



—Artwork by Rachel Stermer

## Haiku Poetry

Shuffle hoe shuffle  
Weed carpetweedy beet beds  
Breathe deeply, seedlings!

No minor matter  
Leaf minors munching through  
greens  
Quick, snip those leaves free!

Busy honeybees  
Buzzing hither and thither  
Humming in their hive

Sun-sweet strawberries  
Ruby-red disco glitter  
Music in my mouth

— Andrea Grom

## Tender Asian Greens with Sesame Oil Vinaigrette

8 cups tender salad greens (*any mix of mizuna, tatsoi, arugula, lettuce, spinach, or baby kale*)  
 2 scallions, thinly sliced (*including some of the greens*)  
 1 Tbsp garlic and/or regular chives, thinly sliced  
 2 tsp rice vinegar  
 2 Tbsp sesame oil  
 1 Tbsp dark sesame oil  
 1/2 tsp sea salt  
 1 Tbsp toasted sesame seeds  
 Chive flowers (*optional garnish*)

Toss dry, clean greens with the scallions and chives. In another bowl whisk together the vinegar, oils, and salt. Adjust the vinegar/oil ratio to taste. Pour over the salad, toss well, add the sesame seeds, and toss again. Sprinkle with chive flowers, serve.

—Adapted from *Vegetarian Cooking for Everyone*, by Deborah Madison

## Penne with Beets, their Greens and Pecans (Serves 2)

2 bunches small/1 bunch large red, or Chioggia beets with perky greens  
 1-2 Tbsp fruit vinegar (such as raspberry)  
 1/2 lb good-quality penne rigate pasta  
 2 Tbsp pecan, walnut, or olive oil  
 1 small garlic clove, minced  
 1/8 tsp chili flakes  
 Salt and pepper  
 1/4 cup toasted, coarse chopped pecans

1. Trim off beet stems and greens; reserve. Scrub beets. Drop into boiling water to cover by an inch or so. Boil until not quite tender, about 10 minutes for small beets—but timing varies by size. Drain. When cooled slightly, slip off skins under running water. Quarter beets (you may want to cut larger beets into smaller sections). Toss with vinegar to taste.

2. Trim and wash beet greens. Cut stems into thin slices. Cut leaves into wide slices. Set on rack over boiling water and steam until soft, about 10 minutes.

3. Cook penne in large pot of boiling salted water until just tender.

4. Meanwhile heat 1 Tbsp oil in large skillet over moderate heat. Add garlic and chili flakes and toss. Add greens and heat through. Season.

5. Drain pasta and toss with remaining 1 Tbsp oil. Add hot greens and toss. Divide between two heated shallow bowls. Top with beets and nuts.

—From *Vegetables from Amaranth to Zucchini*, by Elizabeth Schneider

## Mixed Greens Frittata

2 cups chopped greens (a mix of any cooking greens: spinach, chard, kale, beet greens, Asian greens, turnip tops, mustard greens, arugula)  
 3/4 cup chopped parsley  
 1/4 cup chopped mixed fresh herbs (whatever you have at hand: oregano, thyme, rosemary, marjoram, basil, chives, tarragon, sage)  
 Olive oil  
 4 eggs, lightly beaten  
 1/4 cup water  
 1/4 tsp salt  
 1/2 cup grated cheese (feta and goat cheeses are especially good)

In a 10-inch ovenproof skillet, stir-fry the greens and herbs in 1 tsp of oil until wilted and tender. Transfer the greens to a bowl. Rinse the skillet and set aside. In a separate bowl, whisk together the eggs, water, and salt and stir in 1/4 cup of the cheese.

Lightly oil the skillet and place on medium-high heat. Stir the egg and the cheese mixture into the greens and pour into the hot skillet. Sprinkle the top with the rest of the cheese. Lower the heat to medium-low and cook, without stirring, until the edges are firm and pulling away from the sides of the pan, about 5 minutes. The frittata should be mostly cooked, but with the still slightly undercooked. Place the skillet under the broiler for 3 to 5 minutes, until the top is firm and beginning to turn golden.

Cut into wedges and serve, either directly from skillet or turned out onto a large plate. Excellent served with a crisp salad and fresh bread, or alongside soup. Leftover frittata can be used as a delicious sandwich filling.

—Adapted from *Moosewood Restaurant New Classics*, by the Moosewood Collective