



The Garden Herald

Greenmoore Gardens CSA

Share #7: July 5

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Snap Peas	Spring Onions	Cabbage OK	Eggplant	Herb Shares:
Cucumber	Lettuce	Carrots	Kohlrabi OK	Full Shares:	Parsley, Sage
Chard	Beets	Raspberries	Broccoli	Napa Cabbage	Lemon Balm

News from the Fields

Summer feels like it's finally here with temperatures staying above 55° for the most part. We can see the tomatoes, peppers, and eggplants fruiting out in a major way now. Some tomatoes are starting to blush in the high tunnel, and it's only a matter of a couple of weeks before we have enough to put in your boxes. I've been clearing the beds that we've finished harvesting from and the spring garden is starting to get cleaned. We now have most of our crops in the new field we plowed this year. I'm hoping the potatoes are coming soon, but they have had a very slow start and also suffered from the tough spring soil and so may not yield all that much. We'll see what the first harvest looks like in a couple weeks. The winter squash is just starting to form fruit, and the plants look good after spending their first month or so under cover. We are still looking forward to more abundant times this year on the farm, and are doing the best we can to keep all the summer and fall crops healthy and happy. --Sunil

Veggie Notes

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

Eggplant - These eggplants are from some of the plants that are doing well in the high tunnel. Eggplant are best cooked with a lot of oil as the flesh acts like a sponge and needs oil to cook to a nice texture. Roasting and frying are good methods for cooking it as well.

Carrots - The outdoor planting of carrots have started to size up. You'll see that our farm has a lot of rocks in the soil as evidenced by multi-lobed and crooked ones.

Beets - The beet bed was fraught with problems including rain pounded soil, intense weeds we couldn't keep up with, and a cold start back in April. Therefore we've decided to just pull them all as they probably won't size up much more than they already have. Most of you will get the candy striped type which are sweeter and more tender at this small size anyway. The greens are edible too!

Lettuce - A head of frilly leaved lettuce or a romaine for this week. You may find some evidence of groundhog damage on the outer leaves. It seems there was a whole family living in the hole that we've already trapped 3 from!

Sugar Snap and Snow Peas - We're nearing the last one or two weeks of pea harvest, so enjoy them while there here!

Spring Onions - A good deal of the onion planting is on ground that was compacted from the pounding rains and so have been stunted. The torrential downpour we had last week caused a large section of the beds to show some major stress. 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 are 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 showing signs of bacterial wilt in a big way now, so enjoy them while they last until the next planting comes to maturity. Hopefully this planting lasts another couple weeks at least!

Raspberries - The Raspberries are still producing for us, so you can expect at least one more week of them in your box.

Cabbage or Kohlrabi or Broccoli - The cabbage and kohlrabi beds have suffered similar fates as the onions and beets with compacted soil from the wet spring, and so haven't produced a good yield. You'll find a small cabbage or a few small kohlrabi, or a bag of broccoli florets in your box this week. The last planting of cabbage is in a better spot, and is looking pretty good, so I expect it to produce a good yield in a few weeks.

Full shares:

Napa Cabbage - The Napa Cabbage is taking a very long time to head up (it was due to head two weeks ago!) so only a few ready for full shares this week. Half shares should hopefully get some next week. Also known as Chinese Cabbage, the inner leaves are tender and sweet. Does well sauteed, in salads, or in soup.

Herb Shares:

Parsley, Sage, and Lemon Balm: . Lemon Balm makes a nice tea, we've put a whole lot in your bag this week. String it up or spread it out on a screen or newspaper to dry for a bit to keep it for a longer period of time. Some of the herb shares from last week missed their shares as they were in a cooler instead of on the table. We've put extra in to your bag this week to make up for it. There's basil, dill flowers, and rosemary in there too.

Grilled Eggplant Parmesan

- Derrick Riches, *About.com Guide*

- 2 Small eggplants, cut in halves
- 1 Cup mozzarella cheese
- ½ Cup basil, loosely packed
- ¼ Cup Parmesan cheese, grated
- 2 Tomatoes, sliced
- 2 Tablespoons olive oil
- ½ Teaspoon salt
- ½ Teaspoon black pepper, ground

Preheat grill for medium heat. Brush slices of eggplant with olive oil. Sprinkle with salt and black pepper. Place on grill for 8 minutes.

Meanwhile, in a small bowl combine cheese and basil. Turn eggplant slices, top with cheese mixture and sliced tomatoes. Allow to cook for 5 more minutes. Remove from heat and serve.

Chicken Chard Soup

- Darya Pino - *summertomato.com*

- 1 Medium chicken, quartered
- 1 Large bunch of Swiss chard, trimmed
- 3 Garlic cloves, minced
- 2 Medium sweet onions, diced
- 2 Jalapeno peppers, seeded and chopped
- 1 28-oz can of diced tomatoes, drained
- 4 Cups (1 box) chicken broth
- 2 Cups water
- 1 Teaspoon fresh thyme, finely chopped
- ½ Cup parsley, finely chopped
- Juice of 1 Meyer lemon
- 2-3 Tablespoon olive oil

Heat some olive oil in a pan just large enough for the chicken to cover the bottom. Add the chicken skin-side down and cook on medium heat for about 8 minutes.

Turn with tongs and cook for another 5 minutes, remove from heat and set aside. If at any point the chicken begins to burn, lower the heat.

Shred the chard by cutting out the stems (I like to leave a few in, but I cut them in half), stacking and rolling the leaves, then cutting them in thin,

¼ inch strips. This is the same chiffonade technique we use on basil, sage and mint leaves.

In a 4-quart pot, cook onions, garlic and chilies in olive oil on medium heat for about 10 minutes. Allow the onions to become translucent, but not brown. Add thyme and cook 2 more minutes.

Add broth, water, tomatoes and chicken and bring to a simmer. Simmer gently for 15 minutes or until the chicken feels firm to the touch. Remove chicken and set it aside to cool. Add chard to the soup and simmer 10 more minutes.

Remove chicken skins and cut chicken into bite-sized chunks. Return chicken meat to the soup, add parsley and simmer 2 more minutes. Add lemon juice, salt and pepper to taste and serve with crusty bread.

Vegetarian Lasagna

-*AllRecipes.com*

- 16 oz. Diced tomatoes
- 16 oz. Lasagna noodles (instant)
- 1 Bunch spinach (fresh, washed and chopped)
- 2 Carrots (shredded)
- 2 Zucchini (diced)
- 2 Summer squashes (diced)
- 1 Eggplant (diced)
- 1 Head of broccoli (cut into florets)
- 2 Teaspoon dried oregano
- Salt
- Pepper
- 1 Cup shredded mozzarella cheese (optional)
- 1 Cup ricotta cheese (optional)

1. Preheat oven to 375⁰ F. Lightly grease one 9 x 13 inch baking dish.

2. Place a layer of tomatoes in the bottom of the baking dish, followed by a layer of noodles, spinach, carrots, zucchini, summer squash, eggplant and broccoli. Season to taste with oregano, salt and pepper. Repeat layering of ingredients until all are used up. If using cheeses sprinkle over broccoli layers and on top of dish.

3. Bake at 375⁰ for 25 to 35 minutes.