



# The Garden Herald

## Greenmoore Gardens CSA

Share #3: June 10,11

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Lettuce	Snap Peas	Basil	Full Shares:	Herb Shares:
Kale	Broccoli	Beet Thinnings	Pac Choi	Chives, Rosemary
Carrots	Scallions	Salad Mix	Baby Zucchini	Oregano

### News from the Fields

The greenhouse is now filled with winter squash and pumpkin starts that are attaining humungous proportions. George and Tom spent the entire day digging holes in the new field and adding compost to ensure that the veggies to be planted there will get off to a good start. The new field has many clods of rock hard soil which was created from tilling the ground while it was too wet during the spring. This makes it nearly impossible to prepare a good seed bed, but suitable enough to transplant plants. However, I sowed more corn and beans in the new field because I'm thinking that these types of seeds are big enough that they should be able to pop up around all the clods...but we'll see. The remaining third of the new field was plowed while it was nice and dry, so we should be able to get good seedbeds for all of the fall roots and greens. I can't wait to start planting in that part of the field as it will be the only time that we will have a sense of normalcy in how we work with the soil. The greenhouse is now almost empty of the summer plants, and the fall plants are now taking their place...brussels sprouts, fall cabbages, broccoli, and cauliflower. As the summer solstice is just around the corner, our planting and sowing shifts to the later season crops to be enjoyed in the fall and winter. --Sunil

### Veggie notes

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

**Beet Thinnings** - The first planting of beets is starting to plump, but they still needed some thinning. A little preview of what's to come. The greens are still tender enough to use in salads, and the little roots could be roasted or sauteed with your carrots. This variety is called Chioggia. It has red and white stripes inside.

**Snap and Snow Peas** - The peas are just starting to produce, so not a whole lot in your box this week. They are probably best eaten as they are.

**Carrots** - The high tunnel planting of carrots has treated us well. Very tender and tasty. Good raw eating.

**Lettuce** - Some small heads of buttercrunch and ermosa. The intense heat has caused some of the leaves to burn on the edges.

**Broccoli** - Some of the broccoli started heading prematurely in the field. The high tunnel planting is putting out some nice ones also for the full shares this week. We should have a steady flow of broccoli for the next - week or so it looks like.

**Salad Mix** - There was a groundhog family that was eating a lot of the lettuce we had planted. They're gone now, but they left the lettuce unsuitable for cutting as heads. We've bagged them as cut lettuce and you'll find some nice butter-head hearts and leafy parts in your share. We've also thrown some of the brassica greens in to make the mix a little more interesting.

**Basil** - This basil is a variety called Nufar. It has very nice big leaves. Enough to make a little pesto this week! You may find some white spots on the leaves. This is kaolin clay which was sprayed on the cucumbers planted next to the basil as a defense against cucumber beetles. You may need to spot wash the leaves, but the clay is edible and tasteless.

**Scallions** - Just a few scallions for you to add a nice onion flavor to your next saute, salad, or sandwich.

### Full Shares:

**Pac Choi** - The last installment until the fall.

**Baby Zucchini** - For some reason this planting of squash started producing all female flowers and no male flowers. This makes the full shares lucky to have "baby" squash which went unpollinated and won't develop into mature zucchinis. The male flowers are just starting to bloom though, so we should have some development for next week.

### Herb Shares:

**Chives** - a nice cross between garlic and onion flavor

**Rosemary** - A few sprigs. Try chopping coarsely and infusing in olive oil to dip your bread in

**Oregano** - A good addition to your next vinaigrette.

### **Orange Glazed Broccoli with Carrots & Kale**

Broccoli florets  
Broccoli stalks, slivered  
Olive oil  
Onion, diced  
Carrots, sliced  
Kale, chopped (or collards)  
Sea salt, to taste

#### **GLAZE**

1 cup orange juice  
(fresh squeezed from about 2 oranges)  
1 tablespoon ginger juice, fresh, grated  
(squeezed from fresh, grated ginger root)  
1 tablespoon sweet sherry, (or mirin)  
4 tablespoons brown rice flour, (or spelt flour)

To prepare the broccoli: a) cut off the florets, b) select the most tender, and least woody stalks (enough to make the slivered stalks called for in the ingredients), and c) sliver the stalks.

Heat large skillet on medium to medium-high heat and add oil. Saute onion for a few minutes, then add the slivered broccoli stalks (the most tender part of the broccoli plant). Cook until the onion starts to brown (about 7 minutes). Add carrots and continue to cook. Add the broccoli florets and kale and cook a few more minutes. Add sea salt.

GLAZE Combine juices, sherry and flour, and add to the vegetables. Cook for a few minutes until glaze has thickened and serve.

### **Fresh Basil Pesto Recipe**

2 cups fresh basil leaves, packed  
½ cup freshly grated Parmesan-Reggiano or Romano cheese  
½ cup extra virgin olive oil  
⅓ cup pine nuts or walnuts  
3 medium sized garlic cloves, minced  
Salt and freshly ground black pepper

Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first,

before adding the basil.) Add the garlic, pulse a few times more.

Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

### **Pac Choi, Carrot, & Apple Slaw**

3 heads baby pac choi  
1 teaspoon coarse salt (divided)  
1 apple, peeled and cut into matchstick pieces  
1 carrot, peeled and cut into matchstick pieces  
1 ½ tablespoon fresh lemon juice  
½ teaspoon freshly grated ginger  
1 ½ teaspoon canola oil pepper

Cut pac choi stems in half lengthwise. Cut stem off as well as any bruised leafy tops. Rinse each half thoroughly to remove grit. Slice each half crosswise into thin strips. Place all in a colander. Rinse lightly and shake until most of the water has drained. Coat top with ½ teaspoon salt, and cover with a plate that fits inside the colander. Place a can of food on top of the plate to weigh it down. Meanwhile, place apple and carrot matchstick pieces in a medium bowl. Add lemon juice, canola oil and ginger. Add pac choi to the bowl with the apple and carrot. Add ½ teaspoon coarse salt and some freshly grated pepper to taste. Stir and refrigerate for at least 15 minutes before serving.