

AmeriCorps Cape Cod
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Paper Plate Awards:

Sarah:

Most Likely to Fill Awkward Silences with
Stories about Her Friends

Eva:

Most Likely to Whip Up
Something Delicious in the Kitchen

Stefanie:

Most Likely to Be Trapped by Couch Cushions

Alisha:

Most Likely to Win a 5K

Shivani:

Most Likely to Make a Hand-Made Card

Erin:

Most Likely to Save Lives in the Back Country

Brigit:

Most Likely to Fly a Kite When There Isn't Any Wind

Caroline:

Most Likely to Shout Random Words

Monica:

Most likely to cook a traditional St. Patrick's Day meal

Pfeif:

Most Likely to Fight a Bear

Erik:

Most Likely to Hug a Tree

Mike Easter:

Most Likely to Suggest Watching Jeopardy

Vadim:

Most Likely to Be Told He Smells Nice

Lisa:

Most Likely to Be Found Playing Cribbage

Tom:

Most Likely to Be a Good Host

Matt:

Most Likely to Become "The Dude"

Kevin:

Most Likely to Answer Aviation Questions

Mike Evans:

Most Likely to Impersonate a Puppet

Becky:

Most Likely to Make an Origami Creation

Laura:

Most Likely to Be a Personal Shopper

Sheila:

Most Likely to Bake a Wicked Good Cake

Andrea:

Most Likely to Buy a Slurpee

Emma:

Most Likely to
Win an Olympic Curling Medal in 2018

Amy:

Most Likely to Be Accidentally Injured

Yashika:

Most Likely to Wear Green

Ashleigh:

Most Likely to Go to Trivia

Keith:

Most Likely to Drum On Any Surface

Riley:

Most Likely to Wear a Baseball Cap

100 WETFESTS!

By Emma Snellings

This year, AmeriCorps and Gab Belfit celebrated the 100th Water Festival. Since 2001, the Water Festivals have educated approximately 17,000 Cape Cod students on water-related subjects, ranging from bubbles to septic systems. This year, our intrepid members saw about 1,500 students pass through the festival. Lucky for us, most of the kids had a blast, and not too many students cried. Recent additions to the Water Festival activities include a musical chairs game about algae blooms and changing from The Great Penguin Rescue to The Great Sea Turtle Rescue. We continued using the Water Cycle Boogie to close the Festival, a great interactive way to cement the Water Cycle in the students' minds, with the exception of me, who managed to mess up the order of the stages during at least 3 festivals. After our last Water Festival of the year, and the 100th WetFest, we had a celebratory lunch, then Gab surprised the AmeriCorps members with a visit to the wave pool at the Cape Codder Resort. Splashing around was a great way to commemorate the 100th WetFest!

Photos from This Year:



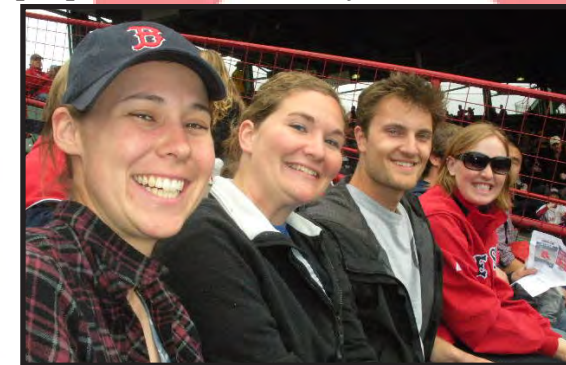
Take Me Out To the Old Ballgame...

By Tom Vohoska

In the era of multi-million dollar ballparks that provide all the amenities for the fan, it is nice to be able to experience a classic stadium like Fenway Park. Located in Boston, Massachusetts, you do not have to be a baseball fan to enjoy the experience of Fenway Park. Constructed in 1912, it is the oldest baseball stadium in America. The features of the old park range from narrow corridors to wooden seats. These features add to the experience for the die-hard fan, as well as the casual on-looker.



I've been to Fenway Park a handful of times. I still enjoy the experience thoroughly. For some of my fellow AmeriCorps members, though, this was their first experience of this grand sports arena. But let me back up a little and talk about how a Red Sox game fits in with what is the Boston experience. Boston is a great city to live in. I did not grow up there, but I have lived just outside of the city for the past seven years. There is so much rich culture and history; you can always see something interesting. Also it is a very manageable and extremely walker-friendly place. I enjoy showing people around this old city because I always seem to learn something new. Watching the Red Sox in Fenway Park is something that I like to show people who want to truly understand Boston.



On May 8th, 2011 the Red Sox took on the Minnesota Twins. It was a 1:35 PM start, so we headed into Boston from my house about mid-morning. I decided to give my fellow members a walking tour of Boston. We got off the "T" at the Mass General stop and strolled down the rustic streets of Beacon Hill. This is a very ritzy area and former home to JFK. We came out to see the split of the Commons and the Gardens of Boston. This is a focal point of the city. There is always something going on, as tourist and locals alike flock to the area whenever the weather is nice. Next we walked down Newbury Street, which is like the Rodeo Drive (Los Angeles) or 5th Avenue (New York City) of Boston. Most of the shops are out of my price range, but the last time I checked window shopping is still free.

Continued on page 14...

AmeriCorps Week 2011: Operation Orleans

By Erik Boyer

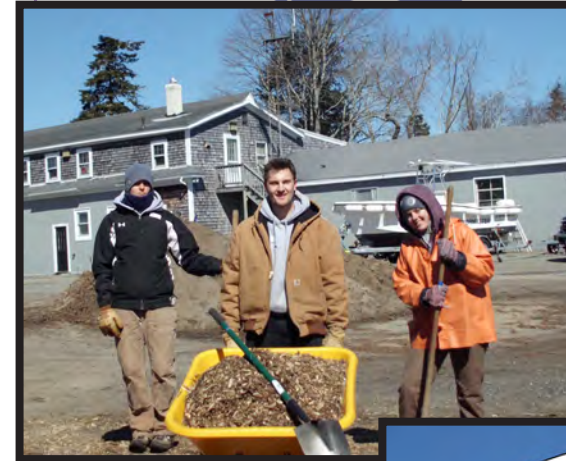
On May 9th, 2011, AmeriCorps Cape Cod (ACC) in conjunction with the Orleans Tree Department (OTD) and Orleans Conservation Trust (OCT) kicked off AmeriCorps week with projects taking place at Uncle Harvey's town landing, OCT's Mauch property, and Orleans Elementary School. To kick-off the week, ACC members joined tree warden Dan Connolly and the 192 students of the elementary school for an Arbor Day tree planting ceremony. A group of ACC members remained at the school for the rest of the day, working with students in the school's garden where they planted native fruit-bearing plants. The rest of the members removed invasive plants from the Mauch Property and planted native trees at the Uncle Harvey's site.

Uncle Harvey's Town Landing is a town-owned conservation property that is an ecologically valuable site, as there are a number of American elm trees and stands of red maple and eastern red cedar trees that are native to Cape Cod. This site is one of many fragmented forests on Cape Cod which have been threatened by invasive species. The site had been overgrown with invasive privet, Japanese bush honeysuckle, and Asiatic bittersweet. Last year the OTD and ACC, with the help of both community and student volunteers, began to remove the invasive plants from the site and planted native plants in the area that was cleared. The continuing overall goal of the project is to restore the landing to a more manageable native habitat.

Throughout the rest of the week, ACC members joined with local students and community volunteers to remove invasive plants at Uncle Harvey's Landing, planting native plants to restore the site to a more native habitat. This is the second year of a three-year restoration project taking place at the landing. During the week, over 600 plants were planted at the site and close to 21 tons of invasive plant material was removed from the 3 sites. 175 students and community volunteers served with ACC throughout the week. Grants from NSTAR, Massachusetts Service Alliance, and matching funds from Barnstable country funded the project.

This project would not have been possible without the support of Orleans Tree Warden Dan Connolly, ACC, OCT, the Orleans Highway Department, the Orleans Water Department, the Orleans Conservation Commission, the Orleans Planning Department, Orleans Pond Coalition, Orleans American Legion chapter, and the volunteers who gave their time and energy to the project.

Harwich Blitz Week



Harwich Blitz Week

By Stefanie Kramer

Monday: Habitat Improvement at Bank Street Bogs Nature Preserve

The first day of the 10th Annual Harwich Blitz Week, AmeriCorps members were hard at work at Bank Street Bogs Nature Preserve. The day's projects included clearing debris and downed trees from the waterway, trail maintenance to prevent erosion, and transplanting cedar trees. The big project for the day was planting native saplings along Cold Brook, which runs from Grass Pond through the preserve. AmeriCorps members planted two hundred and fifty-six saplings of Inkberry, Cranberry Viburnum, Sweet Pepperbush, and Blueberry. These wetland shrub species will provide a cooling affect to the water, thus improving habitat for migratory fish as part of a larger Wildlife Habitat Improvement Program (WHIP) grant. This grant is administered by Natural Resources Conservation Services, and is part of the USDA. The plants will also provide food for migrating birds and help with erosion control along the banks of the brook. Spirits were high and the sun was out, making for a productive and memorable day for everyone.

Tuesday: Thompson's Field

AmeriCorps members served with Harwich National Honor Society students and Cape Cod Regional Tech Horticulture students during the day, removing invasive bittersweet and honeysuckle at Thompson's Field. The students were eager to remove the "ugly bittersweet" from the area. Some of the students from the horticulture class had been a part of Blitz Week for all four years of their time in high school and proudly pointed out areas where previous work had been done. After school, the local Harwich Girl Scout Troup, Number 80847, joined AmeriCorps members for a lesson on invasive plants and local ecology and continued the day's work removing bittersweet. Most of the girl scouts were in the eight grade and had also volunteered previous years at Thompson's Field during Blitz Week.

Wednesday: Thompson's Field

Students and staff from South East Alternative School teamed up with AmeriCorps members to continue the battle of removing bittersweet from the thickly-covered area. The farther back from the trail, the thicker and denser the bittersweet and honeysuckle was growing. Because of the small size of the class there was an equal number of AmeriCorps members and students, allowing for a lot of interaction and education during the project. I was able to engage a student who had grown bored with lopping and had chosen to sit on the ground. After five minutes of sitting with him and talking to him about the project and plant ecology, I was able to get him back on his feet, loppers in hand, and reinserted in removing bittersweet. The students' day ended with a nature walk and everyone feeling a great sense of accomplishment at the days work.

Thursday: Thompson's Field

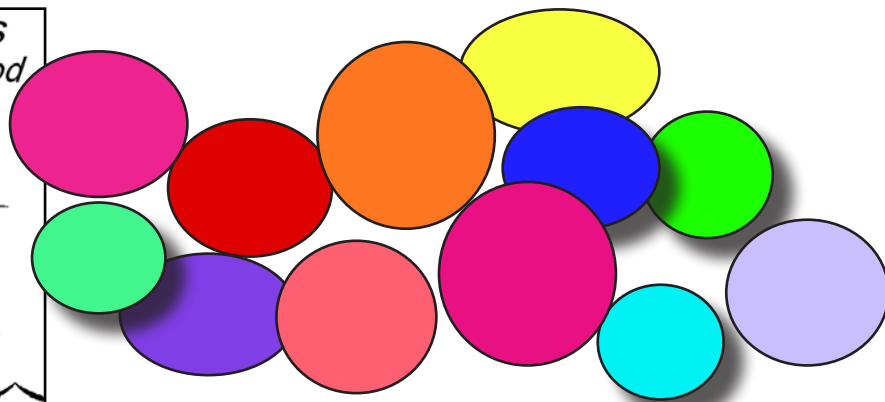
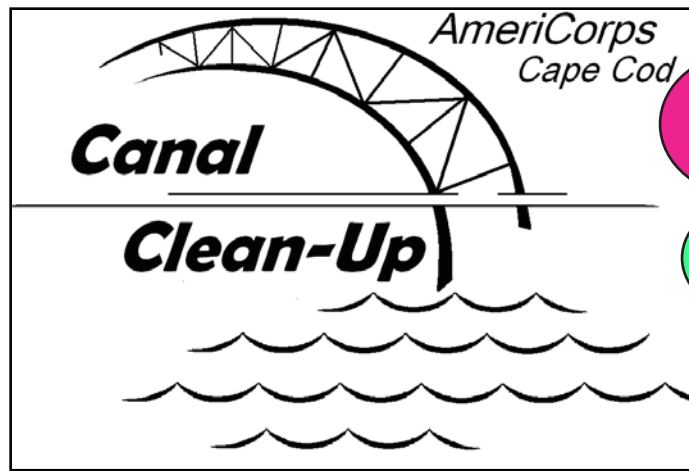
On Thursday, every fifth grader from Harwich Middle School participated in the day's event at Thompson's Field. The students each put in an hour of service removing bittersweet and then had an hour of environmental education with AmeriCorps members. All 125 students went on a nature walk around the field learning about birds, invasive plants, and the importance of field habitat, as well as about the adjacent water wells to the field and the importance of protecting ground water. The day ended with an impromptu game of duck-duck-goose, modified to include invasive plants.

AMERICORPS WEEK AT: UNCLE HARVEY'S



After





By Monica Lambert

On April 23rd, 2011, AmeriCorps Cape Cod members and staff partnered with the Army Corps of Engineers to host the 11th Annual Canal Clean-Up Event.

After two months of planning, the Thursday Community Outreach and Development Day group's efforts came to fruition. The rain did not deter 144 volunteers from braving the high winds and poor weather, and they collectively removed over 200 pounds of trash and 25 pounds of recycling from the canal bank.

Despite the weather conditions, volunteer groups were able to participate in various projects, which was an addition to the event schedule as of this year. Boy Scout and Girl Scout troops, environmental clubs, and community groups came out to make our earth a better place in honor of earth month. A number of beautification projects were completed, including trail maintenance to the Sagamore Hill and Bournedale Trails, as well as placing mutt mitt dispensers near the walkway. Other projects were planned, but unfortunately could not be completed due to the inclement weather.

While seeking shelter from the elements, participants were given BPA-free water bottles, hand-crafted recycled bags, snacks, and t-shirts with which to tie-dye. Face paint and recycled seed planters were also available to children and adults alike in an effort to educate individuals about gardening and have some fun in the process. Local businesses donated food and beverages which made the cold day more bearable for volunteers. This year, Covanta Energy got involved by providing t-shirts for the volunteers.

Area environment-focused organizations like Provincetown Center for Coastal Studies and National Mammal Life Center were scheduled to attend and set up booths in our education tent, but due to the weather the booths were cancelled. Hopefully next year these groups will be able to participate.

Thank you again to our sponsors: Barnstable County, Massachusetts Service Alliance, Covanta Energy, and the Army Corps of Engineers. In addition, we extend a special thank you for their generous contributions to the following donors: Starbucks, Cape Cod Bagel, Trader Joe's, Taylor Rentals, Wal-Mart, and Target.

Do you eat their eggs?
Yes, I eat their eggs.

How many eggs have you gotten from them?

So far, we've gotten 8 or 10 eggs. We are borrowing the chickens from Lara, and they are old (like 2 years old), so they are on the downside of egg production. But we still love them anyways. We used the first set of eggs for crepes, and then the next set to make scrambled eggs.

Did you make your own coop?

Lara had an extra coop where she had previously housed 50 meat birds. She wanted to get rid of it, so she let us have it. It was too big, so we cut it down and rebuilt it to a quarter of the size that it was originally. Lara was having company the day that we picked up coop, so Monica, Shivani, and I arrived at 7 A.M. with a bag of tools while she was sleeping at home. She woke up, brought out her Sawzall and we started using it while her neighbors were staring at us from behind their curtains. (Disturbing the peace, yo!) It took us all morning to put the coop together, and then we realized it was too big for our car, so Lara's friend brought it to our house in his truck. Monica shingled the roof, and there is a window in it now. Pfeif helped us build a ramp.

Does the window in the coop have curtains?

The window does not have curtains.

Do they make noise in the morning?
Are they a good substitute for an alarm clock?

Eva: Chickens don't crow like roosters do.

Pfeif: They're not the loudest alarm clock substitute, but you can hear them mumbling at around 5:30 in the morning when the sky first gets light.

Is owning and taking care of chickens a lot of responsibility?

It is a lot of responsibility, which we are even more aware of after an incident with a raccoon. But I love hearing them chatter with each other when I'm out in the garden. I'm also not that wary of birds anymore. I look forward to spending more time with them and I hope by the end of the year that they'll let me pick them up without running away...except Puppy's not that bright, so I don't know. They are good little girls.

Is it time consuming to take care of chickens?

Not really. We clean out the coop once a week, feed them and give them water, let them out in the morning, and then put them back into the coop in the evening. Splitting the chores between the three of us cuts down on the effort a lot – and Erin has been especially helpful! She used to have chickens and is always willing to help us out when we need it.



Wellfleet House Chickens

By Yashika Dewani, Eva Ward, Caroline Walden, and Monica Lambert

The Wellfleet House recently acquired two chickens from Lara Slifka, who is member Monica Lambert's service partner as well as the Assistant Conservation Agent and Environmental Technician in the town of Chatham. I sat down with Eva to discuss how this arrangement came about and what it is like to have chickens as pets.

Tell me how you came to be a chicken owner.

Well, earlier in the year Monica, Caroline, and I were daydreaming about how cool it would be to have chickens because we heard they were crazy, and we wanted a pet/food source. We knew that we couldn't have indoor pets, but we hoped that chickens would be allowed. So, we talked to Lisa, Amanda, Darlene, and the National Seashore and convinced them to let us have chickens!

How long did talks last? Was it hard to convince them?

I just kept asking questions about what the potential problems would be. Then, we wrote up a formal proposal and submitted it to the AmeriCorps office and the National Seashore. They gave us two thumbs up and then we got some chickens! What everyone kept telling me was that something would eat them – a raccoon, some other animal,

What are their names?

Doozer, named after Caroline Van Deusen Walden, and Puppy, because we originally wanted a dog but can't have one at the house. We were planning on getting a third chicken and naming it Shelly after Monica Michelle Lambert and Eva Michelle Ward (side note: our birthdays are one day apart!), but when the chickens got picked up, Monica and Lara were only able to catch two chickens for us. Doozer is the dominant, outgoing one, and Puppy is the dumb one who follows Doozer around.

What kind of chickens are they?

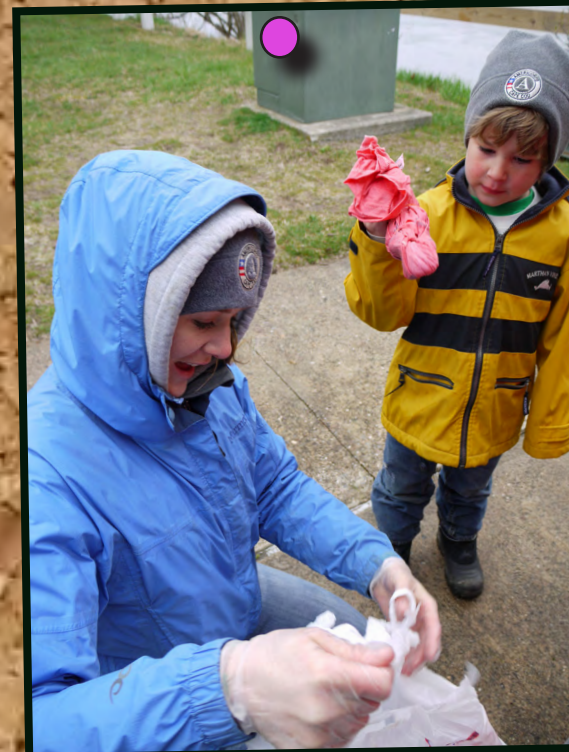
Puppy is a Buff Orpington, and Doozer is a Rhode Island Red. Rhode Island Reds are typically more dominant.

If your chickens were people, who would you rather hang out with?

Puppy is really sweet but not the smartest, and Doozer, while a little brighter, can be kind of a bully so...Puppy.



Canal Clean-up 2011



JOURNEY OF THE EELS

BY STEFANIE KRAMER



American Eels begin their life in the Sargasso Sea in the North Atlantic Ocean. The young eels migrate to the east coast to try to make it to fresh water.



Some eels make it all the way to Harwich, MA and find their way to Cold Brook, which winds its way through Harwich Conservation Trust's Bank Street Bogs Nature Preserve.



To make the eels' migration possible, this ramp is installed seasonally to allow eels to travel up the flume that would otherwise block their passage.



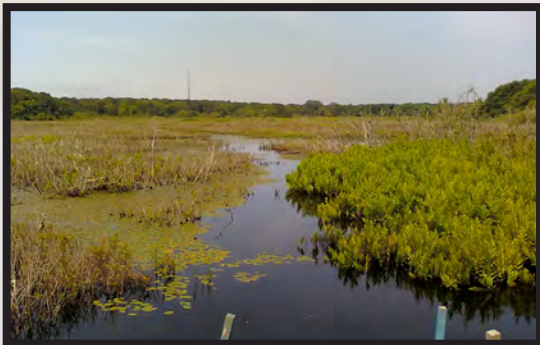
The Eels are temporarily detained in this holding tank after they make their way up the ramp.



Volunteers collect the eels daily from the holding tank. This picture shows 458 American Eels who all traveled up the ramp during a 24-hour period.



The volunteers count, determine age, and release all of these eels. This data can be used for future monitoring and management.



The Eels are on their way to their new home in Grass Pond until they mature in 10 to 25 years and make the long journey back to the Sargasso Sea to mate.

Vernal Ponds: *Life below the surface*

By Sarah Drerup

Wading through vernal ponds filled with sulfurous smelling mud, poison ivy, and thickets of buttonbush is a dirty job that Mike Rowe could appreciate. At my individual placement with the Cape Cod National Seashore, I spent two days a week during March and April scanning the murky waters of vernal ponds for spotted salamander and wood frog egg masses. A normal monitoring day begins when the herpetology crew heads out to the field in the "herpmobile," equipped with waders patched with duct tape, polarized sunglasses, flagging tape, hand counters, clippers, and fluorescent orange field vests. Each pond is divided into equal sections that a crew member wades slowly through, scanning the water and counting egg masses. Egg mass counts can range from zero to over two-thousand masses in a single pond!

Forty vernal ponds are monitored each spring by the dedicated herpetology team at the National Seashore. In addition to egg mass counts, water quality samples are also taken at the end of the season. The samples are tested for alkalinity, pH, temperature, and color. These parameters, along with egg mass abundance, give insight into the health of vernal ponds on the Outer Cape.

Recycled Grocery Bags

By Monica Lambert

During the planning for Canal Clean-Up, I was looking for things that could be given away to volunteers when I came up with recycling plastic wrappers. In looking online for such a pattern, I found the website Made by Dana. She came up with a design for recycled grocery bags. I'd like to think that I took her idea one step further: I began personalizing small, lunch-bag-sized totes made by melting plastic grocery or shopping bags together. A single bag is made from about 32 grocery bags and takes about 3 hours to complete. My next endeavor is to use the same materials to fashion clothing... I'll keep you posted! Feel free to email me at mlambert14@aol.com with questions or photos of your own creations. I'd love to see them.



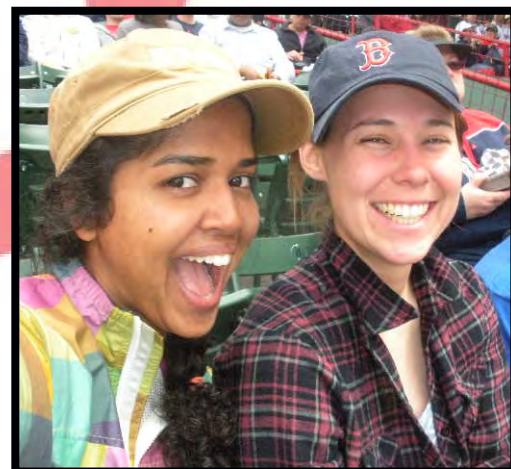
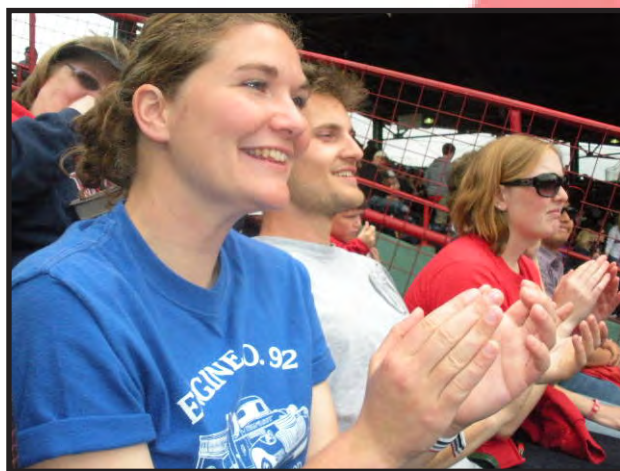
Take Me Out To the Old Ballgame...

(Continued from page 1)



At the end of this street it opens up and you can see none other than Fenway Park in the distance. A few more blocks down some side streets, avoiding being run over by a bike taxi, we reached our destination. The hustle and bustle of Landsdowne Street included numerous bars, street vendors, and a sea of red (safe to assume they are Red Sox fans). The backside of the Green Monster overshadows you like the name suggests. The real action happens two lefts later as you reach Yawkee Way. People are crammed everywhere trying to get into the historic stadium. Peanuts are also cheaper out there.

We walked through the narrow corridor checking out the different food and beverage vendors along the way. The feeling of walking up to your seat still reminds me why I love the game of baseball. That narrow walkway opens up and you can see the green grass, brown dirt, and the glory of an old ballpark. We found our seats and enjoyed the cooperative weather. Baseball is a leisurely sport to watch, as there is never a rush even in planning what innings you should go get some peanuts or a famous Fenway Frank. The National Anthem, 7th inning stretch and “Sweet Caroline” in the 8th inning always happen at Fenway. The game was a good one as the Sox and Twins went back and forth, with the hometown team pulling off the victory.



It was a good day in a great city.

GARDEN UPDATE

By Eva Ward

Summer has finally arrived on Cape Cod! After a busy and rainy spring, the Wellfleet garden is thriving and we are finally harvesting the fruits of our labors! Here's the latest:

- Planted in four orderly rows last fall, our garlic has sent out its scapes, the curly shoots that are all the rage at farmers market and Whole Foods. Harvesting scapes causes the garlic bulbs to continue growing while yielding another edible delight that can be used in the place of basil in pesto (see the recipe below).
- I am the most proud of our bed of red butterhead lettuce and purple scallions, which we started indoors in our defunct-bathroom-turned-greenhouse! Our local chipmunk doesn't seem to care for lettuce, or maybe its reddish coloring serves as a disguise. In either case, the lettuce patch couldn't look better.
- It's harvest time for our radishes, as well. As these little fushia orbs are my favorite vegetable, I have been enjoying them straight from the ground and saving the un-nibbled tops for a cup of radish greens soup (see recipes on page 8).
- Our sugar snap peas have grown to the top of their four feet trellis, and their flowers give me hope that we will soon be munching on pea pods, another favorite snack of mine.
- We have a miniature potted herb garden on the patio: we lost our cilantro and parsley because of a weekend off Cape, but our chives, rosemary, marjoram, mint all survived and perfume the air.
- After a day of weeding the carrot beds at Community Green, Riley sent us home with four heirloom tomato plants, which are now happily growing in our greenhouse.
- While the additional garden beds we built this spring are waiting for their final touches, our summer squash, zucchini, and purple bush bean seedlings were quickly becoming root bound in their seed trays. Hopefully we transplanted them into peat pots just in time. I am looking forward to seeing how well the peat pots work--the pots can be planted right into the ground and decompose to allow roots to grow.



RECIPES FROM THE WELLFLEET GARDEN

By Eva Ward

GARLIC SCAPE PESTO

Adapted from Dorie Greenspan's recipe for Garlic Scape and Almond Pesto

Makes about 1 cup

10 garlic scapes, finely chopped

1/3 to 1/2 cup finely grated Parmesan (to taste and texture)

1/3 cup toasted pine nuts

About 1/2 cup olive oil

Sea salt

Put the scapes, 1/3 cup of the cheese, pine nuts and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest.



These Are a Few of My Favorite Things

Lyrics by: Monica Lambert, Sarah Drerup, Alisha Caron, Brigit Arell

Seashells on beaches and picking up trash
Waders in marshes and poison ivy rash
Lots of long car rides and all of us sing
These are a few of my favorite things

Saving the dolphins and foulies with snaps
Chainsaws and hardhats and bright yellow chaps
Waiting in the kitchen for the dinner bell to ring
These are a few of my favorite things

Members in Carhardts with dirt on their faces
Clearing invasives to make open spaces
Multiflora rose and green briar stings
These are a few of my favorite things

When the ticks bites
When the sun burns
When I'm feeling mad
I simply remember my favorite things
And then I don't feel so bad

[Repeat all verses]



Behind the Scenes at River Day

By Laura Notarangelo

On a brisk Sunday morning in early May, members from both houses set out for River Day. This celebration was held at Burgess Park in Marstons Mills and we got right down to business setting up our tables and the puppet show set. AmeriCorps Cape Cod was definitely the largest attraction (besides the river...) of the day as we had also set up some of our WetFest classics such as Flush the Kids and Toxic Toss. Oh, and we had a kiddie pool full of bubble solution!

We were a little apprehensive when it came time to perform the puppet show due to high winds. However, with three performances on the agenda, we did not want to disappoint. The first show had a few minor glitches, but nothing fell down and nobody was injured. Although the main stage of the puppet show is fairly sturdy, the sand dune and wave side panels could easily tip over at any moment. We quickly laid down those two panels at the conclusion of the performance.

Luckily, right before the lunchtime showing, our fearless Bourne house supervisor Ashleigh arrived and took on the role of stage-bracer. Yes, she embraced the awkwardness of standing out front of the stage while we worked our puppetry magic safely behind the curtains. We all felt relieved when it was time to dismantle the set at the end of River Day as the cold wind didn't die down once. Despite the challenges, we had a great reaction from the children who watched The Green Ribbon puppet show, and the parents were pretty good, too!

Marguerite E. Small Elementary School Garden Club

By Caroline Walden

As the local food movement continues to grow, schools across the country (and the Cape) are realizing the educational benefits of having a school garden. This year, AmeriCorps Cape Cod has received a number of proposals requesting help in getting school gardens up and running, as well as requests for supplemental environmental education to go along with the garden building process. Members have gone to a handful of schools across the Cape (including elementary schools in Wellfleet, Sandwich, and Barnstable) to teach students about gardening, worms, and compost.

During the winter, the principal of Marguerite E. Small Elementary School submitted a proposal for AmeriCorps members to come to the school during the spring to get involved with the after school garden club, which meets every Tuesday for an hour. Fresh off of planning a successful MLK Day of service, Eva and I jumped at the opportunity to dig in the dirt with some eager students.

Throughout the winter months, we kept thoughts of spring alive by planning a series of garden activities and lessons to do with the students. Now that spring is finally here, we have done four lessons with the students that stress the importance of growing one's own garden. While snacking on beets and carrots, we played a game and discussed where the food in the grocery store comes from.

Over popcorn, we discussed seeds and plant anatomy. After a few chaotic afternoons outside with tools, we decided that tool safety and garden rules were an important topic to cover. After the classroom portion of the lesson, we headed outside so that the students could turn the compost (a favorite activity), weed the garden bed, and water the existing plants. An hour goes by in a flash, but there is always next week and always more weeds to pull.

Being able to return to the school on a weekly basis has been a rewarding experience; we have gotten to know the students and they have gotten to know us. With four more lessons ahead of us, we look forward to seeing the fruits of our labor. With any luck, the beans that we planted will be harvested by the end of our last lesson.



Recipes Continued.....

Quick Radish Pickles

courtesy of The Wednesday Chef
(www.thewednesdaychef.com)

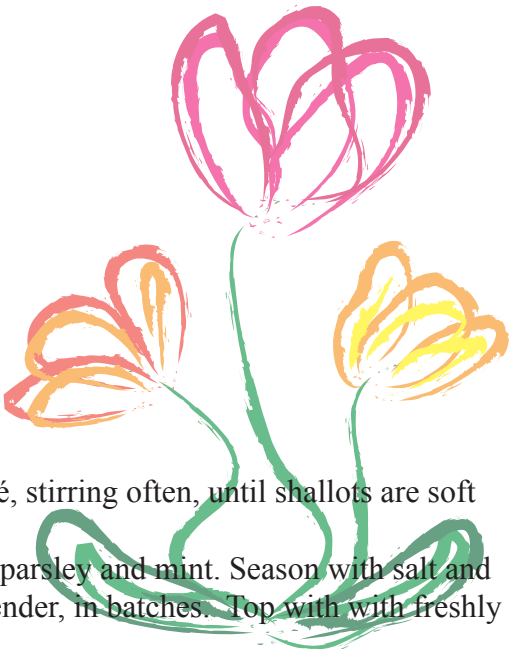
- Makes about a cup
- 6 oz radishes (about 7), quartered
- 3 tablespoons rice vinegar (not seasoned)
- 2 tablespoons sugar
- 1 (1-inch) piece peeled ginger, cut into thin matchsticks (1 tablespoon)

Toss radishes with 1 tsp salt in a bowl and let stand 30 minutes. Drain in a sieve but do not rinse.

Heat vinegar with sugar in a small saucepan over medium-low heat, stirring, until sugar has dissolved. Remove from heat and add radishes, then stir in ginger. Transfer to a small bowl and marinate, chilled, at least 2 hours. Radishes can be marinated up to 1 day.

- Radish Greens Soup
courtesy of Vegan Visitor (<http://veganvisitor.wordpress.com>)
- 2 Tablespoons Olive Oil
 - 1 Large Shallot, finely chopped
 - 2 Cups Radish Greens, roughly chopped, packed
 - 2 Cups Vegetable Stock
 - 1 Tablespoon Fresh Mint, finely chopped
 - 1 Tablespoon Fresh Parsley, finely chopped
 - Sea Salt
 - Freshly ground Black Pepper
 - Fresh Chives for serving

In a large saucepan, heat oil over medium heat; add finely diced shallots. Sauté, stirring often, until shallots are soft and translucent. Add the radish greens and wilt, then add the stock. Bring to boil; reduce heat and simmer for about 10 minutes. Add the chopped parsley and mint. Season with salt and pepper, to taste. Remove from heat; purée with an immersion blender or in blender, in batches. Top with with freshly chopped chives just prior to serving.



Fiddle Me This!

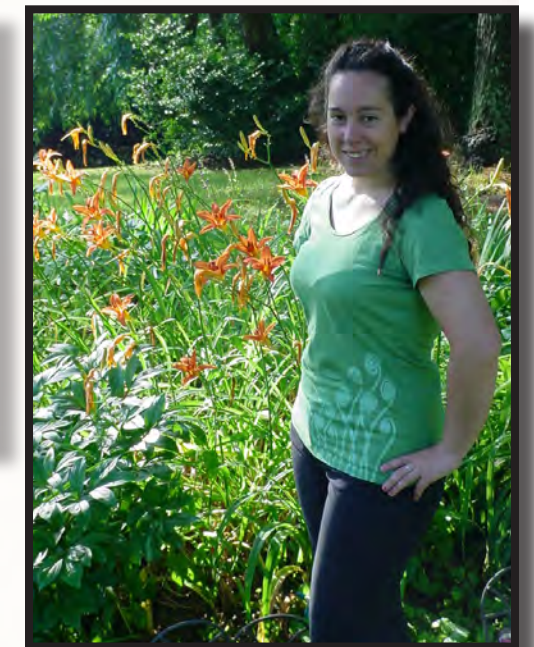
By Becky Gillis

The fiddlehead fern is one of springtime's most elusive treats. They are available for a few weeks in early May in only some parts of the country. Where is the most prevalent place to find these goodies, you ask?



Well, they are found all along the east coast of North America from New Brunswick to North Carolina. Fiddlehead ferns love wet areas, like roadside ditches, small brooks, and drainages in the woods.

If you are a fiddlehead fanatic, much like myself, you would know that fiddleheads have a mild taste reminiscent of asparagus, with an added nutty bite all their own. To prepare them, I like to give the fiddleheads a good rinse, boil a pot of water and let them boil for 15 minutes, then strain out all the water and top with some butter and salt. Then enjoy! I would suggest that if you find some for sale in your area, that you consume the fiddleheads that night or shortly thereafter. They do not keep very well.



Now what exactly is a fiddlehead?! A fiddlehead is the tip of an unfurling Ostrich Fern (*Matteuccia struthiopteris*) frond. It can be identified from other ferns by its brown, papery, scale-like covering on the uncoiled fern, as well as the smooth fern stem, and the deep "U"-shaped groove on the inside of the fern stem. Fiddlehead ferns usually grow in clusters of three to twelve fiddleheads.

Nutrition Facts			
Serving size 1/4 cup (110g)			
Servings Per Container 1			
Amount Per Serving			
Calories 35		Calories from Fat 0	
		%Daily Value*	
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 0mg		0%	
Total Carbohydrate 4g		1%	
Dietary Fiber 7g		28%	
Sugars 1g			
Protein 2g			
Vitamin A 25%		Vitamin C 2%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie need.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

I was able to feed my fiddlehead addiction this year right from Stop & Shop supermarkets. I was perusing the vegetable section and then by surprise I happened upon a big bag of these tasty gems. You can imagine how elated I became. I think that at that moment I proceeded straight to the checkout line, drove home, and immediately made up a batch to eat! Not only are fiddleheads delectable, but the price isn't extremely terrible either. Here they are only about \$4.25 per pound, whereas in some other parts of the country they can be as pricey as \$19.99 per pound.



All this talk is making me hungry; time to go munch on some fiddlehead ferns!

