



The Garden Herald

Greenmoore Gardens CSA

Share #6: June 28

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Snap Peas	Spring Onions	Herb Shares:
Cucumber	Lettuce	Kohlrabi	Savory, Rosemary
Kale	Fava Beans	Basil	Lemon Thyme

News from the Fields

The farm crew has been busy with planting, weeding and harvesting as of late. We've been planting a whole lot of fall cabbages, brussels sprouts, and we've been sowing carrots, parsnips, and soon more root crops like rutabaga and beets. Once July comes around the corner, the fall is just a short time away! We sowed a whole lot of corn last week, but I'm afraid this sowing may not have fared very well. Corn needs 65 degree temperatures to germinate without rotting in the ground. Having those couple of days of barely 70 degree high temperatures right at the critical time of germination for the corn will most probably cause a weak stand (or no stand). We do have around 2,000 row feet that have sprouted from previous plantings, and so I am hopeful that you will see at least some corn this season. We've been pretty good about weeding the crops thanks to the multitude of worktraders who are coming in at very regular intervals. (Although we are still falling behind as the winter squash, melons, celery, eggplant, and carrots all need a good weeding right about yesterday!) Harvest of squash and cucumbers takes place about every 2 days here. The raspberries are getting picked slowly but surely. If you haven't picked raspberries before, you may not know that it takes many hands and lots of time in order to pick any significant amount. One half pint worth takes close to 7 minutes to pick for one person!

Today's share definitely reflects the starts and stops of warm weather as vegetables that were meant to be harvested today are still taking their time with maturation. And of course, all of the other problems you've been hearing about in the past newsletters are still being felt in low volume, and failed and stunted crops. But as the tomato plants in the high tunnel fill with fruit, and the numbers of peppers weighing down the plants is climbing, and the new bean and lima bean plantings are looking nice, green and healthy, mid-summer is looking up. Again, we thank you for your continued support this year and your commitment to help make this community strong in good times and bad times!

--Sunil

Veggie Notes

Kale - Greens are a great source of vitamins and nutrients. Try chopping them into very thin slivers and marinating with lemon, olive oil, sweetener, and salt and pepper overnight in the fridge. Add some cucumber and summer squash also for a very refreshing salad.

Fava Beans - These are also called broad beans or horse beans. They are said to be the best vegetable protein source. Don't be afraid of the appearance of the pods, the beans inside are very nice to look at. The pods have a rust colored fungus causing a reddish color and black pustules which will eventually work it's way through and onto the beans. You will need to shell the beans as soon as you can, to prevent this. To prepare, pop the beans out of the pod and simmer in salt water until tender (about 5 minutes). Strain and eat as they are or peel the outer skin of the bean before eating. These do well in a bowl in the center of the table for people to snack on.

Lettuce - A head of frilly-leaved lettuce or a romaine for this week.

Sugar 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.

Spring Onions - A good deal of the onion planting is on ground that was compacted from the pounding rains and so have been stunted. You can see evidence of this in the yellowing tips of the leaves. We pulled these out to thin out the beds a little hoping that they'll shape up a little more at a wider spacing. They can be used like you would scallions. The greens are edible too!

Zucchini - 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.

Cucumber - The cukes are doing pretty well. There are signs of bacterial wilt (a disease transmitted by cucumber beetles), so hopefully this planting lasts another couple weeks at least!

Kohlrabi - The kohlrabi is young and tender, and would be best peeled, sliced thinly and eaten with a little salt and pepper. They also work in a salad or saute. The greens can be used as you would kale.

Basil - Just a few sprigs for everyone this week.

Herb Shares:

Savory, Rosemary, and Lemon Thyme

Italian Squash Casserole

~ Laura Dolson, About.com Guide

You can actually use any mix of types of summer squash for this. A pesto sauce might be able to be substituted for the basil and garlic (say, a quarter cup).

1¾ lbs. zucchini or other summer squash
¼ Cup minced spring onion
4 Cloves garlic, pressed or minced
1 Tablespoon olive oil
⅔ Cup chopped fresh basil
⅓ Cup sour cream
2 Eggs
1½ Cup shredded Italian cheeses (e.g. Parmesan, fontina, mozzarella, etc.)*
Salt and pepper to taste
1 teaspoon sugar substitute
* May be best if part of the cheese is a hard cheese, like Parmesan or Asagio, but it isn't vital.

1) Heat the oven to 375° F. Cut the squash into 1 to 2-inch lengths and run through a food processor, using the large blade. Alternatively, you can grate the squash.

2) Heat oil in a large skillet. Sauté the onion in the oil for 1 to 2 minutes, then add the squash. Season with salt and pepper to taste, (use seasoned salt, if you wish), and cook for an additional 5 to 6 minutes.

3) Push the squash toward the outside of the pan, add a trace of oil in the center, and sauté the garlic for 30 seconds or so. Mix it all together, add the basil, mix again, and turn the heat off.

3) Transfer the squash mixture to a casserole dish (2 quarts or so). Mix in one cup of cheese, the sour cream, and the sweetener. Taste for seasoning.

4) Add the eggs and combine well. Scrape down the sides of the casserole dish. Sprinkle the other half cup of cheese on the top.

5) Bake for about 20 to 22 minutes, until cheese turns a golden brown.

Makes 8 servings as a side dish.

Pasta with Fava Beans, Kale, and Bacon

~Rose

4 Slices bacon, cooked and cut into 1" pieces (reserve 1 tablespoon bacon grease)
1 Cup fava beans, shelled (roughly 1 pound in the pod)
1 Pound pasta of your choice
2 Tablespoons olive oil
2 Garlic cloves, minced
1 Bunch of kale, stems removed and torn into small pieces
½ Cup parmiggiano reggiano
Salt & pepper, to taste

Prepare the pasta:

Fill a large pot with water and boil pasta according to package directions. Rinse and set aside.

Prepare the bacon:

In a large stockpot, cook bacon over medium-low heat. Once cooked, transfer bacon to a plate lined with paper towels and drain. Once bacon has cooled, cut into 1" pieces and set aside. Reserve about a tablespoon of bacon grease.

Prepare the fava beans:

Bring another large pot of water to a boil. Meanwhile, remove the beans from their pods. By now, the water should be boiling. Blanch the beans for about 2 minutes and drain in a colander. Rinse thoroughly with cold water. Peel off and discard the outer shell. Set the fava beans aside.

Bringing it all together:

Heat oil to a large pan (you may want to use a large pot, your pan may get very crowded). Once hot, add the garlic and saute for 30 seconds, or until fragrant. Add the kale and cook until Cook until the cabbage has wilted, about 8-10 minutes. Once wilted, add garlic and stir for about 30 seconds or until fragrant. Add the kale and saute for 2-3, or just until the kale is beginning to wilt. Toss in the bacon, bacon grease, pasta, pasta, fava beans, parmiggiano reggiano, salt and pepper. Continue to saute until pasta is heated through. Serve immediately.

Serves 6.