



# The Garden Herald

## Greenmoore Gardens CSA

Share #9: July 19

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Summer Squash	Green Pepper	Tomato	Garlic	Chard	<b>Full and Bi:</b>
Onions	Basil	Cabbage OR	Baby Fennel		Eggplant
Kale	New Potatoes	Broccoli	Baby Celery		Cucumber

### News from the Fields

This the the season of water worries. First there was really way too much water in the spring, and it was the main reason for so many crops doing poorly, and failing. Now we have not had rain for many weeks, and the irrigation pond is getting dangerously low. We are going to try to fill the pond with our well a little bit every day in the hopes that it will be able to keep up with the garden's needs. So far most of the crops are just getting by with what little water we can give. The sweet potatoes on the other hand really enjoy these conditions, so we're hoping for a nice harvest in a month or so. --Sunil

### Veggie Notes

**Green Pepper** - You may find some purple peppers also which are green on the inside. We're seeing some of the peppers start to turn color, so we hope there will be a lot of sweet peppers in a few weeks.

**Onions** - We just harvested a portion of the onion planting and it's in the process of curing. Here's a few bulbs from that batch.

**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.

**Fresh Garlic** - Another bulb of garlic for you this week.

**New Potatoes** - These are potatoes picked before the skin has toughened up, so they won't store like regular potatoes. They have a nice fresh taste when picked young like this. These are Red Norland potatoes. White flesh inside.

**Chard** - This is younger green chard. Good for salads.

**Basil** - A few sprigs for you today.

**Tomato** - It looks like the tomatoes should start ripening out in the field this week. You may get a tomato that's not fully ripe yet. Just set it out wrapped in a paper bag or newspaper on your counter or a warm place, and it should color pretty soon. Some of you may get some cherry tomatoes as part of your tomato share also.

**Cabbage or Broccoli** - One or the other for you today.

**Baby Fennel** - The fennel has struggled in the last few weeks due to the lack of water, so we're picking it while it's still on the small side. Fennel makes a good addition to salads, and the bulbs at the bottom are great sauteed with other vegetables.

**Baby Celery** - Celery requires a lot of water to keep good eating quality. We haven't been able to water it enough due to the lack of water in the pond, so here's a small head of celery or two for you. It will have a very strong flavor, and is best used in a cooked dish. Not for crunching on raw. Try cooking it down, greens and all, along with some onions and carrots for a good base to a soup or sauce.

**Kale** - The flea beetles are having their last hurrah with the kale, and so you'll see a good amount of holes. We're planting some fall kale this week for some better quality leaves in September.

### Full and Bi-weekly:

**Eggplant** - You'll see white, purple, green, or black eggplants in your share today.

**Cucumber** - The second planting is starting to flower, so we should see more cukes in a couple weeks.

### Herb Shares:

Rosemary, Sage, Parsley, Tarragon

## **Chard Lasagna with Fresh Tomato-Basil Sauce**

For Lasagna Sheets: 1 recipe Fresh pasta (see recipe)

For Filling:

- 1 pound swiss chard, trimmed, rinsed, coarsely chopped
- 3 garlic cloves
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon water
- 3 cups ricotta cheese
- 2 large eggs
- 3 ½ cups fresh tomato-Basil Sauce (see recipe below)
- 5 ½ ounces parmigiano Reggiano, finely grated

### **LASAGNA SHEETS:**

Follow method for making Fresh Pasta and forming pasta sheets. Cut pasta into 5x15-inch sheets and let dry just slightly, about 10 minutes. Fill large bowl with cold water. Cook pasta in large pot of boiling salted water until just tender but still firm to bite, about 1 ½ minutes. Using pasta insert, transfer pasta from boiling water to cold water. Drain. Shake excess water from pasta and lay pasta atop clean dry kitchen towels.

### **FILLING:**

Place Swiss chard in large pot over medium heat. Cover and cook until chard wilts but is crisp-tender, stirring occasionally, about 10 minutes. Remove from heat; drain any excess liquid. Transfer chard to large bowl. Season lightly with salt. Set aside.

Meanwhile, combine garlic, 1 tablespoon olive oil and 1 tablespoon water in small saucepan and bring to boil. Cook over medium heat until garlic is tender and water has evaporated, about 4 minutes. Remove from heat. Mix ricotta cheese and garlic mixture into cooked chard in large bowl. Season to taste with salt and pepper. Mix in eggs.

### **TO ASSEMBLE LASAGNA:**

Position rack in center of oven and preheat to 400 degrees F. Line bottom and sides of 15x10-inch baking dish with pasta sheets, overlapping sheets slightly. Spread ⅓ cup ricotta mixture over pasta sheets. Spoon generous ½ cup Fresh Tomato-Basil Sauce evenly over ricotta mixture. Sprinkle with generous ¼ cup Parmigiano. Repeat layering 3 times. Cover with pasta sheets. Spoon remaining tomato sauce over, and sprinkle with remaining Parmigiano. Drizzle remaining 2 tablespoons olive oil atop lasagna.

Bake lasagna uncovered until top is deep golden and sauce bubbles, about 45 minutes. Remove from oven; cool slightly before serving.

### **Fresh Tomato-Basil Sauce:**

This light sauce is the perfect accompaniment to spaghetti, linguini, ravioli and lasagna, such as Swiss Chard Lasagna.

2 pounds ripe tomatoes, halved crosswise  
sea salt

2 tablespoons extra-virgin olive oil

1 small onion, chopped

1 large garlic clove, minced

2 tablespoons water

½ cup (lightly packed) fresh basil leaves, coarsely chopped

### **Directions:**

Lightly sprinkle cut sides of tomatoes with salt. Place tomatoes cut sides down in rack set in a jelly roll pan. Let stand 30 minutes. Coarsely chop tomatoes (do not remove salt).

Heat oil in heavy large saucepan. Over medium heat. Add onion, garlic and 2 tablespoons water and cook until onion is just translucent, about 8 minutes. Stir in tomatoes. Cover and bring to boil. Reduce heat and simmer uncovered until tomatoes are tender, about 20 minutes. Add basil and continue cooking until tomatoes are very tender, about 20 minutes longer. Remove from heat.

### **Fresh Pasta**

Fresh pasta can be flavored with garlic or herbs. For garlic pasta, add one minced large garlic clove to the eggs and salt before incorporating with the flour. For thyme pasta, mix two heaping teaspoons of fresh thyme leaves into the flour before you make the well. This recipe for fresh pasta will make enough for 4 to 6 servings.

2 ½ cups all-purpose flour

3 large eggs

Generous pinch of sea salt

**MAKING DOUGH:** Sift flour onto large flat work surface. Form well in center of flour. Place eggs and salt in well; whisk lightly with fork to blend. Using fork, gradually mix flour from inside walls of well into egg mixture to form coarse dough. Knead until dough is satiny and surface is almost smooth, about 4 minutes. Form dough into ball. Cover with plastic wrap and let dough rest at least 30 minutes and up to 3 hours.

**KNEADING DOUGH:** Set rollers for pasta machine, on widest setting. Using dough cutter, cut dough into eight equal pieces. Form each piece into ball; flatten into disks. Run one dough disk through rollers, dusting lightly with flour if dough sticks (keep remaining dough disks covered). Working on lightly floured surface, fold dough into thirds as for business letter. Pass dough, edges first, through rollers again. Repeat process six times, keeping rollers at widest setting and lightly dusting rollers with flour if dough sticks.

**FORMING PASTA SHEETS:** Adjust width of rollers to next smaller setting, and pass dough through rollers. Continue adjusting roller width to smaller settings, running dough through each setting without folding, and dusting rollers very lightly with flour if necessary until long dough sheet forms, about 24 - 30 inches long.

Hang strips over pasta drying rack, just until pasta is slightly dry, about 10 minutes (pasta should not be brittle or wet).

Repeat kneading remaining dough disks and forming them into pasta sheets.