

# Summer Creek Farm

2009 CSA Newsletter

## About Snow Peas

Week 6  
June 21, 2009

This [great blog post](#) from Kathy Maister includes 10 ideas for preparing snow peas, and explains the difference between snow peas and sugar snap peas: while both have edible pods, snow peas are flat, and sugar snap peas are plump with visible peas.

Before cooking or eating snow peas, rinse them in water, then cut the tip of each snow pea and pull out the tough string that runs along its side.

Snow peas cook quickly, in no more than three minutes boiled, steamed, blanched or stir-fried.

Snow peas can be enjoyed in a variety of ways. Here are a few recipe ideas:

- [Snow peas with pine nuts and mint](#)
- Snow peas served raw with [dip](#)
- [Stir-fried shrimp and snow peas](#) (from April's blog)

Source: <http://startcooking.com/>



Image:  
<http://ffcsa.wordpress.com/>

## Why do you CSA?

Everyone has reasons for participating in CSA. What are yours?

Send to:  
[aprilfinnen@yahoo.com](mailto:aprilfinnen@yahoo.com)  
or post comments on  
“[Eight Great Things About CSA.](#)”

Comments may be published in a future edition, so please share!



A self-serve farm stand near Urbana, Md.

## Recipe Feature

### Simple Roasted Potatoes

This recipe serves two to three (hungry) adults as a side dish, but easily adjusts to serve more. These potatoes go well with burgers, or anything grilled.

8 small or medium-sized potatoes (any variety)  
2 tbsp. extra-virgin olive oil  
3 tbsp. fresh rosemary, chopped (stems removed)  
3 cloves garlic, minced (optional)  
Sea salt and black pepper to taste

Heat oven to 425. Wash potatoes and cut into chunks one to two inches (smaller ones will cook faster). Place potatoes in a large bowl and add olive oil, rosemary and garlic (if using). Season with salt and pepper to taste.

Spray a cookie sheet with sides or a shallow roasting pan with non-stick cooking spray, spread seasoned potatoes and cook until tender and just starting to brown (20 to 30 minutes). Serve hot from the oven

Recipe: April Finnen

### Link of the week

Frederick Farm Fresh (recommended by Farmer Rick)

<http://www.frederickfarmfresh.com/>

Also on Twitter at: <http://twitter.com/WestFrederickFM>

### This week's box

- ☀ Potatoes
- ☀ Peas
- ☀ ...and more!

Items may vary by location/pick-up day.

The newsletter will be “on vacation” next week.

Contact us: [farmer@summercreekfarm.com](mailto:farmer@summercreekfarm.com)