



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 8: March 16th

Cabbage	Spinach
Baby Pac Choi	Scallions
Salad Mix	Potatoes

News from the Fields

The strange weather continues with summer coming into the picture before spring. Who knows, maybe next week winter will decide to visit again. But the weather has put an early start on our outdoor field preparations, and this is very good news after last year's record rain. The peas have gone in the field two weeks earlier than planned, and we're sowing some things indoors earlier also to see how much this warmth will allow us to extend the season. The only worry is that the hot weather will be too much for the cool season crops we always grow at this time of year.

You'll be receiving the last of our storage crops for the winter this week, so it should only be fresh green veggies from now through the last few shares after this one. It is becoming apparent that timing at this time of year is very hard to determine, as the unexpected warm and cold spells can make a crop mature so much earlier or later than planned. We're still learning a lot and eating pretty good. Enjoy! --Sunil

Veggie Notes

Cabbage - Okay, we promise these are the last cabbages for you until the fresh ones start coming later in the season!

Baby Pac choi - These Pac Choi are great for stir-frying or quick roasting in the oven. Just cut the entire plants in halves and cook them up. Maybe try serving with a peanut sauce.

Salad Mix - Most of the mix has been busy making flower stalks and blooming instead of putting on new leafy material. The good news is that the stalks and flower heads are still nice and tender albeit a little spicy. The large amount of mild claytonia should offset the spiciness some. Your next share of salad mix should have a little more diversity. The flower blooms are edible and add great color. These greens are also good for sautes!

Potatoes - These potatoes are from TOG.

Spinach - Here's a huge portion of spinach for you. We cleared an entire bed to allow space for sowing new beds of salad. Hope you are able to use it all up! It seems that the best season for spinach is the winter. Let's hope our spring crop is just as bountiful!

Scallions - These were sown way back in December, and are just now looking very tasty.

Spinach and Tofu Paneer

~from This Can't Be Tofu! by Deborah Madison

- 1 carton firm or soft tofu
- 1 large bunch spinach, stems discarded, leaves washed
- 1 jalapeño chile, seeded, coarsely chopped
- 1-inch knob ginger, peeled and diced
- 3 garlic cloves, coarsely chopped
- 1 Cup diced onion
- 2 tbsp. ghee, butter or vegetable oil
- 1 ½ tsp. ground cumin
- ⅛ tsp., plus a pinch nutmeg
- ⅛ tsp. cayenne pepper
- ½ Cup half-and-half
- ⅓ Cup yogurt

1. Dice tofu into pieces about the size of sugar cubes or smaller. Bring 6 cups of water to a boil, add 1 tsp. salt and lower heat to a simmer. Add tofu, turn off heat, and leave 4 to 5 min. Drain in a colander and set aside.
2. Steam spinach until wilted, then remove to a cutting board and chop. When cool enough to handle, squeeze out excess water.
3. Put chiles, ginger, garlic and onion in a food processor and process until finely chopped. Heat ghee or butter in a nonstick skillet, add onion mixture and cook over med. heat, stirring frequently for 5 min.
4. Add 1 tsp. salt, the cumin, nutmeg, cayenne and 1 cup of water. Simmer 5 min, then return mixture to food processor, add spinach and puree.
5. Return mixture to skillet, add half-and-half and tofu, and simmer about 5 min. Turn off heat and stir in yogurt. Serve over basmati rice with a sprinkling of toasted black sesame seeds.

REBECCA'S GREEN SMOOTHIES

This is a power-house drink that will boost your immune system and make you feel strong. The key to this smoothie is the spinach, bitter greens, protein powder, and green powder. Feel free to mix and match other ingredients as you see fit, such as 1 banana, 1 tsp. vanilla, 6 soaked almonds or walnuts, or 1 tsp. tahini (sesame paste).

- 1 handful spinach
- 1 handful bitter greens (arugula, kale, Asian greens)
- 1 cup of whole dairy or non-dairy milk (such as rice, almond, soy, or coconut), kefir, or yogurt
- ½ cup of fresh berries
- 1 scoop protein powder (whey, rice, or hemp)
- ½ to 1 tsp spirulina or green powder
- 1 tbsp. ground flax, chia, or hemp seed
- 1 tbsp. maple syrup or honey (optional)

4-6 fresh mint leaves

1. Put all the ingredients in a blender and blend until smooth. Add a little more milk or water if you want a thinner consistency.

Flax, chia, and hemp seeds are all very high in fiber and Omega 3, things which we all need to get more of in our diets.

Debbie's Potato Salad with Pak Choi, Cilantro and Scallions

- 4 medium-sized potatoes (red or yellow, doesn't matter)
- 4 or more stalks of pak choi, with leaves
- 2-3 tbsp. finely minced cilantro
- 2 large or up to 4 small scallions, finely sliced
- 2 tbsp. cider vinegar or lemon juice or lime juice, or a combination of any
- 1 clove garlic, crushed and/or finely minced
- ½ tsp. salt
- ½ tsp. sugar
- 3 tbsp. olive oil
- Diced kalamata olives (optional)
- Feta cheese (optional)

- 1.) Put washed whole potatoes, with skins, in a pot; cover with cold water, add some salt, bring to a boil, then turn down heat to medium and cover/boil 10 to 12 minutes or so, until they pierce easily with a sharp knife. (You want them to be just al-dente; don't cook them so long that they split and fall apart.)
- 2.) While potatoes are boiling, wash any dirt away from choi leaves, and chop into small dice (like you would celery for tuna salad, say). Chop up the darker green leaves too. Mince your cilantro and chop the scallions.
- 3.) Combine vinegar and/or lemon/lime juice, garlic, salt, sugar, oil and cilantro and whisk together.
- 4.) Drain potatoes when done (save the water for soup-stock making), and when cool enough to handle (but still warm!), slice as carefully as you can (to keep the skins intact; do the best you can - sometimes it works better than others but don't worry about it, it still tastes good!), and then dice the slices. Toss warm* diced potatoes into a bowl with choi, scallions, optional olives and feta. Re-whisk the dressing and pour over the warm potatoes and veggies. Stir well to mix, then refrigerate until completely cooled.

*The dressing seems to be absorbed better when the potatoes are warm.