



# The Garden Herald

## Greenmoore Gardens 2011-'12 Winter CSA

### Week 12: April 20th

Yukina Greens	Radishes	Baby Carrots
Endive	Scallions	Asparagus
Salad Mix	Leeks	Baby Mustard

### News from the Fields

We've made it to the last share a few weeks earlier than expected, and we are thankful that everyone has adjusted their pickups to the growth of the vegetables in the field and high tunnel. We hope that you have enjoyed it as much as we have. We'd like to thank you so much for joining us on our first voyage of growing vegetables through the winter. I feel that it's been a great success thanks to all of the farm crew, the mild winter, and of course - your support! We would love to hear your feedback, so you will see a short survey e-mailed to you in a few days. We're now gearing up for the summer harvest season, and we hope to see you back then for some more spring greens and the fruits of summer! All of us at Greenmoore Gardens give our heartfelt thanks to all of you for your dedication and support of the farm and the sustainable food movement as a whole. --Sunil

### Veggie Notes

**Yukina Greens** - These greens are mature and can be used like you would kale. The stalks are quite tasty sautéed lightly.

**Salad Mix** - This week's mix looks a lot like last week's. The lettuce grew back so fast that they looked like they were pickable in 3 days after last week's cutting! You'll find lettuce and some arugula in there.

**Endive** - These are just starting to look like full heads, so you'll be getting a few in your shares this week. Endive is a chicory family plant that can be a little bitter, but it makes a great addition to salad mixes. Just chop it up and add it to your salad. To offset the bitter flavor, it's good to use a dressing with a high fat content and plenty of sweet and sour flavors. You can also put endive in a sautéed dish to tone the flavor down a bit if you find it is too bitter for your taste while raw.

**Radishes** - Some more red radishes for everyone this week. They are juicy and not very spicy at all!

**Scallions** - The last of the winter scallions are out of the ground and into your boxes.

**Baby Carrots** - Here's another bunch of juicy sweet winter carrots. They are best eaten just as they are, but can be sliced in half length wise and steamed or roasted lightly.

**Leeks** - Last round of leeks from the field.

**Baby Mustard Greens** - Usually we would put these greens in the salad mix, but this time we've put it on the side instead for those who like it mild. You can sauté them or wilt them over hot pasta to tone down the spiciness. For those who like it spicy, mix it into your salad to your liking.

**Asparagus** - Last week when the temperatures hit 85 degrees, the small spears that were just poking out of the ground shot up to huge proportions in a matter of a day! We picked as soon as we could, but some of them got away from us. We've trimmed them up and made sure you're getting the tender portions in your bunch this week. Nothing like the first shoots of spring on your table!

## Leek and Asparagus Frittata

~The Bon Appétit Test Kitchen

- 2 tablespoons (¼ stick) butter
- 1 cup chopped leeks (white and pale green parts only)
- 1 12-oz bunch thin asparagus, trimmed, cut on diagonal into 1-inch pieces (about 2 ½ cups)
- 1 cup sliced stemmed shiitake mushrooms
- 8 large omega-3 eggs
- 1 cup diced Fontina cheese, divided
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese

Preheat broiler. Melt butter in heavy broiler-proof 10-inch-diameter nonstick skillet over medium heat. Add leeks and sauté 4 minutes. Add asparagus and shiitake mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes. Whisk eggs, ¾ cup Fontina cheese, ½ teaspoon salt, and ½ teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Cook until almost set. Sprinkle remaining ¼ cup Fontina cheese and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes. Cut into wedges and serve.

## Soy-Glazed Roasted Carrot Spring Rolls

~ Erin Alderson

- 2 teaspoons honey
  - 2 teaspoons olive oil
  - 1 tablespoons Tamari (soy sauce)
  - 1 clove garlic
  - 1/2 tablespoon sesame seeds
  - 4-5 carrots
  - 1 bunch green onions or leeks
  - Asian greens (or)
  - 4 oz brown rice noodles
  - 4-5 rice papers
1. Preheat oven to 325°.
  2. In a small skillet, add sesame seeds and lightly toast for 4-5 minutes. Combine toasted sesame seeds with honey, olive oil, soy sauce, and garlic.

3. Slice carrots and green onions or leeks into 2 inch long pieces. Toss with soy soy and place in a baking dish. Roast carrots for 30-45 minutes until carrots are soft and browned.
4. If using, cook brown rice noodles according to package. Drain hot water into a dish that is big enough to fit the rice paper. **(I had some lovely Asian greens from my CSA and used those instead- either/both will work!)**
5. Set up your spring roll rolling station with the water, veggies, greens/rice noodles, and a place to roll/cut each spring roll.
6. Soak the rice paper for 10-15 seconds (you don't want it too soft when taking it out of the water.) Place rice paper on a cutting board and load with greens/rice noodles and carrots. Roll, tuck, and fold in sides as you go. Continue with remaining ingredients.
7. Once done slice in half and serve with a little bowl of soy sauce.

## Indian Saag

- ½ cup butter
- 2 teaspoons cumin seed
- 1 green chile pepper, seeded and diced
- 2 cloves garlic, chopped
- 2 tablespoons ground turmeric
- 1 pound chopped fresh mustard greens
- 1 pound chopped fresh spinach/asian greens
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt

1. In a large skillet or wok, melt butter over medium-high heat, and cook and stir cumin seed, chile pepper, garlic, and turmeric until fragrant, about 2 minutes.
2. Stir in the chopped mustard greens and spinach or asian greens a little at a time, adding the tougher parts first (the stems and thicker leaves). Continue to add greens, and cook and stir until all greens have been added and all are thoroughly wilted. Stir in the cumin, coriander, and salt. Cover; reduce heat and simmer until greens are tender, about 10 minutes, adding water as needed to keep the greens moist.