



The Primrose Press

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Kitchen Corner



Hello Summer !

As we move from spring to summer, there are many organic Primrose garden vegetables available that add flavor to our seasonal menu. I especially love recipes that are nutritious, tasty and, ones that almost anyone can make. Some of the most delicious recipes are those with less than five ingredients, relying mostly on the freshness of the product that a garden bounty brings. Here is an example of an easy Stir Fry recipe. Just substitute the vegetables you have on hand. The key is in the sauce! Pick any grain you like as well. I love coconut rice and ginger; ingredients that add a little sweet and spicy to a dish.

Spring Vegetable Stir Fry

- 2 Tbs each Olive Oil and Coconut Oil
- 1 bunch Asparagus, end trimmed, cut into 2in pieces
- 2 cups sugar snap peas
- 4 green onions, sliced
- 1 8 oz can water chestnuts, drained
- Salt and Pepper to taste; I like sea salt for vegetables

Directions:



Stirring your favorite grain, such as Jasmine Rice (optional). Set it aside. Add to a Pan or Wok at medium heat. Add the vegetables in the order listed. Be careful not to let the vegetables touch the heat only a few times. Turn off the heat, and



Sauce: 1 Tbsp citrus flavored Ponzu, 1 tsp each of toasted sesame oil, 2 Tbsp lemon zest and grated fresh ginger, 1 tsp minced garlic.

Add sauce to your vegetables and place mixture over the grain.

Enjoy! Primrose Food Service Director and Chef, Vicky D.

“Seize the moment. Remember all those women on the ‘Titanic’ who waved off the dessert cart.”

– [Erma Bombeck](#)