The O'Donohue Family Stanford Educational Farm

Fava greens
English peas
Broccoli
Mint
Turnips
Radishes

Locally grown

Green strawberries
Stinging nettles (wear gloves to handle until cooked)
California kiwi
Meyer lemons
Japanese sweet potato
Bosc pears
Shallots
Locinato kale
Laura Chenel marinated goat cheese
6 Glaum Egg Ranch organic eggs

From the bakery

The Midwife and The Baker's chocolate baby boule
(perfect for chocolate French toast)
Handling and Preparation of Stinging Nettles

Sautéed Stinging Nettles
Blanched nettles
Chopped garlic
Olive oil
Cracked pepper
Salt

1. **Wear gloves to initially handle nettles.** Using a slotted spoon, blanch nettles by dunking them into boiling salted water for 5-10 seconds. Cool them quickly in a bowl of ice water or under running cold water. Make sure to squeeze the nettles as dry as possible before sautéing them. Set the cleaned nettles aside.

2. Heat a wide pan over a med-high heat. Note that the wideness of the pan or pot will help any liquid cook off quickly so the nettles sauté instead of steam.

3. Add the oil, butter, or other cooking fat, add garlic and move around pan, swirl to melt and/or heat, and add the nettles. Cook, stirring frequently, until the nettles are tender, about 2 minutes for blanched nettles and a few minutes longer for raw nettles. If sautéing raw nettles, make sure to keep the heat high so the liquid they throw off as they cook evaporates quickly.

Serve with salt and cracked pepper.