



The Garden Herald

Greenmoore Gardens CSA

Share #2: May 31

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Leeks	Lettuce	Spinach	Full/Biweekly:	Bi-weekly:	Herb Shares:
Pac Choi	Radishes	Chard	Mesclun	Asparagus	Lemon Balm
Carrots	Kale	Dill & Parsley			Savory

News from the Fields

Welcome to the opening week for all of our members who have bi-weekly half shares! We appreciate your support this year! Well, this spring proves to be challenging around every corner. The wet and cold weather early on kept the plants from growing much at all, and now the extreme heat is causing all of those little plants to bolt! This makes our shares for the next few weeks highly uncertain. The spinach is on its way out as well as the radishes. The lettuce is also starting to bolt. The broccoli is prematurely heading, reducing the potential yield by more than half. The plan was for abundant greens through the early season all the way to late June, but alas, mother nature has told us otherwise.

It's times like these that we really appreciate our members for agreeing to stick with us through the good times and the bad times. Instead of having to take the losses caused by uncontrollable factors alone, we are all able to share them as a community. That's what this is all about. Likewise, we'll be able to share the surpluses of good times with you also!

We can see the good times coming...in the new snap pea flowers, cucumber blossoms, and squash blossoms; beets just starting to fatten up; the green bean sprouts coming up, the start of tomato fruit formation; the large winter squash and melon plants almost ready to be planted out; the potatoes and sweet potatoes taking root and starting new green growth, the onions putting on nice green growth after a long time just sitting there in the cold...it's all coming! Again we thank you for your commitment to share in the inherent risk that farming requires. The patience we all display right now will be rewarded by the bounties of summer!

--Sunil

Veggie notes

Leeks - The leeks are almost to their end until mid-summer, so enjoy them while they last!

Pac Choi - Everyone gets a pac choi today. Use it in salads or stir-fries. The stalks are especially succulent and have great flavor.

Spinach - Maybe the last of the spinach as the heat is making them bolt (or stop producing leaves in favor of a flower stalk)

Kale - Tuscan kale (aka dinosaur kale) or Red Russian kale today.

Chard - Just a little taste for today as the plants aren't quite big enough to pick heavily yet. Chard is related to beets and spinach and so it has a mild flavor. The big leaves lend themselves to sautes, baked dishes, salads, or even wraps.

Carrots - These are from our high tunnel planting. Very tender and tasty. Good raw eating.

Lettuce - Buttercrunch lettuce for everyone

Radishes - There's not a whole lot of radishes left in the field that haven't bolted. These may be some of the last.

Mesclun - A little mesclun for the full and biweekly shares this week. Lettuce, arugula, mustards, and other greens make up this salad mix.

Asparagus - Just for the bi-weekly shares this week. Our asparagus planting is a year away from harvest-able size so we got these from our friends at Village Acres Farm. Enjoy!

Herbs - Just a few sprigs of dill and parsley for everyone today.

Recipes

Carrots with Dill Butter from allrecipes.com

Ingredients

1 (16 ounce) package baby carrots
2 tablespoons margarine
1 tablespoon chopped fresh dill
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper

Directions

Place carrots in a saucepan with enough water to cover. Bring to a boil, and cook 10 minutes, until tender. Remove from heat, and drain. Gently toss with margarine, dill, and lemon juice. Season with salt and pepper

Sauteed Chard with Garlic and Lemon from foodandwine.com

extra-virgin olive oil
garlic cloves, thinly sliced
rainbow or ruby chard—thick stems discarded, inner ribs removed and cut into 2-inch lengths, leaves cut into 2-inch ribbons
Salt and freshly ground pepper
finely grated lemon zest

In a pan, heat the olive oil. Stir in the garlic and cook over moderately high heat until lightly golden, about 1 minute. Add the chard leaves in large handfuls, allowing each batch to wilt slightly before adding more. Season the chard with salt and pepper and cook, stirring, until the leaves are softened and most of the liquid has evaporated, about 8 minutes. Transfer the chard to a bowl. Wipe out the pot.

Add more olive oil to the pot. Add the chard ribs and cook over moderately high heat, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the wilted chard leaves and season with salt and pepper. Transfer to a bowl, sprinkle with the lemon zest and serve right away.

Pak Choi Caribbean-style Stir-fry

1 lbs Pak Choi
1 Tsp oil
1/4 cup diced onions
Minced hot pepper to taste
1 clove garlic, crushed
Salt and pepper to taste

Preparation:

Cut off the root at the bottom of each bunch of Pak Choi. Chop up the Pak Choi - white and green parts. Heat oil in a wok or very large pan until very hot. Toss in onions, pepper and garlic let cook for 1 - 2 minutes.

Add Pak Choi and toss continuously until the green leaves wilt. Remove from heat immediately, season with salt and serve right away.

Baked Kale Chips

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Risotto with Spinach and Leeks

2.5 cups chicken broth or vegetable broth
.5 tablespoon olive oil
1 cups thinly sliced leek
3/4 cup arborio rice
1/8 cup white wine
1.5 cups coarsely chopped spinach
1/8 cup grated Parmesan
black pepper to taste
lemon wedges

Bring broth to a simmer in a medium saucepan (do not boil). Keep warm over low heat.

Heat oil in a large saucepan over medium heat. Add leek, saute 4 minute or until tender. Add rice; cook 1 minute, stirring constantly. Stir in wine cook 1 minute or until the liquid is nearly absorbed stirring constantly. Reduce heat to low; stir in greens. Add broth 1/2 cup at a time, stirring constantly until each portion of the broth is absorbed before adding the next portion (about 25 minutes). Stir in cheese and pepper. Serve with lemon wedges.