

From Dr. Preston Maring's Farmers' Market Update & Recipe of the Week Newsletters Volume 2

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Rain or shine the market will be back tomorrow. There are no mad cows at Happy Boys Farms. Consider a combination of their greens in the salad below. The recipe is excellent.

Warm Lemon Chicken Salad

Serves 4

2 whole chicken breasts, boneless and skinless, sliced into 2" strips
 2 Tbsp frozen lemon juice, concentrate
 2 Tbsp fresh lemon juice
 3 cups mixed greens of choice
 1/2 cup almonds, slivered and toasted
 1/2 cup raisins
 3/4 cup unbleached flour
 1 tsp paprika
 1/2 tsp salt
 1/2 tsp black pepper, freshly ground
 1 Tbsp canola oil

Lemon dressing:

1/4 cup egg substitute (e.g., Egg Beaters)
 1 Tbsp frozen lemon juice concentrate
 2 Tbsp fresh lemon juice
 1 Tbsp Dijon mustard
 4 Tbsp white wine vinegar
 1/2 cup extra virgin olive oil
 Salt and pepper to taste

Marinate chicken breasts at room temperature for one hour in lemon juice concentrate and fresh lemon juice. Heat oil in skillet. Combine flour, paprika, salt and pepper. Dredge chicken strips in the seasoned flour — shake off excess flour. Sauté until browned. Toss greens with almonds and raisins. Toss the greens with 1 Tbsp dressing and top with warm chicken.

Some of the ingredients for this week's recipe should be available at Friday's market. This is one of those "I was traveling and stopped at a little inn by the ocean and could you please get the recipe" recipes.

Onion & Fennel "Bisque"

2 leeks, white and light green part, chopped
3 medium red onions, chopped
1/2 fennel bulb, cored and chopped
2 large cloves garlic, minced
2 Tbsp olive oil
1/4 cup dry white wine
2 cups vegetable stock or broth
1-1/4 cups water
1 tsp salt
1/4 tsp freshly ground pepper
1/8 tsp freshly grated nutmeg
1 cup heavy cream (I omitted this and didn't even try to substitute non-fat half and half which curdles in an unappealing way when simmered)
2 tsp Pernod (expensive but one bottle will last years and gets used often in fish stews)
Chives, chopped for garnish
Consider a little crumbled gorgonzola

Cook onions, leeks, fennel and garlic in olive oil covered, stirring occasionally until softened. Add wine and boil, uncovered until evaporated. Add stock, water, salt, pepper and nutmeg and simmer uncovered until the vegetables are tender. If using the heavy cream, add it now and simmer, stirring until slightly thickened. Purée in a blender or food processor until somewhat smooth. Serve with the chives and maybe top with crumbled cheese and brown under a broiler.

Those not on the South Beach Diet will be happy to hear that a new vendor will be coming to our market. The Tommy Boys Farm will bring 20 different kinds of organic potatoes.

According to Randy Johnson of the Johnson Family Farms in the Fresno area, we should watch the ground temperature carefully. As soon as the ground warms up to 60 °, asparagus will shoot up and be in the market the following Friday - probably mid to late February.

I approached this week's recipe with trepidation. In my early Detroit life, cauliflower was steamed about 3 hours then covered with a cold Velveeta "cheese" sauce (with pimentos if we had company.) Paul Reidinger, the food writer for the San Francisco Bay Guardian who gave our market a great review in a July 2003 issue, offers this recipe. I tried it and can honestly say it was fantastic. Half the recipe was just enough for two.

Mexican Cauliflower Soup

- 4 Tbsp olive oil
- 6 cups sliced onions
- 1 Tbsp chili powder (I used Dixon chili)
- 2 tsp ground cumin
- 2 medium heads cauliflower, cored and cut into chunks
- 1 large russet potato, peeled and diced
- 6 cups chicken stock
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- Garnish: diced tomatoes and chopped fresh cilantro,
or diced avocado and grated jack/cheddar cheese,
or diced tomatoes and chopped fresh oregano

In a soup pot, sauté onions in olive oil until translucent, about 10 minutes. Add chili powder and cumin, cooking for 1 to 2 minutes stirring constantly. Add cauliflower, potato and chicken stock and bring to a boil. Reduce heat and simmer for 15 to 20 minutes until vegetables are tender. Purée in a blender, food processor or using one of those immersible portable hand blenders. Thin to desired consistency with a little stock or water, add salt and pepper to taste. Serve with the garnishes.

Much of the ingredients for this week's recipe will be waiting for you at this Friday's farmers' market. There have been a number of requests for copies of recipes sent out previously. We have an electronic copy for those interested.

This recipe is quick and very tasty.

Chicken with Pistachio Orange Sauce

Serves 4

- 4 large juicy oranges (the heaviest of any kind of citrus fruits are the juiciest per Marlene of the Lone Oak Ranch)
- 4 half chicken breasts, boned, skinned and flattened (between layers of waxed paper to prevent raw chicken splatter)
- 1/4 to 1/2 tsp black pepper
- Salt optional
- 2 tsp vegetable oil
- 2 tsp grated orange zest
- 2 Tbsp minced green onion
- 1 tsp Dijon mustard
- 1/4 cup shelled roasted and salted pistachios

Halve one or more oranges and squeeze to get 1/2 cup juice. Slice the remaining oranges. Sprinkle the chicken with pepper and salt, if desired. Sauté chicken in the oil until done through but still moist and tender, turning once. Transfer chicken to a serving dish and keep warm. Add the juice, zest, green onion and mustard to the pan stirring to make a sauce. Add the orange slices and pistachios. Heat through and pour over chicken. I used a mix of oranges and tangerines.

Total fat is 20 gm with only 4.5 gm saturated fat and 8 gm of mono-saturated fat.

Returning to the market for their second introductory week will be the kiwi grower and the purveyor of out of season hothouse organically grown tomatoes. Our potato source will return next week. I wasn't sure what to do with kiwis other than use them on fruit tarts. After some trial runs, expect some good recipes. For now, try eating a kiwi like a soft boiled egg. Rather than try to peel it, cut it in half and scoop it out with a rounded spoon. It has a wonderful light fresh taste. For the main ingredient used in the recipe of the week, look for the return of Oh Tommy Boys Farm on February 13. I have mainly used new red potatoes in the past and am now learning which of the 20 kinds available work well when roasted.

Rosemary Roasted Potatoes

As many potatoes as you or your family want (ask for the best kind to roast), cut up into bite sized chunks

Olive oil

Kosher salt

Chopped fresh rosemary from your yard or a neighbors. about 1 Tbsp per pound of potatoes

Preheat oven to 425°.

Toss the cut up potatoes with olive oil, kosher salt and chopped rosemary. Roast on a cookie sheet or in a roasting pan until dark brown, about 40 minutes. These will make your home smell good.

If you can get by the hairy texture, it turns out you can eat kiwi without scooping or peeling. At 3 to 4 for a dollar, they make a great snack.

This week's recipes use available market ingredients for the salad and dressing, but not for the main course.

Pasta with Pancetta, Clams, Mussels & Mushrooms

- 1 lb dry linguine
- 4 Tbsp olive oil
- 4 oz pancetta (Italian bacon or use regular bacon) thickly sliced and cut into 1/4" chunks
- 1/2 cup chopped onion
- 6 garlic cloves, thickly sliced
- 1/4 tsp red pepper flakes
- 1-1/2 to 2 lbs clams and/or mussels
- 1/4 shiitake mushrooms, stemmed and sliced
- 1/2 cup white wine
- 1 cup clam juice
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper
- 2 Tbsp chopped parsley

Heat olive oil in a large skillet. Cook pancetta until crisp and brown. Remove pancetta and drain on paper towels. Add onion, garlic, and red pepper flakes and sauté until garlic is golden. Add mushrooms and cook until mushrooms are browned and onions are tender. Add clams, mussels and wine. Simmer and remove shellfish as they open, discarding those that don't open in about 4 minutes. Stir in clam juice, salt and pepper. Bring to a boil, then simmer a few minutes. Meanwhile, cook the pasta. Drain and return to the empty pot. Pour on the sauce, clams/mussels and crisp pancetta. Toss over low heat for 1 to 2 minutes. Stir in parsley and serve. I made a note on this recipe 2 months ago that it was excellent.

Mixed Greens with a Parsley & Shallot Vinaigrette

Dissolve 1/4 tsp sea salt in 2 Tbsp red wine vinegar. Chop 3 small shallots and 1/2 cup parsley and add to the wine. Whisk in 6 Tbsp olive oil and season with freshly ground pepper to taste. Use with mixed lettuces from the Happy Boys Farms.

Only two more weeks until asparagus returns.

On Tuesday of this week, a farmers' market opened at the Richmond Kaiser Permanente facility and, evidently, the vendors sold out. There is the only market in that part of the city.

Our farmers are wading in the mud, which will likely preclude picking the asparagus. Citrus, breads and other produce will be available as usual.

This week's recipe celebrates a new offering from Vital Vittles of Berkeley. If you have extra cauliflower after making the Mexican Cauliflower Soup from several weeks ago, try this Cauliflower Au Gratin.

Cauliflower Au Gratin

One head cauliflower, chopped into florets
4 Tbsp olive oil
2 cups Vital Vittles jalapeño cornbread crumbs
3/4 cup grated parmesan and pecorino cheese
2 Tbsp chopped parsley
Salt and freshly ground pepper

Preheat oven to 425°. Steam the florets for 3 minutes over, not in, simmering water. This is only to moisten them as they will cook through in the oven. Using 1 Tbsp olive oil, oil a shallow, flat baking dish that will hold the florets in a single layer. Sprinkle with salt and pepper. Mix the breadcrumbs, cheese and parsley. Pat in a layer over the cauliflower. Drizzle with the remaining olive oil. Bake for about 30 minutes until golden brown.

Next week look for the Prawn, Leek and Feta Pizza that has had probably 50 test runs over the past 12 yrs.

There is 0% chance of rain tomorrow. The asparagus may be here.

This week's recipe is one of my favorite pizzas. I have made it many times over the years.

Pizza with Prawns, Leeks & Feta

- One thin Boboli pizza crust (or make your own crust)
- 1 28 oz can of diced tomatoes
- 2 leeks, thinly sliced
- 1/4 cup parmesan cheese, grated
- 1/4 cup gruyere cheese, grated
- 1/2 cup feta cheese, crumbled (there are lower fat versions of this available)
- 1/2 lb prawns, shelled and deveined (if in a hurry, even the frozen medium shrimp work well)
- 3 Tbsp olive oil
- Salt and pepper
- Chopped fresh mint (better) or chopped parsley (good) for garnish

Preheat oven to 500°. Use a pizza stone if you have one. Salt the tomatoes generously in a colander. After about 30 minutes, press out some of the liquid. Toss the prawns with 1 Tbsp olive oil, salt and pepper. Let sit at room temperature for about 15". Meanwhile, sauté the leeks in 1 Tbsp olive oil until lightly browned. Grate and crumble the cheeses. Sauté or cook prawns in a skillet or grill pan until partially cooked on each side. Brush the crust with the remaining olive oil. Sprinkle with the parmesan and gruyere. Cover with the leeks then the tomatoes. Top with the prawns and the crumbled feta. Bake until the crust is golden brown. Top with the garnish of choice. This recipe is guaranteed.

Many dishes that use Friday Fresh market vegetables require high quality leftovers. Next week look for my favorite and easy way to roast chickens.

[See next week's note about abbreviation for minutes (') and seconds (").]

The asparagus available at this week's market will have been harvested about 6:00 a.m. on Friday. Kiwis are done until next season.

Over time, I have taken the advice of many cookbooks, articles and magazines on how best to roast a chicken. Some recipes require brining, trussing the bird, oiling it, flipping it over part way through, changing the temperature during cooking, and basting it all after having loosened the skin on the thigh and breast to stuff it with lemons, herbs, etc. Fortunately, a recent SF Chronicle article made it easy for people who work and cook. I roast two at once to have plenty of leftovers. Leave uneaten chicken on the carcass until ready to use. It will stay more moist.

Roast Chicken

- (2) 4 to 4-1/2 lb roasting chickens
(I think organic chickens taste better,
but this is not evidence based)
- Kosher salt

Preheat oven to 425°. It is important to let the oven preheat completely. Rinse and dry the chickens. Allow to air dry an additional 10' (note the correct use of ' for minutes this week. Dick Leavitt pointed out last week that I suggested cooking some things for a few seconds by using ".) Cut off excess fat from the body cavity opening. Do whatever you want with the neck and giblets. Rub the whole chicken with about 1/2 tsp kosher salt per pound including a little in the cavity. Roast them breast up for about 1 hour. If you have a meat thermometer, the temperature should be about 180° in the inner part of the thigh. Let the chickens sit for a few minutes before serving with vegetables and salad from our market.

Look for an easy asparagus recipe next week.

At the Friday Fresh Farmers Market this week look for a new grower of organic Asian produce. Also, strawberries from VB Farms in Watsonville will return. Berries have been fresh in Southern California for a month but have just ripened here.

I have heard from several readers about their favorite ways to roast chickens. Saralinda Jackson, Director of Utilization Management, always brines her chickens 24 hours before roasting. Sylvia Louie, case manager in Occupational Medicine, uses the beer can method from the Chronicle a few years ago. Open a can of beer, drink half, insert can in the obvious place and roast vertically standing up on the can. She cautions to be sure to use hot pads to remove the can.

This week's recipe has been a favorite in my home for a long time. It goes very well with roast chicken.

Asparagus with Vinaigrette

- 1 bunch of asparagus, tough stem end discarded
- 1 Tbsp red wine vinegar
- 2 tsp Dijon mustard
- 1 Tbsp chopped shallot
- 1 Tbsp finely chopped parsley
- 1/2 cup olive oil
- Salt and freshly ground pepper to taste

Cover asparagus with cold, lightly salted water in a skillet. Bring to a boil, reduce heat and simmer until al dente. Whisk vinaigrette ingredients together. Dress the asparagus with the vinaigrette while hot. Serve immediately. It is also excellent cold.

Strawberries sold out last week. Conrad Abrahamson, our friendly market manager, says the grower of organic Asian produce will join us the first week in April.

Dr. Louise Miller of Psychiatry will undoubtedly have the freshest version of this week's recipe. Two of her chickens, Emma and Pearl (she gave me a beautiful picture of them), are reliable layers of extra large brown eggs in a free range environment.



Emma & Pearl

This week's recipe makes a great breakfast or brunch when served with toast from Vital Vittles, jam from Sunshine Farms and oranges from the Lone Oak Ranch, but requires a little planning ahead. Cook a little extra asparagus and salmon some evening for use in this omelette the next day.

Asparagus, Salmon & Dill Omelette

- 4 eggs (Eggbeaters® or equivalent for select populations)
- 6 cooked asparagus spears, cut into 1" pieces
- 1/3 cup chopped cooked salmon or smoked salmon
- 1/4 cup reggiano parmesan, grated
- 2 Tbsp fresh dill, chopped finely
- Salt and pepper to taste

To the beaten eggs or egg substitute, add the parmesan and fresh dill. In a non-stick skillet over medium-low heat, either melt 1 Tbsp butter or use canola oil cooking spray if your LDL is greater than 100. Warm the asparagus and salmon briefly. Pour in the egg mixture and season with salt and pepper. When the eggs are just set, turn the omelette out onto a warmed plate folding in half. Garnish with a fresh dill sprig. This is really good.

Look at the lead article on the KP homepage about the farmer's market recently started at the Richmond Kaiser Permanente Medical Center. John Silveira of the Pacific Coast Farmers' Market Association is in various stages of planning to start markets at Santa Teresa, Vallejo, Fremont, Hayward and Union City.

In response to last week's recipe, Mr. Bill Petrick, TPMG legal counsel, correctly pointed out that my recipe was no way to make an omelette. As usual, he's right. I should have called it a folded frittata.

This week's recipe is for the basic everyday salad featuring greens from Happy Boys Farms. The winter mix could include escarole along with the other more commonly used greens. I had this salad recently with wild steelhead encrusted with panko and porcini mushroom powder. More on that another week.

Green Salad with Oil & Vinegar

Serves 4

8 cups greens (escarole, romaine, red-leaf, etc.), washed and dried
2 tsp sherry vinegar
1/4 tsp salt
Freshly ground black pepper
1/2 tsp Dijon mustard
1 small clove garlic, minced
4 Tbsp olive oil

Whisk sherry vinegar, salt, pepper, Dijon and garlic together. Slowly add the olive oil, whisking constantly. Dress the salad.

Marlene of the Lone Oak Ranch says cherries are about 8 weeks away and white nectarines are about the size of marbles. Remember the stone fruits from last year? There is likely to be a fruit crisp in the near future.

This week's recipe is excellent for a picnic and is also a good source of calcium. The ingredients are particularly easy to remember.

Broccoli with Sesame Seeds & Crushed Chilis

- 1 lb broccoli, cut into florets
- 1 Tbsp sesame seeds
- 1 Tbsp toasted sesame oil
- 1 Tbsp rice wine vinegar
- 1 Tbsp soy sauce
- 1 Tbsp sugar
- 1/4 to 1/2 tsp crushed red chilis

Toast the sesame seeds in a heavy skillet over medium heat being careful to remove them as soon as they begin to brown. In a skillet, cover broccoli with cold water. Bring to a boil, then simmer until dark green and al dente. Drain and immerse in cold water to prevent overcooking. Combine the toasted sesame seeds with the remaining ingredients and toss with the broccoli.

Lovage grows wild in the south of France and Greece and was planted in my backyard a couple of years ago. Not knowing what to do with it, I was given a soup recipe from Deborah Madison. The hardest part about this week's recipe is collecting the ingredients. Most of them are available from Happy Boys Farms at our market. It also gives you a chance to use those bunches of chard that are exciting to buy then occasionally languish in the refrigerator. The original recipe uses butter and crème fraîche. This is a lower fat version. While the color of the soup turns out to be sort of a dull green, the flavors are incredibly lively and bright. Cilantro is listed as a substitute for lovage. If anyone makes it using cilantro, please let me know how you liked it. Early reviewers of this recipe say it may be too esoteric.

Green Herb Soup with Sorrel & Lovage

2 Tbsp olive oil
 1 red onion, thinly sliced
 2 small potatoes, thinly sliced
 3 small carrots, thinly sliced
 3 to 4 cups of sorrel, destemmed
 4 cups chard leaves
 1 cup lovage leaves or cilantro, finely chopped
 5 to 6 cups chicken or vegetable stock
 1-1/2 tsp salt
 Freshly ground black pepper
 2 to 3 tsp white wine vinegar or lemon juice
 1/3 cup non-fat sour cream
 Cooked rice or orzo

Heat olive oil in a soup pot. Wash the greens but don't dry them. Add red onion, potatoes, carrots, sorrel, chard, 2/3 cup of lovage (cilantro) and salt. Cook covered until the leaves of the chard and sorrel collapse, about 15 minutes. Add stock, bring to a boil, and simmer partially covered about 15 minutes more. Purée some or all of the soup with a hand held appliance or your food processor. Season in increments to taste with vinegar or lemon juice and black pepper. Stir in sour cream and remaining lovage. Serve with about 3 Tbsp of cooked rice or orzo in each bowl.

This is one of the best soups I have had.

If you get a chance, go out into the wind and sunshine tomorrow and welcome Chang from the Yang Farms, growers of organic Asian produce. This week's recipe features ingredients most of which are available at our market. Not only are there snow peas, sugar snap peas, large bunches of basil and different kinds of bok choy, there are greens including yam greens and bitter melon greens. As a side dish for this week's recipe, I sautéed bitter melon greens in sesame oil with ginger and garlic only to find out later from Dr. Dachling Pang, Pediatric Neurosurgery, that I was supposed to soak them in water for as long as it takes him to do an operation.

Ginger Garlic Shrimp

Marinade

- 1 Tbsp toasted sesame oil
- 1 Tbsp spring garlic or regular garlic, minced
- 1 Tbsp fresh ginger, minced
- 1/4 to 1/2 tsp crushed red chilis
- 1 Tbsp soy sauce

Shrimp

- 1 lb peeled and deveined shrimp
- 2 tsp cornstarch
- 1/2 cup chicken broth
- 1/4 cup rice vinegar
- 2 Tbsp sugar
- 2 Tbsp soy sauce
- 6 green onions, cut into 1/2" pieces or spring onions, sliced
- 1 cup snow peas
- 1 cup red bell pepper, julienned

Cooked Rice

Combine marinade. Add shrimp. Let stand at least 15 minutes.

In a small bowl, add chicken broth to cornstarch slowly, stirring until dissolved. Add vinegar, sugar and 2 Tbsp soy sauce. Heat a wok or heavy skillet over high heat. Add shrimp with marinade and stir fry until partially cooked. Add snow peas, onions and bell pepper and stir fry until the shrimp is pink. Add cornstarch mixture and stir until the sauce thickens. Serve over rice. I used the spring onions, spring garlic and snow peas from the Yang Farms. This is a definite "will make it again." There may be cherries tomorrow from the Lone Oak Ranch.

Thanks to your collective support of our Friday Fresh Farmers' Market. News of its success is reaching many other Kaiser Permanente facilities, not only in Northern California, but even in Washington, D.C. In a conversation with leaders from KP's national community benefit program, I understand that the D.C. KP market may provide the only fresh fruit and vegetables available in the near vicinity of their facility. Locally, cherries will be back for sure this Friday as well as the first crookneck squash of the season. This week's recipe features asparagus (again) from the Johnston Family Farms. It's in season.

Roasted Asparagus with Feta

2 bunches medium asparagus, trimmed
2 Tbsp olive oil
1/2 tsp salt
1/4 tsp freshly ground pepper
1/2 cup feta cheese, crumbled (even the lower fat version works well)

Preheat oven to 500°. Toss the asparagus with the olive oil, salt and pepper in a shallow baking dish. Arrange it in a single layer. Roast for 8 to 10 minutes, shaking the pan half way through, or until tender when pierced with a fork. Serve hot sprinkled with the feta.

This is so good and simple, I made it twice in 3 days.

On the North shore of Hawaii is a small Kaiser Permanente outpatient clinic. Kellie Takishima, FNP, and her colleagues have taken the idea of KP facility-based farmers' markets to a new level of involvement in the health of the community. They have partnered with a local non-profit organic farm that teaches agricultural skills to young people who have dropped out of school. The farm supplies fresh fruits and vegetables for their market, which features a vegan chef doing cooking demonstrations over the lunch hour. Evidently, they sell out every week.

This week's recipe makes an excellent side dish.

Greens with Garlic

- 1 lb mixed greens (chard, kale, spinach, turnip greens, mustard greens, etc.)
- 4 large cloves garlic, minced
(if you usually use a garlic press, try smashing the cloves with a chef's knife held flat - the peel literally falls off)
- 2 Tbsp olive oil
- 1 Tbsp fresh lemon juice
- Salt and freshly ground pepper to taste

Tear the leaves of the greens into manageable pieces. Wash and dry in salad spinner. Over medium high heat, warm the olive oil. Add the minced garlic followed by the greens. Toss until the greens are wilted but still retain some resiliency. Season with salt, pepper and lemon juice. Serve warm.

This Friday's market marks our first anniversary. The colors at the Lone Oak Ranch stand have changed from orange to red and gold. Desserts are featured infrequently in this newsletter, but it's time to celebrate using the cherries and golden stone fruits that have returned to the market.

Talk to Marlene of Lone Oak Ranch about the genetics of the new spring offerings. Apriums are the result of crossing a heterozygous apricot/plum back with a homozygous apricot. Pluots are crossed back with a homozygous plum. Either way, they are part of a great compote featured in this week's recipe.

Cherry-Apricot (or variation) Compote

1-1/4 cups sugar
1 cup water
1 cup dry white wine
2 tsp grated orange peel
1-1/2 pounds apricots, apriums or pluots, pitted and sliced
1-1/4 pounds cherries, pitted

Pitting cherries takes time. The rest of the recipe is easy.

Combine the first 4 ingredients in a large saucepan. Bring to a boil. Add the fruit; simmer until tender, about 5 minutes. Chill until cold, about 2 hours. This recipe can be made one day ahead and kept chilled and is excellent as a sauce for your favorite frozen dessert or angel food cake.

Santa Teresa opened their facility's farmers' market on a sunny warm day last Friday with 12 vendors. According to their Physician-in-Chief, Raj Bhandari, the Pacific Coast Market Association did another great job in organizing it. The turnout was very good and they look forward to a successful weekly market.

This week's recipe includes tips on stir-frying from a banker on Piedmont Avenue, close to the Oakland Medical Center.

The asparagus, garlic and fresh basil can be found at Friday Fresh.

Penne with Shrimp, Asparagus & Sun-Dried Tomatoes

1/2 cup drained, oil-packed sun-dried tomatoes, sliced,
 with 2 Tbsp oil reserved (a mixture of canola and olive oil - not bad)
 16 asparagus spears, tough ends trimmed, sliced diagonally into 1/2" pieces
 3/4 lb shrimp, peeled and deveined (if using fresh shrimp, there is a very
 effective plastic tool available at kitchen stores that quickly shells and
 deveins shrimp)
 1/2 cup coarsely chopped fresh basil
 2 large garlic cloves, minced
 1/2 tsp dried oregano
 1/4 tsp crushed dried red chilis
 1/2 cup chicken broth
 1/2 cup dry white wine
 1 Tbsp tomato paste
 8 oz penne pasta

Cook pasta.

Two recently learned tips for stir-fry cooking are put to use when cooking shrimp. Any meat, chicken or fish is best sprinkled with corn starch before cooking. Also, while meat and chicken are stir-fried over high heat, shrimp is done over medium heat to avoid over-cooking.

Sprinkle shrimp with cornstarch. Heat 1 Tbsp reserved sun-dried tomato oil in a wok or large skillet over medium heat. Stir-fry the shrimp until just opaque. Remove to a bowl. Add 1 more Tbsp oil. Over high heat, stir-fry the asparagus for 3 minutes. Add the sun-dried tomatoes, garlic, 1/4 cup basil, oregano, crushed chilis, chicken broth, wine and tomato paste. Bring to a boil and simmer until asparagus is crisp-tender, about 5 minutes.

Many barbecues will be in use on Memorial Day, mostly to grill the protein of the day. This week's recipe can make use of the coals just before they're ready for the main course and be served room or outdoor picnic temperature. The main ingredients are available from the Happy Boys Farm at the Friday Fresh market.

Grilled Red Potatoes & Red Onions

20 small red potatoes, scrubbed
6 red onions, sliced 1/2" thick
5 Tbsp chopped fresh parsley
4 Tbsp olive oil
1 Tbsp red wine vinegar
1 Tbsp dry white wine
Salt and freshly ground pepper

Preheat oven to 350°. Toss the potatoes with 1 Tbsp olive oil. Roast until tender in a shallow baking pan, about 45 to 50 minutes, remove, then grill the roasted potatoes, turning once until browned. Set aside.

Drizzle 1 Tbsp olive oil, more if needed, to lightly coat the red onion slices. Grill them oiled side down until browned and just tender. Arrange around the edge of a platter.

Whisk together 2 Tbsp olive oil, red wine vinegar and white wine. Add salt and pepper to taste. Add 4 Tbsp chopped parsley. Cut the potatoes in half. Toss with the vinaigrette. Arrange in the middle of the platter. Sprinkle the red onions with salt, pepper and remaining parsley.

Grill your protein source and some extra vegetables. Make an arugula salad with a very simple dressing of 1 tsp lemon juice, 2 Tbsp olive oil and 1/8 tsp salt.

If you ever eat dessert, consider this seasonal cobbler that uses fresh fruits from the Lone Oak Farm in Lemoore, Kashiwase Farm in Winton. and VB Farm in Watsonville. I've included 2 versions of the recipe, one a lower fat version that I like. In a side by side test, a more discerning palate may notice a very slight difference in the texture of the cobbler.

Spring Fruit Cobbler

For the filling:

6 cups peaches, raspberries, blueberries and strawberries
in any combination in small bite size pieces
1/3 cup sugar (or less depending on the sweetness of the fruit)
1 Tbsp all-purpose flour
1 tsp lemon zest
Pinch of salt

For the topping:

1-1/4 cup all-purpose flour
1/3 cup sugar
2 tsp baking powder
1/2 tsp ground cinnamon
1/4 tsp salt
1 egg (5 gm total fat, 2 gm saturated fat, 215 mg cholesterol)
or 1/4 cup egg substitute (0 gm fat, 0 mg cholesterol)
1/2 cup buttermilk (2% buttermilk has 5 gm total fat, 3 gm saturated fat, 25 gm cholesterol per cup)
6 Tbsp unsalted butter, melted and cooled (12 gm total fat, 8 gm saturated fat, 30 mg cholesterol per Tbsp)
or Earth Balance Spread, melted and cooled
(9 gm total fat, 2.5gm saturated fat, 0 mg cholesterol per Tbsp)
1/2 tsp vanilla

Preheat oven to 375°. Lightly butter or "Earth Balance" a 13" by 9" baking dish. Mix the filling gently and distribute evenly in the baking dish. Mix the dry ingredients together in a medium bowl. Mix the egg, buttermilk, butter and vanilla. Add to the dry ingredients and stir. Spoon the topping over the filling leaving spaces for the juices to bubble up. Bake for 30 to 45 minutes

or until lightly browned. Check it at 30 minutes so it doesn't get overdone.
Serves 8 to 10.

Assuming 8 servings, the original version has 10 gm total fat, 6 gm saturated fat and 50 mg cholesterol per serving. Version 2 has only 7gm total fat, 2 gm saturated fat, and 3 mg cholesterol. A snack bag of Fritos has 10 gm fat.
Take your pick.

PJ Ballard is the Oakland Medical Center's Public Affairs expert who helped get our market publicized when it started. Her father was a professional chef. The cooking gene skipped a generation. PJ, who agreed to be quoted, has said "The only thing I can make are reservations." She prints my weekly recipes but has never made one. Only recently did she move beyond lettuce to a spinach salad at a local restaurant. This week's recipe is in honor of PJ Ballard in the hope that she will try it.

Spinach Salad with Raspberry Vinaigrette

Vinaigrette:

- 2 Tbsp raspberry vinegar
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tsp sugar
- 6 Tbsp extra virgin olive oil
- 1/4 cup raspberries, mashed with a fork

Salad:

- 6 to 8 cups spinach leaves
 - from Happy Boys Farms, San Juan Bautista
- 1/2 cup walnut pieces or chopped hazelnuts, toasted
 - (1/4 cup provides one day's worth of omega-3 fatty acid)
- 1/2 cup raspberries from VB Farms, Watsonville
- Crumbled goat cheese or blue cheese optional

Whisk the olive oil into the other blended ingredients. Toast the walnuts in a 350° oven for 10 to 15 minutes or until slightly browned and aromatic. Dress the salad. Toss with the nuts.

PJ - this is really simple and good. I hope you try it.

From feedback received, there are now many more readers of the weekly market recipes. If interested, a PDF file for offerings since the opening of our market is at the bottom of my physician homepage.

<http://www.permanente.net/doctor/prestonmaring/>. Skip the bio and look for my top 5 favorites: Prawns, Leeks, and Feta Pizza, Arugula Salad with Lemon Vinaigrette, Gingerbread with a Meyer Lemon Glaze, Marinated Salmon with a Watermelon-Sesame Salsa, and Roasted Asparagus with Feta. The file is updated weekly.

Tricia Johnston of the Johnston Family Farms said the first of the season's local sweet corn will be in the market this week. After taste testing, next week's recipe may be a Sweet Corn, Tomato, Red Onion, and Cilantro salad.

Jalapeños arrived last week. One of the Johnston's is worth 2 or 3 of what you find in the grocery stores. These wonderful peppers make this week's recipe worth the time and effort. Prepare this dish along with someone you like in the kitchen as it takes some slice and dice time.

Baked Fish alla Veracruzana

Serves 4

- 4 snapper fillets, 5 to 6 oz each (cod or halibut works well also)
- 1/4 cup olive oil
- 2 yellow onions, sliced
- 4 cloves garlic, minced
- 2 tsp dried oregano
(fresh herbs usually require 3 times as much)
- 2 tsp chili powder
- Pinch ground cinnamon
- 1 to 2 large jalapeños, seeded and finely chopped
(try it with one big one the first time)
- 6 fresh plum tomatoes or equivalent of available tomatoes, chopped
(many recipes suggest peeling the tomatoes — I don't)
- Grated zest of one lemon or lime
- 2 Tbsp fresh lemon juice
- Salt and freshly ground pepper
- 3 Tbsp chopped parsley
- 1/4 cup green olives, stuffed or not

Preheat oven to 400°. Lightly oil a baking dish in which the fillets will fit in a single layer. Let them come to room temperature.

In a large sauté pan, warm the olive oil. Sauté the onions until translucent. Add the garlic, oregano, chili powder, cinnamon, jalapeños, tomatoes, citrus zest and juice. Simmer for about 5 minutes. Taste and adjust seasoning.

Sprinkle the fish with salt and pepper. Spread the sauce evenly over the top. Bake until the fish is opaque — about 15 minutes. Serve sprinkled with parsley and garnished with olives. The dish is low fat, low carb, most ingredients available at the Friday Fresh Market, and it's very tasty.

FYI — on your way to 10,000 steps per day, it takes 125 steps to get from the East Entrance to Piedmont Avenue near the OB-GYN offices. Add 10% if you are 5' 2" tall. Pedometers are available for a nominal cost in the Pharmacy and Health Education Library.

Ashlyn Izumo, KP Honolulu, sent this message in an e-mail, "Just a quick update. We went live this past Friday, June 18th with our Fresh Fridays here at Honolulu Clinic. After a short blessing the horn blew and history repeated itself here in Hawaii."

Here on the mainland, sweet corn is finally in season and available from the Johnstons or Happy Boys. This simple salad is great to take on a Fourth of July picnic.

Sweet Corn & Tomato Salad with Cilantro

6 ears fresh corn, husked
1-1/2 lb plum or cherry tomatoes, cut into 1/2" cubes
1/2 cup red onion, finely chopped
1/3 cup cilantro, chopped
1/4 cup extra virgin olive oil
1 Tbsp red wine vinegar
Salt and freshly ground pepper to taste

Cook the corn in boiling salted water until just tender, about 5 minutes. Drain, cool, then cut the kernels off the cobs. In a large bowl, mix the other ingredients with the corn. Season to taste and enjoy.

On your way to 10,000 steps per day you would get 400 steps between the main hospital entrance on MacArthur and the Mosswood building.