



# The Garden Herald

## Greenmoore Gardens CSA

Share #3: June 7

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Pac Choi	Lettuce	Green Chard	Radishes	<b>Herb Shares:</b>
Kale	Broccoli	Lettuce Mix		Chives, Rosemary
Carrots	Scallions	Basil		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

**Pac Choi** - Also known as Bok Choy, Bok Choi, or Pac Choy if you're searching for recipes online. This will be the last until the fall.

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

**Green Chard** - This week you're getting a young green chard. It has a very spinachy flavor and can be used just as you would spinach. They call it Perpetual Spinach as it doesn't bolt as readily as regular spinach.

**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.

**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. It looks like we should have a steady flow of broccoli for the next week or so.

**Radishes** - These are some of the last straggling spicy white and french breakfast radishes for you. If you can't stand the spice, try slicing and sauteing with your greens. Just throw them in the pan with hot oil and sizzle until tender. Add a little ginger, soy sauce and honey to balance the pungency. The radish greens are also saute-able!

**Lettuce Mix** - There previously 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 red leafy lettuce in your share.

**Basil** - This basil is a variety called Nufar. It has very nice big leaves. Enough to make a little pesto this week! You 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.

### 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.