



The Garden Herald

Greenmoore Gardens CSA

Share #4: June 14

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Lettuce	Snap Peas	Basil	Full and Bi-weekly:	Herb Shares:
Garlic Scapes	Broccoli		Zucchini and Cuke	Rosemary
Carrots	Chard		Kohlrabi	Parsley, Dill

News from the Fields

The difficulties in planting and growing this season are constantly nagging at my mind. From cucumber beetles attacking the cucumbers, zucchini, melons, and squash (transmitting the deadly bacterial wilt disease that kills plants), to the elusive groundhog that's eating the young cabbage heads, to the incredibly difficult task of getting corn to germinate without being cut at soil level by cut worms upon germination--the contrast between 2010 and 2011 is a huge one! All we can do is keep sowing and planting and hope for the best. The good news is that there are cucumbers and squash reaching maturity (although the cold nights we're having are putting a slow down on that), the tomato plants are getting large enough to start trellising, the beans are weeded and will hopefully take off now that their competition is gone, and the winter squash and melons are planted. Things are looking up, it's just a couple more weeks I hope of uncertain share futures! --Sunil

Veggie Notes

Chard - The leafy parts can be good in salad and sautes. The stems should be thrown in the saute pan before the leafy parts to ensure even cooking.

Snap and Snow Peas - The peas are just starting to produce. They can be sauteed or eaten as is. Raw eating is probably the best way to enjoy these.

Carrots - The high tunnel planting of carrots has treated us well. We're nearing the end so there is just a little in your box this week until the outdoor planting comes to maturity.

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

Broccoli - A nice head from the high tunnel planting. Full shares are also getting some small heads from the outdoor planting. These are not in the best shape, and so should be eaten asap as they won't store for very long.

Garlic Scapes - These are the flowering heads and stalks of the garlic plants. They can be chopped just like garlic and used the same way. We pull these off of the plants to encourage bulb formation.

Basil - A little more for everyone this week

Full and Bi-weekly Shares:

Zucchini - The squash plants are finally maturing some of their fruit. Here's a couple tender zucchinis to put in your next saute or baked dish.

Kohlrabi - Just a couple small bulbs for you this week. They will do well sliced thinly or shredded on your next salad. See roasting recipe below also. The greens can be eaten as you would kale.

Herb Shares:

Parsley - A great garnish, and healthy too!

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

Dill Flowers - These flower heads can be chopped and used in place of dill, or can be stuffed into a pickling jar.

Penne with Garlic Scapes and Sugar

Snap Peas - Catherine Lanser

6 ounces penne pasta
1 garlic scape, sliced into small pieces
About 4 cups sugar snap peas, trimmed
1 tablespoon olive oil
Shaved Parmesan cheese

Boil penne until just about done.
Add sugar snap peas and garlic scapes and cook for 2 minutes.
Drain pasta and vegetables.
Mix with olive oil and top with Parmesan cheese.

Roasted Kohlrabi

3 kohlrabi bulbs, peeled and cubed
1 tablespoon olive oil
1 clove garlic, minced
Salt and pepper to taste

1. Preheat an oven to Roast at 450 degrees Fahrenheit
2. Cut the kohlrabi into $\frac{1}{4}$ cubes. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.
3. Roast in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and serve immediately.

Teriyaki Broccoli & Snap Peas - Todd Gray
chef-owner of Equinox restaurant in Washington, D.C.

1 head broccoli, cut into florets (8 ounces)
1 cup sugar snap peas (4 ounces)
 $\frac{1}{2}$ cup bottled teriyaki marinade, such as Soy Vay Veri Veri Teriyaki Marinade
Freshly ground black pepper
1 teaspoon sesame seeds, toasted (see Note)

1. Bring a small pot of salted water to a boil over high heat. Add the broccoli and snap peas; cook for 2 to 3 minutes, until tender but still

- bright green. Drain and transfer to a mixing bowl.
2. Add the marinade and toss the vegetables until well coated; season with pepper to taste.
 3. Transfer to a serving bowl and sprinkle with the toasted sesame seeds. Serve warm.

NOTE: Toast sesame seeds in a dry skillet over medium heat or in a 325 degree oven, shaking the pan frequently, until lightly browned and fragrant, 4 to 8 minutes. Watch carefully; they burn easily.

Garlic Scape and Almond Pesto - Dorie Greenspan

Makes about 1 cup

10 garlic scapes, finely chopped
 $\frac{1}{3}$ to $\frac{1}{2}$ cup finely grated Parmesan (to taste and texture)
 $\frac{1}{3}$ cup slivered almonds (you could toast them lightly, if you'd like)
About $\frac{1}{2}$ cup olive oil
Sea salt

Put the scapes, $\frac{1}{3}$ cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest.