



# The Garden Herald

## Greenmoore Gardens 2011-'12 Winter CSA

Week 11: April 13th

Yukina Greens	Radishes	Baby Carrots
Hon Tsai Tai	Scallions	Fresh Herbs
Salad Mix	Leeks	

### News from the Fields

Wow, these last few weeks passed by so quickly on the farm, and for all of you with the back to back shares that went out. We're back into the swing of things on the farm with so much to do and little time to do it! But, we've finally planted the potatoes. It was a grueling process to plant close to half an acre in the ground all by hand, but thanks to our crew in the field, we pulled it off in about a day and a half. The next big project is onion planting, but we're hoping this old transplanter we are waiting on will help us with the daunting task of hand planting 20,000 plants or so. The greenhouses are getting close to full, the forecast looks to be pretty frost-free, and we're looking forward to getting a lot more plants out there in the coming weeks. The outdoor plantings are showing very little evidence of growth, but hopefully the coming warmth will change their reaction. The snap pea seeds in the ground have gone through a couple rounds of sowings and are popping up, however, the mice have gotten to some of the seeds before they got to sprout. We're starting more peas in pots so we can fill in all of the holes in the row. The high tunnels are doing pretty good with lots of carrots, turnips, broccoli, and we'll be planting some extra early cucumbers and summer squash in there today (cross your fingers!). --Sunil

### Veggie Notes

**Yukina Greens** - Here's another round of this asian green for everyone. It works great in a sauté, or chopped finely into a salad.

**Salad Mix** - Lettuce is finally back in its place of dominance in the mix this week.

**Hon Tsai Tai** - This is the first time we've grown this type of green, and I really like it's flavor, The tender purple stems, flower heads, and buds are great to look at and munch on!

**Radishes** - The timing on these was a little off, so a lot of them have gotten really big. But they still seem juicy and tender inside. Some of your radishes may have some insect gnawing on the skin.

**Scallions** - The December sowing of scallions is still producing for us.

**Baby Carrots** - These were planted way back a few days after Christmas. They're just now getting to that amazing time of crunchy juiciness that is hard to beat.

**Leeks** - Another round for everyone. The rain packed ground that they're growing in is really difficult to knock off the roots, but there's nothing like that sweet leek flavor.

**Fresh Herbs** - Rosemary, chives, and you might find a sprig or two of thyme and oregano.

## **Creamed Leeks & Greens**

*~Inspired by the Harmony Valley Farm newsletter*

1 cup sliced leeks, well washed  
½ Tablespoon butter  
Salt  
Pepper  
⅓ cup heavy cream  
1 bunch (~2 cups packed) yukina greens, stems removed  
Parmesan cheese

Preheat the oven to 400° F. Melt the butter over medium heat in a large oven-safe sauté pan. Add the leeks & season them with salt & pepper. Cook the leeks until just tender. Pour in the cream & bring to a simmer. Add the greens to the pan & stir until wilted & the cream has reduced some. Once the greens are wilted, spread them out to cover the bottom of the pan. Grate Parmesan cheese over the top. Place in the oven & allow to bake until the cheese is melted, about 3 - 5 minutes.

## **Radish Pickles**

*~From member Karen Fox, who says, "I love radishes but my family is 'so-so' on them, but then I tried this recipe and my kids devoured these tasty pickles!"*

2 cups water  
6 tbsp. wine  
6 tbsp. balsamic vinegar  
½ cups olive oil  
2 tbsp. honey  
Fresh thyme, rosemary, basil, oregano, parsley

Boil together all ingredients to mix, then add small French radishes, baby pearl onions, and tiny carrots as thick as your finger. Bring to a rolling boil again (don't let them get squishy), let cool in the pan then refrigerate overnight. Serve cold as a garnish, or add to recipes that use pickles: tuna salad, potato salad, etc. The flavor is mild, sweet, and tangy with the essence of fresh herbs. The radishes retain their crunch and have a mild flavor and less bite. I strained the liquid before storing the leftover veggies in a jar though, as the herbs looked a little sad!

## **Hon Tsai Tai Stir-fry**

*~Adapted from Bill's Blog*

2 bunches hon tsai tai  
1 small handful dried shrimp  
2 large or 4 small dried shiitake mushrooms  
⅓ cup sliced bamboo shoots  
18 or so bay scallops  
4 Tablespoon soy sauce  
1 Tablespoon rice wine

1 teaspoon sugar  
¼ teaspoon kosher salt  
Hot sauce to taste  
2 teaspoons corn starch

1. Soak shrimp and mushrooms separately in hot water. Slice mushrooms and reserve half cup of soaking water straining out the mushroom crud.
2. Chop hon tsai tai and separate out the stemmy chunks from the leafy ones.
3. Mix soy sauce, rice wine, sugar, salt and hot sauce.
4. Mix corn starch with 2 teaspoons of water.
5. Heat wok (or large cast iron pan) until it glows cherry red or the fire alarm goes off. Add 1 Tablespoon of peanut oil and shrimp. Stir fry for a minute.
6. Add hon tsai tai stems, mushrooms and bamboo shoots, a bit of salt and some garlic and ginger if you're not about to run out and are saving the last bits for another recipe. Stir fry 3 minutes.
7. Add soy sauce mix and scallops. Stir fry one minute.
8. Add hon tsai tai leaves. Stir fry until they wilt. Then lower heat to medium. Cover and steam for 3 minutes.
9. Add mushroom soaking water. Mix, cover and steam for 3 minutes more.
10. Check stems for doneness. If they're still not tender, steam some more. But if they are, clear out a space in the middle of the pan for the sauce to puddle. Stir corn starch mixture and add to the puddle. When sauce thickens, stir the dish one more time, turn it out into a bowl and serve immediately.

## **Jen Sorenson's Sautéed Radishes with Brown Rice & Chevre**

1 bunch of radishes thinly sliced and then halved  
Radish greens rinsed and chopped  
2 tbsp. minced garlic  
1 tbsp. butter  
2 tbsp. fresh basil, chopped  
1 cup brown rice (pre-cooked)  
¼ cup Chevre (goat cheese)  
Salt to taste

Melt butter and sauté garlic, basil and radish greens until greens are wilted. Add radishes and cook until tender (about 3-5 minutes). Add salt to taste. Add brown rice and stir for 1-2 minutes to reheat and coat rice. Add chevre and serve immediately (for those who don't like chevre I'm sure feta would work as well).