



The Garden Herald

Greenmoore Gardens CSA

Share #5: June 21

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Snap & Snow Peas	Baby Beets	Raspberries	Full Shares:	Herb Shares:
Summer Squash	Kale	Broccoli	Eggplant	Rosemary
Cucumber	Lettuce	Garlic Scapes	Green Pepper	Sage, Oregano

News from the Fields

Happy Summer Everyone!

Plants, insects, and many animals grow in relation to temperature. Scientists have developed a system where numbers can be assigned to the daily temperature averages in order to measure how much a plant or insect will grow in that timeframe. These are called growing degree days. Most plants stop growth at 50 degrees, and so if the days and nights are a constant 50 degrees, we have 0 growing degree days. Thus I am happy that summer nights are here and the temps are staying more around 60 degrees at night rather than closer to 50 degrees (and even 40 degrees a couple weeks ago!). The slow growth caused by little warmth has made plants grow slower, not only delaying harvest, but also making them more susceptible to insect pressure. We've been lacking on the growing degree days this June with close to a week of below 50 degree nights, so things are behind, but the forecast is showing warmer days coming, so let's hope that helps!

--Sunil

Veggie Notes

Kale - Try putting kale in a baked dish like quiche.

Snap 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.

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. To roast, just coat in olive oil, salt and pepper and bake in a shallow pan 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.

Summer Squash - Summer squash includes zucchini, yellow squash, and patty-pan squash. There's a few different kinds you may find in your box today: 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.

Cucumber - Here's a cuke or two for your next salad.

Lettuce - A small head of a frilly leafed lettuce or a romaine.

Broccoli - Some of the last broccoli until the next planting comes to maturity.

Raspberries - The berries came on quick this past week. Here's the first installment for you. Eat them quick as they are nice and ripe and won't last long. If they get over ripe, try making a sauce with them.

Full Shares:

Eggplant and Green Peppers - Just one small eggplant and pepper from the high tunnel from plants that have had a rough time with flea beetles and too much water from rain seepage into the bed they're growing in. You'll also find a green pepper or two we picked to lighten up the load on the plants. Saute them with your summer squash for a first taste of summer.

Roasted Beet and Cucumber Salad
with Ricotta Salata - has been adapted from
Diner in Brooklyn, New York

- 1 Bunch beets
- Salt, to taste
- Extra-virgin olive oil
- Red wine vinegar
- Freshly ground pepper, to taste
- 1 English cucumber
- 1 Bunch radishes
- 1 Teaspoon chopped fresh dill (or more to taste)
- 1 Teaspoon chopped fresh mint (or more to taste) Ricotta salata

Remove tops and wash beets. Place beets in a roasting pan; sprinkle with salt and olive oil. Add a little water to the pan to prevent beets from sticking. Roast in 350°F oven until beets are easily pierced with a knife. Let cool; peel off the skins and slice into quarter-inch slices. Toss with a little vinegar, olive oil, salt, and pepper.

Make the cucumber salad: Prepare this at least half an hour before serving to let the vegetables soften. Peel cucumber in alternating strips, cut it in half lengthwise, and scoop out the seeds with a spoon. Slice on the bias into quarter-inch slices. Slice the radishes into thin rounds. Cut the red onion in half and slice it as thin as possible against the grain. As with the beets, toss cucumber, radishes, and onion with olive oil, vinegar, salt, and pepper as well as the dill and mint.

Place beets on the plate, put the cucumber salad on top of the beets, and shave ricotta salata on top.

Zucchini Pizza

- 3 cups grated zucchini
- 3 eggs, well beaten
- ½ cup flour
- Salt to taste
- 2 ½ cups shredded mozzarella cheese
- ½ cup chopped black olives
- ½ cup finely chopped green onions

- ½ cup finely chopped Italian pickled peppers or chopped marinated artichoke hearts
- Jalapeno pepper rings, as desired
- 1 Tablespoon fresh oregano or 1 teaspoon dried oregano
- 1 ½ teaspoons fresh basil or ½ teaspoon dried basil
- 3 to 4 small tomatoes, thinly sliced
- Salt and pepper, to taste

Generously butter a 9x13-inch baking pan. Preheat oven to 450°. Put grated zucchini in a colander and press out as much excess liquid as possible. Put zucchini in a mixing bowl. Add well-beaten eggs, flour and salt. Mix well and spread in buttered pan. Bake in a 450° oven for 8 minutes. Remove pan and reduce oven temperature to 350°. Cover the zucchini base with cheese. Combine ripe olives, onion, and chopped pickled peppers. Spread over cheese. Arrange jalapeno pepper rings over top. Sprinkle with fresh or dried herbs. Arrange tomatoes on top. Sprinkle with salt and pepper. Bake at 350°, uncovered, for 25 minutes. Serves 4 to 6.

Garlic scape quiche

Ingredients:

- 1 ½ cups of garlic scapes, cut in small pieces
- 1 Tablespoon of butter
- 1 Tablespoon of maple syrup
- 1 Teaspoon of fresh estragon
- 1 Cup of grated old cheddar
- 3 Large eggs
- 1 Large yellow egg
- ½ Cup of 35% cream
- ½ Cup of milk

Preheat the oven to 375°F. Sauté garlic scapes in butter, stirring constantly for approximately five minutes. Add the maple syrup, estragon, salt and pepper to taste. Fill in a quiche crust with this preparation and cover with cheese. Beat the eggs, milk and cream and pour on cheese and garlic mixture.

Cook for 35 minutes.