

Chatham Mills Farmers' Market is opening for spring

by Adrienne Bashista

Cold weather, late spring? No matter! Farmers farm no matter what the weather. A late spring means high-nutrition baby veggies!

In central North Carolina we often have it lucky in terms of the weather, but this winter was a rough one! Snow, ice, cold, and a late start to the spring means that our farmers have had to put off planting until the last possible moment.

But never fear! The Chatham Mills Farmers' Market opens for business on April 5 after a two-month hiatus and our farmers assure me there will be a wide variety of baby veggies, early greens, meats, cheesecakes, baked goods, jellies, and all the other wonderful specialty items at market.

We're giving you a few recipes to try for April — the main vegetable ingredients will definitely show up at market this month!

One of Adrienne Bashista's many hats is manager of the Chatham Mills Farmers' Market: chatham-millsfarmersmarket.com. You can contact her at cmfmanager@gmail.com.

Asian Pea Shoot Salad

- 1 cup sugar snap peas
- 1/2 cup fresh or thawed frozen green peas
- 1 tablespoon rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons black sesame seeds
- 1/2 to 1 tablespoon light brown sugar
- 2 teaspoons soy sauce
- 6 cups pea shoots, washed well and spun dry

Lightly steam peas. Whisk liquids and sugar together. Toss everything together and enjoy!

Radish Butter

(perfect on a toasted slice of Fiddlehead Farm's bread!)

- 8 medium radishes (about 1 bunch), cleaned, root ends trimmed
 - 6 tablespoons unsalted butter, room temperature
 - Coarse salt and freshly ground pepper
- Grate radishes and put in paper towel. Squeeze out excess liquid. Mix with butter and spread on toasted baguette or other rustic bread.

Massaged Baby Kale Salad with Strawberries and Pine Nuts

- 10 ounces baby kale
- 1 large avocado, cubed
- 1 cup diced strawberries
- 3 tablespoons pine nuts
- 1/4 teaspoon kosher salt
- 2 tablespoons extra virgin olive oil
- juice of 1/2 lemon
- 1 tablespoons honey
- 1/4 teaspoon freshly ground black pepper

Put kale in bowl and add the 1 tablespoon of the oil, the lemon, and salt, and knead the dressing into the kale with your hands until it has wilted considerably. Stir in the remaining liquids, then gently fold in the strawberries, avocado, and pine nuts.

Sauteed Salad Turnips (and Greens!)

- 2 bunches salad turnips with greens
- 1/2 tablespoon olive oil
- 1/2 tablespoon butter
- Salt and pepper to taste
- 1/4 cup white wine

Rinse the turnips and greens well. Cut greens off turnips and chop into 1" pieces. Cut turnips into 1/4 inch chunks. In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté until crisp-tender. Remove the turnips from the pan and add the greens. Cover, allowing the greens to cook, stirring once or twice, until just tender. Add the white wine and cook until almost all the liquid is gone. Return the turnips to the pan; cook 1 to 2 minutes to heat through. Serve immediately.

No Photos

by Lou Lipsitz

I got home and suddenly remembered we did not take any photos. Not one of us. Our smart phones forgotten in our pockets.

A party — one year since my stroke — so much fun, high spirits, good talk, good food and that odd feeling that can come over you sometimes — an elated and mistaken feeling — that this is not just exactly right, but was somehow destined to be.

We were so tuned in, full of the moment, as if a group of early humans had come out of the dense forests and stopped on the edge of the plains excited to see a fiery winter sunset, and experience enormous relief from the relentless scanning for leopards who keep their stealthy watch from the low-hanging limbs.



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Opening day: April 5, 8 - 1!

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