



# The Garden Herald

## Greenmoore Gardens CSA

Share #4: June 17 & 18

NEWSLETTER AVAILABLE ONLINE! @ [WWW.GREENMOOREGARDENS.COM](http://WWW.GREENMOOREGARDENS.COM)

Basil	Snap Peas	Zucchini	Broccoli OR	<b>Herb Shares:</b>
Garlic Scapes	Baby Beets	Flowering mustard	Mini-cabbage	Rosemary
Carrots	Chard	Kale	OR 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** - You'll be receiving rainbow chard today. In lieu of lettuce this week, chard would make a nice salad.

**Snap and Snow Peas** - A sweet spring treat. Just pop them in your mouth as they are! Sugar snap peas are the plump ones, and snow peas are the flatter ones. Both do well raw or lightly sauteed.

**Carrots** - The high tunnel planting of carrots has treated us well. This is the last of it, so there is just a little in your box this week until the outdoor planting comes to maturity. You will find split carrots that appear to be unusable, but just chop them and you'll find they work just as well.

**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. When the scapes are here, the garlic is not far behind!

**Baby Beets** - You're getting a mix of red beets and candy striped beets. Or you may get one or the other. These would do well roasted with your carrots. Just coat in olive oil, salt and pepper and roast at 400 in the oven. Don't like beets? Try shredding them over your salad. The flavor is tamed, the salad is beautiful, and the nutrition is being had.

**Basil** - The basil did really well with the extra protection the high tunnel provided them.

**Zucchini** - The plants would have a lot more for us if it wasn't for the cold nights we've been having this week. But I think there's enough for at least one for everyone. You may get a couple baby ones or a cucumber instead. There's a few different kinds: patty pan (flying saucer shaped), yellow zucchini, green zucchini, and green and white zucchini. They all can be prepared the same way as you would zucchini.

**Broccoli OR Mini cabbage OR Kohlrabi** - The third outdoor planting of broccoli was one they say is heat tolerant, but the hot temps a week or so ago made even these prematurely form heads, thus the small amounts everyone is getting. There's a couple more plantings, and if they don't get stressed out, we should have some more in a few weeks. So some of you may be getting a mini-cabbage or kohlrabi. The kohlrabi is young and tender, and would be best peeled, sliced thinly, and eaten with a little salt and pepper. They would also work on a salad or saute. The greens can be used as you would kale.

**Flowering mustard** - The greens and the flower heads are edible. The flowers would make a nice addition to pasta if thrown in right before serving to give it a spicy note. You may also find flowering arugula in your bunch.

### 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.