



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 7: March 2nd

Cabbage	Onions	Potatoes
Radishes	Garlic	Spinach
Pea Shoots	Mesclun	Basil-Spinach Pesto

News from the Fields

The greenhouse is quickly becoming full of planted trays and trays of seedling flats, and it looks like we're off to a good start in there. The summer season is coming fast, and the farm crew's hustle and bustle mode is in full swing - more so than in any other previous year. We've started planting in our second high tunnel, and are almost finished with the new propagation greenhouse tables. Also, we've started to re-establish the garden's perimeter with deer fence, and soon we will spend time spreading lime around the new fields. The beds for the first outdoor plantings of peas, fava beans, and greens galore are still waiting to be worked as the dry windows to work the soil are very few and far between. We're hoping to get into the field work within the next two weeks. Let's all pray for a nice dry spell here!

As we are running out of storage crops, we have been busy planting fresh greens out in the high tunnel. Hopefully next week we will see a lot of newcomers to the mix. This time period of late winter - early spring is a lean time of year this year in particular as the crop difficulties of last fall are most apparent now as our small harvests dwindle in storage. However, vegetables are now finally growing to produce better results week to week, and you can see new growth happening rather than looking at little plants that stay little for what seems like eternity. Now the seeds we sow come up in days rather than weeks, and the regrowth on the salad greens is increasing in speed by a great deal. Many of the winter crops are realizing that their lifetime of providing us with fresh greens are soon coming to an end, and are now looking to shoot their flowers in the air to finish their life cycle with new seeds for the next round. It's time for renewal and rebirth here on the farm. Hope you enjoy this week's share! --Sunil

Veggie Notes

Cabbage - The cabbage keeps coming from our storage room. We're almost getting down to the bottom of our stash.

Radishes - These are some of the last of our stored crops, and they are showing some signs of age as stored vegetables usually do about this time of year. As of recently, we're in a grey time period when the stored items are going out and fresh items are just starting to pick up their growth.

Pea Shoots - This will be the last installment of pea shoots for you. It was a good experiment to try to grow these in flats on the heated bench of the greenhouse, but overall I think we'll probably steer away from doing it next time as the energy costs are high for the value of what we can get out of them. Maybe next season we'll grow them in the high tunnel through March...

Onions - from TOG.

Garlic - Here's one last round of garlic for everyone. We thought that last time was the end, but since then we found a bunch of small heads which were left over.

Mesclun - This week's salad includes: mizuna, red russian kale, claytonia, and bolting tatsoi. These plants grew really quickly this past two weeks, so you'll find that your salad ingredients are getting larger in size. They're still pretty tender, but may need a little chopping to get the forkfuls to fit in your mouth.

Potatoes - These potatoes are from TOG.

Spinach - We just cleared a bunch of spinach to plant new sections of salad for your coming shares, but there's still plenty to go around. The plants look as though they might bolt before too long, so enjoy them while they last!

Basil-Spinach Pesto - This is a mix of basil that Kim and Steph pesto-fied last summer, and some spinach added in by Kim from the booming spinach crop. There's olive oil, garlic, and a little lemon in it. We left the nuts and cheese out so you can add them as you please. It's great on its own, or as a dip or a pasta sauce base. Hope you enjoy it!

Baked Watermelon Radish Chips

- Bunch of watermelon radishes
- Few tablespoons of olive oil
- Spices (optional): salt, pepper, cumin, garlic salt, paprika, chili powder, or finely minced garlic

- 1) Preheat your oven to fairly hot - 400 to 425 degrees.
- 2) Slice the radishes as thinly evenly as possible. Then lightly coat them with olive oil (or other veggie oil). I'd put them in a bowl and drizzle a little over them then use my hands and massage them around gently to get them all coated.
- 3) Spread them evenly on a baking sheet (you can put down some parchment paper if you like, for easier cleanup) - do not crowd or overlap them if at all possible. Sprinkle with seasonings -- option 1: salt and cumin; option 2: garlic salt, paprika and chili powder (or salt, paprika, chili powder and finely minced garlic); option 3: just salt.
- 4) Bake them 10 minutes, then check to see how they're doing. Depending on how thinly you sliced them, they may be done, or they may require more time. They should be lightly browned and crispy.
- 5) Serve as is for a crunchy snack, or with sour cream for dipping. Yum!

Authentic Italian Pesto Pasta

- 32 ozs whole wheat **pasta**
2 tbps **olive oil**
¼ tsp **salt**
7 ozs **pesto sauce**
2 cups **chicken breasts**
2 cups **sun-dried tomatoes**
2 tbps **chopped garlic**
½ cup **feta cheese** (crumbled)

1. Boil pasta with olive oil and salt as directed by package.
2. While pasta is cooking, cook chicken and chop into bite-sized pieces.
3. Chop each tomato into thirds.
4. Toss chicken and tomato with chopped garlic.
5. When pasta is done, toss in chicken and tomato mixture.
6. Drizzle with pesto sauce and toss lightly.
7. Serve family style in large bowl, sprinkled with crumbled feta.

Creamed Spinach

- 2 tablespoons butter
 - 1 tablespoon olive oil
 - 1 Vidalia onion, minced
 - 1 clove garlic, minced
 - 2 big bunches spinach, stemmed and chopped
 - Salt and freshly ground black pepper
 - 1/4 teaspoon freshly ground nutmeg
 - 1/4 cup heavy cream
- 1) In a medium saute pan over medium-high heat, melt butter and then add the olive oil.
 - 2) Mix in the onions and garlic; cook for 2 minutes until soft.
 - 3) Add the chopped spinach and warm through.
 - 4) Add the salt, nutmeg and the heavy cream. Mix well.
 - 5) Cook until liquid reduces by half, roughly 3 to 4 minutes.
 - 6) **Optional:** Add parmesan cheese at the end and heat just long enough to melt.