



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 10: March 30th

Yukina Greens	Spinach	Kale
Hon Tsai Tai	Scallions	
Salad Mix	Leeks	

News from the Fields

March is looking like March instead of June now, so things are back to growing at their normal rate. Thanks everyone for increasing your consumption of greens to keep up with the growth of the March summer we had. The hard freeze from the other day has shown itself on the burnt tips of many of the salad greens and kale. This week you'll see some new items, and a lot less spinach! --Sunil

Veggie Notes

Yukina Greens - These greens are a lot like tatsoi and belong to a group of cabbage family greens that come in all kinds of shapes, sizes, and colors. You'll see that spring is here by the evidence of flea beetle holes on them.

Salad Mix - A smaller amount for you this week as we clear out beds to make way for fresh vegetables. This mix has a large proportion of arugula in it, so it might do well in a lightly cooked recipe if arugula is a taste you find strong. Also, baby kale, claytonia, and baby chard are in the mix.

Hon Tsai Tai - These are a chinese green that also belong to the cabbage family. They have a nice purple colored stem along with a flower bud here and there. Throw the stems in your sauté pan earlier than the greens to achieve even cooking. Sautéed with some garlic and served right off the pan would be my preferred method.

Spinach - We stored some spinach from last week's harvest so you can have one last go.

Scallions - We've got carrots growing between the scallion rows, so we're trying to give the carrots a little more room as the scallions fatten up.

Kale - This is from the outdoor planting of kale which is on it's way to flowering. The flower buds are good eating also.

Leeks - This is the last reminder of the extremely wet season we had last year. The leeks in the lower field didn't take off very well after being in a pond of water for a while, but they are good eating now, albeit on the skinny side. Leeks can be used like you would onions. They are prized for the silky sweetness they impart to a dish when chopped fine and caramelized in butter or oil. The greens are very good to put in one of your last winter soups, broths, or stews.

Warm Spinach and Sweet Potato Salad

3 cups peeled and diced sweet potatoes
1 tbsp coconut oil
1 apple diced
8 strips of bacon, diced
2 leeks, thinly sliced
6 oz of fresh baby spinach
Handful of sliced almonds for garnish

Dressing

¼ cup olive oil
1 tbsp apple cider vinegar
1 tsp spicy brown mustard (from Trader Joe's)
Fresh ground black pepper to taste
1 tbsp of dried basil
Pinch of cayenne pepper

Preheat your oven to 400. Toss the diced sweet potatoes with the coconut oil and spread evenly on a baking sheet. Bake in your preheated oven for 20 minutes. While the sweet potatoes are baking, cook the diced bacon in a large skillet. Once the bacon is crispy, add the sliced leeks in with the bacon and sauté for another 4-5 minutes. Put your spinach in a large salad bowl and add the bacon and leek mixture. Toss well, letting the warm bacon wilt the spinach. Add the apples and sweet potatoes to the salad and toss together. In a separate bowl whisk together the salad dressing ingredients. Pour over the salad, mix well and garnish with the sliced almonds.

Braised Greens with Red Wine Vinegar

1 medium yellow onion, sliced into thin strips
2-3 cloves garlic, minced
3 Tbsp olive oil, divided
¾ tsp sea salt, divided
1 lb braising mix (or straight kale)
3 cups water or broth
2-3 carrots, ribbons (~1 cup)
¼ tsp garlic powder
¼ cup red wine vinegar

1. Heat a heavy bottom large stock pot over medium heat. When pan is hot add 1 Tbsp oil, onion, garlic and ¼ tsp sea salt. Stir to coat the onion and sweat the onion on medium heat until soft and translucent.
2. Chop the braising mix into 2 inch chunks. You can pull the leaves off of the midribs or leave them intact if you want to save time. The leaves and

mid ribs are small and not too fibrous right now so the choice is yours.

3. Add the braising mix and the 3 cups of water/ broth. Stir frequently for 1-2 minutes to get all the greens wilted and wet. Cook on medium heat for 10 minutes.

4. Uncover and give the greens a stir. At this point they should just be peeking out from the liquid.

Leave the pot uncovered and cook for 10 more minutes.

5. Meanwhile use a vegetable peeler to make long ribbons out of your carrots. Shoot for about 1 cup of carrot ribbons.

6. Add the carrots, garlic powder, red wine vinegar, ½ tsp sea salt, and 2 Tbsp olive oil. Stir to combine and simmer for a couple more minutes.

Stir-Fried Chinese Greens with Ginger, Oyster and Soy Sauce

1. 11-14 ounces mixed Chinese greens -- yukina greens, hon tsai tai -- and spinach
2. 3 tablespoons walnut oil
3. 1 tablespoon sesame oil
4. ½ tablespoon thinly sliced ginger
5. 4 scallions, finely shredded
6. 2 tablespoons oyster sauce
7. 1 tablespoon soy sauce
8. 2 pinches of sugar
9. juice of 1 lime
10. salt and freshly ground black pepper

Remove any blemished outside stalks from the greens. Put the spinach to one side so that you can add it to the wok or pan at the last minute, as it cooks very quickly. Prepare the rest of the greens; i normally cut the Chinese greens into strips. Plunge the greens into boiling water for about 1 ½ minutes until just tender, and drain well.

Put the oil and the ginger into a very large, hot wok or other suitable pan and cook for about 30 seconds. Add the scallions and the rest of the ingredients apart from the seasoning. Stir, then add the spinach and toss so that everything is coated in sauce. The vegetables will sizzle and stir-fry. The oyster and soy sauce will reduce, just coating the greens. At this point season to taste. Stir-fry for a further minute and serve immediately.