil (or other neutral salad oil)
3 Tbsp dijon or stoneground mustard	½ tsp salt, plus more to taste	1 Tbsp minced pickled ginger (optional)
3 Tbsp maple syrup	Freshly ground black pepper, to taste	

1. Place pea vine in a blender or food processor. Add mustard, maple syrup, apple cider vinegar, ½ tsp salt and black pepper. Blend or process briefly to start chopping the pea vine and combining the other ingredients.
2. With the blender or food processor running, slowly pour in the oil. You may need to stop and scrape down the sides of the bowl periodically. Continue to blend until the mixture is mostly smooth and well combined.
3. Taste and adjust to your liking by adding more salt and/or apple cider vinegar as needed. Add pickled ginger and stir just enough to fold it into the dressing. Refrigerate until ready for use.

Note from Andrea: This recipe is an adaptation of Sarah Britton's Maple-Mustard dressing, originally found in her book, *My New Roots*. This is my go-to salad dressing and one I shared in a newsletter last fall (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad201121.pdf>). I typically make the basic dressing in a bowl and just whisk it to combine everything. In this adaptation I chose to make it in the blender which helps to not only chop up the pea vine, but also emulsifies the dressing so it does not separate.

Simple Spring Lettuce Salad with Pea Vine Vinaigrette

Servings: as many as you wish

Head lettuce, washed, dried and torn into bite-sized pieces	Pumpkin seeds, lightly toasted
Radishes, thinly sliced	Pea Vine Vinaigrette (see above)
Feta cheese, crumbled	Cooked chicken, fish or tofu (optional)

1. Adjust the quantities of the ingredients above according to the number of salads you wish to make. Put the lettuce directly into the bowls you are using to serve the salad.
2. Top the lettuce with radishes and feta cheese. Drizzle or pour pea vine vinaigrette over the salad, quantity to your liking.
3. Top off the salad with crumbled feta cheese, pumpkin seeds and protein of your choosing if you wish. Enjoy!

Additional Pea Vine Recipes:

Visit our website where you'll find some of our favorite recipes utilizing pea vine that have been featured in past newsletters. These are the recipes that have become member favorites!

Pea Vine Quesadillas (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad100529.pdf>)

Fettucine with Pea Vine Cream Sauce (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad150530.pdf>)

Pea Vine Cream Cheese (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad140614.pdf>)

Pea Vine Pesto Pasta Salad (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad140614.pdf>)

Pea Vine & Asparagus Soup with Buttermilk and Mint (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad180602.pdf>)

Spring Noodle Bowl with Pea Vine Broth (<http://harmonyvalleyfarm.com/NLTR/MAD/csamad160528.pdf>)