



The Garden Herald

Greenmoore Gardens CSA

Share #7: July 8 & 9

NEWSLETTER AVAILABLE ONLINE! @ WWW.GREENMOOREGARDENS.COM

Summer Squash	Snap Peas	Red Scallions	Napa Cabbage	Full Shares:
Cucumber	Lettuce	Carrots	Green Peppers	Tomato
Chard/Kale	Beets	Raspberries	Basil	Green Beans

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. Now we have most of our crops growing 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 may not yield as much as expected. 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 on the farm this year, and are doing the best we can to keep all the summer and fall crops healthy and happy. --Sunil

Veggie Notes

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

Green Pepper - The pepper plants have a nice load of green peppers - enough for everyone to get one or two this week.

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

Beets - Finally we can add beets to your box that are at least medium sized. These are red beets which are great boiled, steamed, roasted or shredded raw into a salad.

Lettuce - A head of romaine for this week. You will find 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! Just cut away the parts that are browning due to half eaten leaves, and you should have a nice salad. The heat may have made the lettuce a little bitter, so you can try chopping and soaking in cold water to help this.

Sugar Snap Peas - We're nearing the last weeks of pea harvest, so enjoy them while they're here!

Red Scallions - A good deal of the onion planting was planted on soil that was compacted from the pounding rains, so most 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. These are some of the red onion plants that won't become much more than scallions.

Summer Squash - There's a few different types: 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. These may be some of the last until the next planting comes to maturity in a few weeks.

Raspberries - The raspberries are nearing the end, so you may receive one more week of them in your box.

Baby Kohlrabi - Most of this planting of kohlrabi went to the groundhog which I just couldn't catch (he's a smart one!). So we are just harvesting them while they're small as most of greens have been eaten and they probably won't size up all that much more.

Basil - Some more basil for everyone this week.

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

Full shares:

Tomato - The tomatoes are starting to ripen - just enough that full shares can receive one or two in their box today, or a few cherry tomatoes.

Green Beans - The first planting of beans is full of problems also: elusive groundhog and compacted soil. We got enough to give full shares some this week though. The next plantings are coming along well and should start bearing in a couple weeks.

Herb Shares:

Parsley, Sage, Rosemary, Lemon Grass, and Dill Flower heads - Lemon grass is an essential ingredient in Thai cooking. To use, just slice small pieces and simmer in a soup or curry. Dill Flower heads are good for stuffing into a pickling jar.

Beet and Cabbage Borscht

-By Molly Watson, About.com Guide

- 1 Cup dried cannellini other other small white beans
 - 6 Large beets (about 2 lbs.)
 - 2 Tablespoons olive oil, vegetable oil, or butter
 - 2 Medium onions, halved and thinly sliced
 - 1 Teaspoon salt, plus more to taste
 - 3 Cloves garlic, minced (optional)
 - 1 Head green, Savoy, or Napa cabbage, cored and thinly sliced or shredded
 - 2 Teaspoons caraway seeds
 - 8 Cups chicken, beef, or vegetable broth
 - Lemon juice to taste
 - Plain yogurt or sour cream for garnish (optional)
 - Fresh chopped dill for garnish (optional)
1. Put beans in a large pot and add cold water to cover generously. Bring to a boil, cover, turn off heat, and let sit 1 hour. Drain and return beans to pot. Cover again with cold water, bring to a boil, reduce heat to keep a simmer and cook until beans are tender to the bite, about 20 minutes. Drain and set aside.
 2. Meanwhile, preheat oven to 350°. Wrap beets in a large sheet of foil, place on a baking sheet, and cook until tender when pierced with a fork, about 45 minutes.
 3. Let beets sit until cool enough to handle. Peel (skins should slip off after being roasted) and grate on the large-hole side of a box grater. Set aside.
 4. In a large pot over medium-high heat add oil, onions, and salt. Cook, stirring occasionally, until onions are soft, about 3 minutes. Add garlic, if using, and cook until fragrant, about 1 minute. Add cabbage, stir to combine, and cook, stirring occasionally, until cabbage wilts, 3 to 5 minutes. Add caraway seeds and beets. Stir to combine and add broth. Bring to a boil, reduce heat to maintain a steady simmer, add beans, and cook until vegetables are tender and flavors blend, 15 to 20 minutes.
 5. Add salt and lemon juice to taste. Serve hot, with a dollop of yogurt or sour cream and a sprinkle of dill, if you like.

Beet and Barley Salad with Chard

- 1 Cup dry pearl barley
- 4 Medium beets, tops removed
- 1 Bunch chard, washed
- 3 Tablespoons lemon juice, divided
- ½ large red onion (about 1 cup), minced and soaked in cold water for ½ hour
- 4 Ounces feta, crumbled
- 4-5 Scallions, sliced into fine rounds
- Extra-Virgin Olive Oil
- Salt and pepper to taste
- Extra sliced scallions for garnish

Heat the oven to 450-degrees.

Bring 3 cups of water to a boil. Add the barley and ½ teaspoon of salt. Reduce to a simmer, cover, and cook until the barley is al dente, about 30 minutes. If there is extra liquid in the pot, drain the barley and return it to the pan. Cover with a clean dishtowel until ready to use.

Loosely wrap the beets in tin foil and roast in the oven until they are just fork tender--30 - 45 minutes. Peel and dice the beets into 1-inch cubes.

Meanwhile, prepare the chard. Strip off the leaves and slice them into ribbons. Cut the stems into bite-sized pieces.

Heat 1 teaspoon of olive oil in a skillet over medium heat. Sauté the chard stems until they start to turn translucent around the edges. Add the ribboned chard leaves, half of the lemon juice (1 ½ tablespoons), and a healthy pinch of salt. Cover and cook the chard until it is bright green and has wilted down, stirring occasionally (about 8 minutes). If the pan is very dry, add a few tablespoons of water so the chard can keep steaming.

Drain the red onion. Combine barley, beets, chard, red onion, feta, and scallions in a large mixing bowl. Whisk together the remaining lemon juice and 2 tablespoons of olive oil, and drizzle this vinaigrette over the salad. Stir to evenly coat all the ingredients. Taste the mixture. As needed, add salt ¼ teaspoon at a time. Pepper to taste. Serve family-style in a large bowl or in individual bowls. Garnish with extra scallions.