

COOKING FRESH

BY DAVA PARR

SUMMER IN THE ROCKIES

Aaahhh summertime. Let the bounty begin! The fields will produce row after row of wondrous vine and sun-ripened vegetables and fruits during this rewarding season of abundance. Summer is the time for impatience while waiting to taste each new offering and indulge on them until we are sated, knowing it won't taste that good again for another year.

The tomato vines will bow to the ground from heaviness, and the melon patch will threaten to overtake the garden like it does every year, tendrils pulling their way across the earth. The green beans will yield repeatedly, until every farm worker dreams of ripping the harvest-laborious plant out of the ground and hiding it in the compost pile.

Sweet corn will sway in the breeze and whisper for you to peel back its husks, light a moonlight fire and grab some butter. Just when you think it can't get any better, the peaches start begging for you to pick them and sample their sweet flavor.

Life is good in the summer amidst the certainty of ripening fruits and vegetables. Life is perfect when that great bounty of food arrives! 🌿

FRESH HEIRLOOM TOMATO AND CHEVRE PASTA

Courtesy of Dava Parr, Fresh & Wyld

Serves 3 or 4

This dish calls for fresh, vine and sun-ripened tomatoes. The tomatoes are the main flavor here with a little fresh garlic and basil competing for favoritism. In this recipe less is best, so I resist throwing in lots of other vegetables, even though my garden and fridge are brimming with them. If I can't stop myself, I'll add a generous handful of arugula. I also think this is wonderful with grilled chicken.

4 servings of penne pasta
2 big, organic, fresh, ripe tomatoes (a variety of colors of heirloom's are nice)
Sea salt and pepper
2 cloves garlic
Generous pour of extra virgin olive oil
2 ounces of chevre or blue cheese, crumbled
A handful of arugula

Prepare pasta and set aside, keeping hot. Chop tomatoes, add salt and pepper and put into a separate bowl. Drain some of the tomato liquid into a serving bowl. Crush garlic and add to tomato liquid in serving bowl. Drizzle olive oil into tomato liquid while whisking to slightly emulsify. Add pasta, cheese, arugula and tomatoes. Toss a few times and serve.



JUNE

Peas: Shell, Sugar Snaps, Snow
Baby Vegetables
Spring Turnips
Fava Beans
Strawberries
Cilantro
Parsley
Dill
Basil
Salad Greens
Kale
Chard
Head Lettuce
Baby Onions
Carrots
Beets

JULY

Asian Braising Greens
Peas: Shell, Sugar Snaps, Snow
Kale
Chard
Collards
Cabbage
Squash Blossoms
Summer Squash
New Potatoes
Cucumbers
Eggplant
Tomatoes
Green Beans
Fava Beans
Scallions
Cherries
Apricots
Peaches
Garlic
Beets
Carrots
Jalapeños
Leeks
Corn