



The Garden Herald

Greenmoore Gardens CSA

Share #1: May 27

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				Full Shares:	Herb Shares:
Leeks	Lettuce	Spinach	Carrots		
Pac Choi	Radishes	Asparagus	Herbs: thyme	Tatsoi	Rosemary
Mesclun	Kale	Bloomin' Arugula or Mustard Greens	Oregano, Chives		Basil

News from the Fields

Welcome to the Greenmoore Gardens CSA's 2011 season!

We thank you for all the new and continued support this year! For those of you who were with us last year, I'm sure you'll find the contrast between 2010 and 2011 to be a stark one. Last year's spring was very dry, allowing us to prepare the ground at a comfortable and steady pace. However, the rain this spring has only given us a few windows to prepare the saturated soil for planting. In 2010, the weather allowed for some amazing early spring growth making for a very bountiful May. This year, the cold weather compromised the strength of our crops, which were overrun by moist soil and a corresponding abundance of weeds. We persevered, improvised, and had some major weeding sessions to bring you this first share of early spring vegetables. Enjoy!

Veggie notes

Leeks - These leeks have sized nicely after spending the winter under a straw mulch. Leeks tend to accumulate soil between leaf layers, so be sure to rinse them after you chop them.

Pac Choi - Evidence of the tough spring they had, the pac choi and tatsoi couldn't keep ahead of the flea beetle pressure like last year. The little holes you see are the flea beetles' "shares" I guess. The stalks are very tasty and succulent.

Tatsoi - One head of tatsoi for the full shares this week. The tatsoi has started to bolt (go to flower), but the flowers and stalks are edible and quite tasty. These greens are good in stir-fries, steamed dishes, and salads.

Mesclun - Bits of lettuce, baby spinach, mizuna, arugula, and other baby greens make up this salad mix.

Lettuce - You may find a few tears in your lettuce from the groundhog that eluded us for a whole week. We finally caught him though!

Radishes - French Breakfast radishes. If you find radishes spicy, try peeling them. The skins tend to hold most of the spiciness.

Kale - You'll be getting red Russian kale or Tuscan kale (aka: Dino kale)

Blooming Arugula or Mustard Greens - The arugula went through a good deal of stress and so decided to go to flower (bolt) instead of producing a large amount of greens. The greens that are on the stalks are spicy and are best used wilted over pasta or cooked in some way. The flower buds are edible and make great spicy additions to salads.

Asparagus - Our asparagus planting which was started last year still needs another year to mature to harvestable size. In the meantime, we sourced this asparagus from our friends at Village Acres Farm. What's spring without asparagus, right?

Spinach - Thankfully the spinach crop has come around after a very slow growing period. You may find some sunburn spots on the leaves caused by the heavy rain followed by intense sun yesterday.

Carrots - These carrots are at their adolescent stage. Not quite baby, not quite adult. They were started in our high tunnel in early March. They have a nice tender crunch to them, and will be great eaten raw.

Herbs: oregano, thyme, chives - just a little of each for you to add to your next recipes. Some of you will find chive and thyme flowers in your shares. They're edible too! Keep your herbs wrapped in paper towels in the fridge to keep them.

HERB SHARES:

Basil- An early taste of summer

Rosemary- Just a couple sprigs, as we just needed to prune the new rosemary plants in the greenhouse.

Warm Tatsoi-Pak Choi Orange Beet Salad

Dressing:

3 Cups Orange juice
1 Tablespoon Olive Oil
3 Table Spoon Rice Vinegar
2 Cloves Crushed Garlic
A pinch of salt and pepper to taste

Salad:

1 bunch Tatsoi or Pak Choi
1 bunch Baby Spinach
1 onion
2 beets peeled and chopped or 1 can beet
1 tablespoon olive oil
1 tablespoon red cooking wine

Garnish:

1/2 cup Walnuts
1 bunch chopped scallions

1: Begin by rinsing, shredding and chopping Tatsoi/Pak Choi and Baby Spinach. When serving uncooked Tatsoi or Pak Choi its best to cut it in long slivers so parts of the stalk and greens are attached but manageable with a fork. It's also best to let the greens soak in chilled water while preparing the beets and onions.

2: In a large saucepan, fry 1-2 chopped onions in olive oil till slightly caramelized. Add 1-2 Cups water and reduce heat to med or med-low. Add the chopped beets and red cooking wine. Fresh herbs like Thyme or Sage or even mint always meld nicely with the beets and wine. After allowing the beets to soften increase heat and reduce by removing the pan quickly from the stove.

3. In a large bowl toss the chopped greens with the beets and onions. Serve with drizzled orange dressing and garnish with green onions and walnuts

Asparagus Soup

Recipe courtesy Emeril Lagasse, 2003

3 pounds fresh asparagus, rinsed
8 cups chicken stock
4 tablespoons unsalted butter
1 cup minced shallots
1 cup minced leeks, whites only, well rinsed
1 tablespoon minced garlic
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1/2 cup heavy cream
1/4 cup finely grated Parmesan cheese, garnish

Trim the attractive top tips from the asparagus, about 1 to 1 1/2 inches in length. Cut the woody stem ends from each spear and reserve. Cut the remaining tender stalks into 1/2-inch pieces.

In a medium pot, bring the stock to a boil. Add the tough woody stems, lower the heat and simmer to infuse with asparagus flavor, 20 to 30 minutes.

Remove with a slotted spoon and discard, reserving the stock.

Add the decorative tips to the stock and blanch until tender, 1 to 1 1/2 minutes. Remove with a strainer and refresh in an ice water bath. Drain on paper towels and reserve for the garnish. Reserve the stock.

In a medium stockpot, melt the butter over medium-high heat. When foamy, add the shallots and leeks and cook until tender, about 3 minutes. Add the garlic and cook until fragrant, about 1 minute. Add the chopped asparagus stalks, salt, and pepper, and cook, stirring, for 2 minutes. Add the reserved broth and simmer until the asparagus are very tender, 15 to 20 minutes. Remove from the heat.

With a hand-immersion blender or in batches in a food processor puree the soup until smooth. Adjust the seasoning, to taste. If serving right away, return to medium heat and add the cream and reserved asparagus tips. Cook, stirring, until the soup is warmed through, about 3 minutes.

Alternatively, if serving the soup later, do not add the cream and let cool at room temperature (or in an ice water bath. Cover and refrigerate. Before serving, add the cream and asparagus tips, and warm the soup gently over medium heat, stirring occasionally. To serve, place the soup in a soup tureen and sprinkle with cheese. Ladle into demi-tasse cups or small coffee or tea cups, and serve.

Sauteed Greens with Cannellini Beans & Garlic

Bon Appétit | April 2008 Molly Stevens

5 tablespoons extra-virgin olive oil, divided
3 garlic cloves, thinly sliced
1/4 teaspoon dried crushed red pepper
1 large bunch greens (such as spinach, mustard greens, kale, or broccoli rabe; about 1 pound), thick stems removed, spinach left whole, other greens cut into 1-inch strips (about 10 cups packed)
1 cup (or more) vegetable broth or low-salt chicken broth
1 15-ounce can cannellini (white kidney beans), rinsed, drained
1 teaspoon (or more) Sherry wine vinegar

Heat 4 tablespoons oil in large nonstick skillet over medium heat. Add garlic and dried crushed pepper; stir until garlic is pale golden, about 1 minute. Add greens by large handfuls; stir just until beginning to wilt before adding more, tossing with tongs to coat with oil.

Add 1 cup broth, cover, and simmer until greens are just tender, adding more broth by tablespoonfuls if dry, 1 to 10 minutes, depending on type of greens. Add beans; simmer uncovered until beans are heated through and liquid is almost absorbed, about 2 minutes. Stir in 1 teaspoon vinegar. Season with salt and pepper, and more vinegar if desired; drizzle with remaining 1 tablespoon oil and serve.