



# The Garden Herald

## Greenmoore Gardens CSA

Share #9: July 22 & 23

NEWSLETTER AVAILABLE ONLINE! @ [WWW.GREENMOOREGARDENS.COM](http://WWW.GREENMOOREGARDENS.COM)

Summer Squash	Green Pepper	Tomato	Baby Fennel	<b>Full and Bi:</b>
Onions	Basil	Beans	Baby Celery	Eggplant
Chard	New Potatoes	Garlic		Cuke and Peas

### 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. You may get a pepper that's turning color also.

**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** - We cleaned the chard planting of leaves affected by leaf miners last week. Hopefully this helps keep them under control!

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

**Tomato** - The plants are loaded with green fruit, we're just waiting for them to ripen in large amounts. 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.

**Beans**- The second planting is finally sizing up enough to start harvest. You'll see green beans and yellow wax beans in your share.

**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.

### Full and Bi-weekly:

**Eggplant** - You'll see italian eggplants: teardrop shaped, and/or asian eggplants: long and slender. The asian eggplants tend to have a meatier texture and are great for roasting in the oven or on the grill. Eggplants come in many different colors. 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.

**Snap Peas** - We just tore the spent plants from their trellis, but we picked what little remained before we did so. Here's the last of the snap peas!

### Herb Shares:

**Rosemary, Sage, Lemongrass, Tarragon:** Lemon grass is a key ingredient in Thai cooking. Try adding it to a soup or curry for a nice lemony flavor addition. It is quite tough and should be used to flavor things only. Let it simmer in your pot and then remove before serving. Or you can chop very finely to make it easier to eat.

## Recipes

### Fennel Frond Pesto

Time: 5 minutes

1 small fennel bulb with lots of bushy fronds

2 garlic cloves, minced

2 tablespoons pine nuts or sliced or slivered almonds

Kosher salt and freshly ground black pepper

4 tablespoons extra-virgin olive oil

2 tablespoons grated Parmesan cheese

Chop off fennel fronds and coarsely chop enough to measure 1 cup (discard the rest of the fronds, save the fennel for later use, and of course eat the fennel bulb itself, it's great to dip into the pesto). Put the chopped fronds in a food processor or blender. Add the garlic, nuts, 1/2 teaspoon salt and a generous pinch of pepper to the food processor and process until finely chopped. Add 4 tablespoons of the oil and cheese continue to process until the mixture looks like pesto. Season with more salt to taste.

Makes 3/4 cup

### Fennel Potato Gratin

1 cup milk

1/2 cup cream (or milk)

2 [cloves garlic, peeled and halved](#)

3 [sprigs fresh thyme](#)

1 or 2 fennel bulbs and fronds chopped coarsely

3 [large baking potatoes, peeled](#)

salt and freshly ground pepper, to taste

8 ounces semihard or hard cheese (like Gruyere or Jarlsberg)

Directions

Heat oven to 375° F. In a small saucepan, combine the milk, cream, garlic, and thyme. Bring to a boil.

Remove from heat; set aside for 10 minutes.

Discard the garlic and thyme.

Meanwhile, coat a 2-quart gratin dish or ovenproof casserole with vegetable cooking spray.

Cut the fennel lengthwise into 1/4-inch slices. Cut the potatoes crosswise into 1/4-inch thick slices.

Place a layer of potatoes in the dish and season with salt and freshly ground pepper. Overlap with a layer of fennel and half the cheese. Repeat with the remaining potatoes, fennel, and cheese. Pour the infused milk over the vegetables.

Bake until the gratin is golden and the vegetables feel tender when pierced with a fork, 40 to 50 minutes. Remove from oven 15 minutes before serving.

### Garlic Green Beans Recipe

Ingredients

1 tablespoon butter

3 tablespoons olive oil

1 medium head garlic - peeled and sliced

1/4 lb. green beans

salt and pepper to taste

1/4 cup grated Parmesan cheese

Directions

In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until lightly browned, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are tender, about 10 minutes. Remove from heat, and sprinkle with Parmesan cheese.