

Spring Produce Guide

As the chilly weather thaws, we can feel the growing season begin to shift in the Northeast. This guide will help you use the emerging bounty of spring as we move forward into local produce season.



Spring Fruits & Vegetables



ARTICHOKES

While they can be a little labor intensive, the work is worth the wait. These delicious thistles are fantastic steamed and served with drawn butter, or as a base for savory dips.



LETTUCE

Nothing beats biting into a forkful of fresh-from-the-field greens. The tender, mild and vaguely nutty flavor elevates any salad and adds great texture to sandwiches.



ASPARAGUS

Asparagus is one of the most exciting signs of spring in New England. These flavorful spears are perfect for sauteeing, grilling and steaming. Not to mention they're incredibly healthy.



PLUMS AND PLUOTS

Part of the stone fruit family, plums are fragrant, sweet and juicy when ripe. Pluots are a delicious hybrid of plums and apricots, taking on mostly plum heritage in flavor and aesthetic.



BLUEBERRIES

This delicious berry is great for preserves, pies, muffins or just eating by the handful. Blueberries start to make their way up the East Coast from Georgia to Maine in the late spring.



SCALLIONS

Scallions have a sweet, mild onion flavor and can be enjoyed both raw and cooked. Both the white bulb and green stems can be chopped and added to your favorite savory recipe.



FRESH HERBS

Rosemary, thyme, basil, dill and sage are popular aromatic herbs used to add flavor to your favorite dish. If you find yourself with more than you can use, freeze or dry the extras for later.



SPROUTS

Local sprouts have a bright, refreshing flavor and make a fantastic, crunchy addition to your favorite dishes. Add them raw to finish stir-fries, sandwiches or salads for a mild, fresh bite.



GARLIC SCAPES

Garlic scapes are the stalks of the garlic plant. They have a mild flavor and are excellent enjoyed raw, sauteed or grilled. Try them as a base for pesto or toss them into pasta or omelettes.



STRAWBERRIES

This sweet, seasonal favorite ripens in spring, and makes wonderful jam, a topping for French toast and the basis for the New England classic: old-fashioned strawberry shortcake.

Spring Recipes

GREEK-STYLE BRAISED GREEN BEANS



Ingredients

1 lb fresh green beans
1 large onion, chopped
4 cloves of garlic, sliced
1/2 to 1 teaspoon red pepper flakes
2 large Roma tomatoes, roughly chopped
1 tablespoon olive oil
1 cup dry white wine
1/2 teaspoon cinnamon
Salt and freshly ground black pepper
1 lemon, cut into wedges

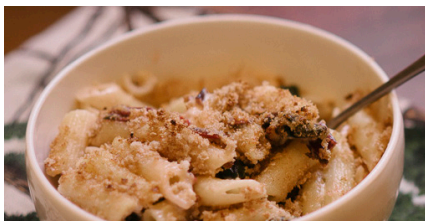
Wash green beans and snap off the ends. Then snap each bean in half.

Heat the olive oil in a Dutch oven or heavy lidded pot over medium heat. Sauté the onion and garlic gently over medium heat for about 10 minutes, or until soft. Add the red pepper and tomatoes and sauté for another 5 minutes, until the tomato begins to break down.

Stir in the green beans, toss them to coat with the onion and oil. Pour in the wine and bring to a simmer over medium-high heat. Cover and cook for 45 to 60 minutes, or until the beans are tender to your liking.

Stir in the cinnamon, and season to taste with salt and pepper. Serve with lemon wedges on the side.

BAKED PASTA WITH SWISS CHARD



Ingredients

1 tablespoon olive oil, plus 1 teaspoon more
1 bunch Swiss chard, leaves and ribs
1/4 large onion, grated
1 clove garlic, minced
Pinch of red pepper flakes
Pinch of kosher salt
1 lb macaroni or rigatoni
2 tablespoons butter
2/3 cup Kimball Brook Farm Half & Half
8 ounces mascarpone
1 1/2 cup Neighbory Farms Cheddar, shredded
Salt and pepper
3/4 cup bread crumbs

Set the broiler. Butter a large baking dish. Cook pasta in boiling salty water for 7 minutes and drain, reserve some water.

Remove the thick ribs from the leaves of the Swiss chard. Slice the leaves into strips. Finely dice the ribs of the chard. Use all of the leaves and 1/2 cup of the diced ribs.

Place a large skillet on medium-high heat and add the olive oil. Next, add onions and the ribs from the Swiss chard and cook on medium until translucent (about 8 minutes). Then add the garlic clove and chard leaves. Cook until the garlic is fragrant and the leaves wilted, about 5 minutes. If things look a little dry in the pan, stir in some of the pasta water. Season with salt and red pepper flakes.

Remove the veggies from the pan and set aside. In the same pan add the butter and cook on low until melted. Next, add the half and half, mascarpone and cheddar cheese. Stir with a wooden spoon until melted and warm. Add the Swiss chard mixture, cooked pasta and about a half cup of pasta water. Taste for seasoning.

Pour the pasta mixture into the baking dish. Mix the breadcrumbs with the olive oil and sprinkle over the top. Broil for 5 minutes or until toasted to a light brown and serve.

Top Snacks

ANNIE'S BERRY PATCH FRUIT SNACKS



A delicious mix of strawberry, cherry and raspberry flavored bunnies. Certified organic, these vegan and gluten-free bunny-shaped fruit snacks are made with real fruit juice and packed with 100% Daily Value of Vitamin C. \$1.25 per .8oz bag.

HOMEFREE GLUTEN FREE MINI COOKIES - VANILLA



These vanilla mini cookies are made from gluten free oat flour, organic evaporated cane juice and pure vanilla extract. Carefully baked in an allergen-free kitchen, they're also vegan and totally delicious. \$1.25 per 1.1oz bag.

CASCADIAN FARM ORGANIC GRANOLA BARS



These chewy granola bars have just enough sweetness to allow the rich chocolate chips and wholesome ingredients to take center stage. These organic bars are so good and contain no artificial flavors or preservatives. \$4.99 per 6-pack box.

ORGANIC VALLEY MOZZARELLA STRINGLES



A fun and tasty snack for people on the go. Beloved by kids and adults alike, Organic Valley Mozzarella Stringles are a good source of calcium and protein, and are, as always, certified organic. \$.99 each or \$4.75 per 5-pack.

LESSER EVIL ORGANIC POPCORN - CLASSIC CHEDDAH



Lesser Evil's ready-to-eat popcorn is a quick and easy snack with a conscience. Made with organic corn, Himalayan salt and organic cheese, this 100 calorie bag is ideal for healthy snackers on the go. \$1.25 per .88 oz bag.

Meet Your Farmers

RED FIRE FARM — Granby, MA



Red Fire Farm has been growing with certified organic practices since it started in 2001. The farm produces a wide variety of vegetables, flowers and fruit. The farm currently utilizes two pieces of farmland: one in Granby, MA and one in Montague, MA. The two properties allow more effective soil building and crop rotation than could be achieved on either piece individually.

SHAW FARM — Dracut, MA



The Shaw family has been farming in the Merrimack Valley since 1908. The cows that supply the rich, creamy milk to Boston Organics graze on certified organic pasture and are fed nutritionally balanced organic grain. Shaw Farm supports open space efforts and has placed an Agricultural Preservation Restriction on the property, ensuring the land will remain a beautiful, open space.