

FOOD



Learn to Garden Courses Available

Hoping to grow a successful vegetable garden this year? Need a little help? Oregon Food Bank, in collaboration with Oregon State University Extension Service, offers a free, five-session "Seed to Supper" course for beginning gardeners at sites throughout the metro area.

"Our goal is to give gardeners the skills and confidence they need to grow a portion of their own food on a limited budget," says Ali Abbors, learning gardens program coordinator.

Topics include: garden site and soil development, planning your garden, planting your garden, garden maintenance and harvesting. All participants will receive a beginning gardening book and a certificate of completion.

For more information, visit oregonfoodbank.org/seedtosupper.

Vegetable Soup with Asparagus, Artichokes, Peas & Spinach

A vegetarian soup in time inspired by the spring garden. Hands-on time is 20 minutes; time to table is 24 hours. Makes 12 cups.

Ingredients:

- 6 cups stock (I used Homemade Chicken Stock, Note to Vegetarians)
- 1 tablespoon butter
- 1 leek, white and green parts only (How to Clean Leeks), cut into half circles
- 2 ribs celery, trimmed and cut into half-inch thick pieces on the diagonal
- 3 carrots, trimmed and cut into half-inch thick pieces on the diagonal
- 1 15-ounce can artichoke bottoms, tough bits sliced off and discarded, remaining parts cut into lengths
- 16 ounces frozen artichoke hearts (from Trader Joe's, one of their marvelous bags of frozen vegetables)
- 8 ounces asparagus, woody ends snapped off, skin pared off if tough, spears cut into one-inch lengths, tips set aside
- 8 ounces frozen peas
- 8 ounces frozen spinach
- Generous salt & pepper to taste
- Cream to taste (I used about a quarter cup)

Directions:

1. In the microwave, bring the stock to a boil. (This step helps 'move the recipe along' but isn't necessary if time is no issue.)



2. In a large pot, melt the butter til shimmery. Add the leek, stir to coat with fat and let cook until just soft. As they are prepped, add the celery and ribs to the pot, stirring to coat with fat and letting cook until just soft. As they are prepped, add the artichoke bottoms, artichoke hearts and asparagus lengths (leave the tips aside for now).
3. Add the hot stock and bring the soup to a boil. Reduce the heat to maintain a slow simmer, let simmer until all the vegetables are cooked through.
4. Stir in the asparagus tips, peas and spinach and let cook through.
5. Taste, then season with salt and pepper. Stir in cream to taste. Best if left to rest for 24 hours before serving.

Spring Garden Chicken Salad

Ingredients:

- 7 baby carrots, halved lengthwise
- 1 cup fresh sugar snap peas
- 4 cups torn Boston lettuce
- 1 cup trimmed watercress
- 1/2 cup thinly sliced radishes
- 1/2 cup fresh flat-leaf parsley leaves
- 2 (6-ounce) skinless, boneless chicken breast halves
- 1/2 tsp salt, divided
- 1/4 tsp freshly ground black pepper, divided
- 8 tsp extra-virgin olive oil, divided
- 2 tablespoons champagne vinegar
- 2 tablespoons minced shallots
- 1 1/2 tps honey
- 1 1/2 tps water
- 1 garlic clove, minced

Preparation:

1. Cook carrots and peas in boiling water 2 1/2 minutes or until crisp-tender. Drain and rinse with cold water; drain. Combine carrot mixture, lettuce, watercress, radishes, and parsley in a large bowl; set aside.

2. Place chicken between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Sprinkle chicken with 1/4 teaspoon salt and 1/8 teaspoon pepper. Heat 2 teaspoons oil in a large skillet, swirling to coat. Add chicken to pan; cook 4 minutes on each side or until done. Let stand 5 minutes; cut across the grain into slices.
3. Combine remaining 2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, vinegar, and remaining ingredients in a small bowl, stirring with a whisk. Drizzle dressing over lettuce mixture; toss gently. Arrange about 2 cups lettuce mixture on each of 4 plates; divide chicken evenly among servings.

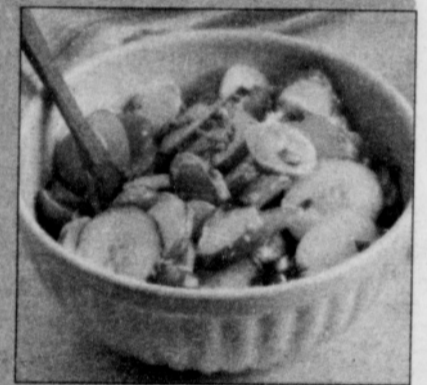
Spring Garden Potato Salad

Dressing Ingredients:

- 2 cloves garlic, peeled
- 2 1/2 teaspoons kosher salt
- 1/2 cup mayonnaise
- Freshly ground black pepper
- 2 1/2 tablespoons white wine vinegar

Salad Ingredients:

- 8 cups water
- 2/3 cup dry white vermouth
- 3 cloves garlic, smashed
- 2 tablespoons kosher salt plus additional for seasoning
- 1 sprig fresh thyme
- 1 bay leaf
- 4 black peppercorns
- 2 pounds small red-skinned waxy potatoes, sliced into 1/8-inch-thick rounds
- 5 medium carrots, peeled and sliced into 1/8-inch-thick rounds
- 1 bunch radishes, sliced into 1/8-inch-thick rounds (about 8)
- 1/2 English cucumber or 1 large Kirby cucumber, sliced into 1/8-inch-thick rounds
- 1 cup grape or cherry tomatoes, halved
- 3 scallions (white and green parts), thinly sliced
- Freshly ground black pepper
- 1/2 cup lightly packed chopped mixed fresh herbs, such as flat-leaf parsley, dill, or tarragon
- 6 lemon wedges



Directions:

1. For the dressing: Smash the garlic cloves, sprinkle with the salt, and, with the flat side of a large knife, mash and smear the mixture to a coarse paste. Put in a bowl and whisk with the mayonnaise, vinegar, and black pepper to taste.
2. For the salad: Put the water, vermouth, garlic, salt, thyme, bay leaf, peppercorns, and potatoes in a large saucepan and bring to a boil. Add the carrots, lower the heat, and cook until the vegetables are tender but not mushy, about 5 minutes. Stir in the radishes, then immediately drain all the vegetables in a colander in the sink. Remove and discard the garlic, thyme, bay leaf, and peppercorns. Cool slightly and toss the vegetables with the dressing. Cover and refrigerate about 30 minutes. (The salad can be prepared up to this point a day ahead.)
3. About 10 minutes before serving, toss the cucumber, tomatoes, and scallions in a small bowl with salt and black pepper to taste. When ready to serve, fold the cucumber mixture and herbs into the potato salad. Serve with lemon wedges.

