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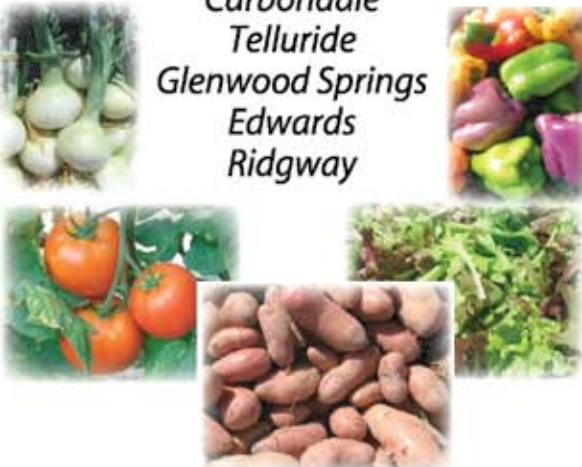
AT PEA GREEN

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TUSCAN-STYLE BRAISED GREENS

Courtesy of Dava Parr, Fresh & Wyld

Serves 3 or 4

Preparing kale this way feels a little more summery to me than some of my other kale recipes. Maybe it's the name! Kale grows year round but in the summer it has a stronger flavor. The tang of lemon zest and the sweetness of raisins meld well with the more robust flavor of summer kale.

2 tablespoons pine nuts
Olive oil
1 clove garlic, crushed
1 bunch of kale or other fresh greens, chopped and steamed lightly
2 tablespoons raisins
Crushed red pepper
Zest of 1 lemon
Salt and fresh black pepper
Grated Parmesan cheese

Toast pine nuts in a little olive oil until they begin to golden. Add garlic and kale or other greens. Sauté for a few minutes. Add raisins and sauté another minute. Add red pepper, lemon zest, salt and fresh pepper. Top with grated Parmesan before serving.

PEACH GELATO

Courtesy of Dava Parr, Fresh & Wyld

Serves 4

I created this recipe last year at the end of peach season. It is truly a scrumptious way to enjoy peaches on a hot August day. This year, I am going to have plenty of 3-pound bags of peaches frozen as soon as they start dropping from the trees. This recipe only takes 5 minutes to make and is best eaten right after it is made.

3 pounds frozen peaches, semi-peeled and de-stoned
½ cup raw honey or agave nectar
1 teaspoon lemon juice
½ cup plain organic whole milk yogurt

Put the frozen peach pieces in a food processor with the sweetener and pulse briefly. Add the lemon juice and yogurt and pulse until the mixture is smooth.

If not serving right away, empty the food processor into a small container and freeze for 20 to 30 minutes before serving. If the gelato freezes solid, simply pulse it briefly again in food processor before serving.

Chef Dava owns Fresh & Wyld Farmhouse and Gardens. She delivers fresh produce and other products locally grown in Paonia and Hotchkiss to homes in the Roaring Fork Valley. You can preview her website, www.freshandwyld.com and order your own bag of summer veggies, sign up for a workshop, farm dinner or to just come stay at the farmhouse.