



The Garden Herald

Greenmoore Gardens 2011-'12 Winter CSA

Week 9: March 23rd

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| Braising Mix | Spinach |
| Baby Pac Choi | Scallions |
| Salad Mix | Potatoes |

News from the Fields

We hope you all were able to use all of your greens from last week, as we have a whole lot more for you this week! I thought going into the winter season that timing would be the most difficult when the plants were growing at a snail's pace, but really, timing is much more difficult to manage when the plants are growing fast! All the plants that were started in mid-winter are now bolting to produce seed and end their long, hard journey through the cold winter months. Now we look to the lettuces, radishes, beets, greens, and turnips to take us through the month of April. The summer growing season is in full swing, and we are moving along on getting the large fields ready for onion and potato planting, and busy in the greenhouse getting all the summer tomatoes, cukes, and squashes started ahead of schedule. At this rate, the plantings are two weeks ahead of schedule for many crops! So we're looking to an early May start of the summer CSA harvest season. Hope you'll join us then, looking forward to a good season. Well...at least a better season than the last one! --Sunil

Veggie Notes

Baby Pac choi - These Pac Choi are great for stir-fry or quick roast in the oven. Just cut the entire plants in halves, and cook them up. Maybe try serving with a peanut sauce. They were started in mid-winter and so are now thinking about making seeds, so you may see some elongated stems shooting for the sky.

Salad Mix - Lots of baby kale, claytonia, and chrysanthemum in the mix today. The lettuces are coming back into the mix soon!

Potatoes - These potatoes are from TOG

Spinach - Another large spinach portion for everyone. They are looking as though they want to bolt also, so clearing the bed to make way for a new planting of lettuce.

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

Braising Mix - This a mix of mustards, asian greens, and adolescent kale. Great for chopping into sautés, soups, or baked recipes.

Bermuda Spinach Salad Recipe

6 eggs
½ pound bacon
2 pounds spinach, rinsed and chopped
2 ¾ ounces croutons
¼ cup sliced fresh mushrooms
1 onion, chopped
⅔ cup white sugar
1 teaspoon salt
1 cup vegetable oil
⅓ cup cider vinegar
½ teaspoon ground black pepper
1 teaspoon celery seed
1 tablespoon prepared Dijon-style mustard

1. Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Once cool, peel and chop.
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
3. Prepare the dressing in a blender by combining the onion, sugar, salt, oil, vinegar, pepper, celery seed and Dijon mustard. Blend until smooth.
4. In a large salad bowl, combine the eggs, bacon, spinach, croutons and mushrooms. Toss to mix. Pour enough dressing over salad to lightly coat. Toss and serve.

Eggs in a Nest

*~Animal Vegetable Miracle recipe written by
Camille Kingsolver*

1 medium onion, chopped
Garlic to taste, chopped
Carrots, chopped
½ cup sun dried tomatoes
1 lb braising mix, coarsely chopped
8 Synergy Farm eggs
Sea salt and pepper
Cooked brown rice (optional)

1. Sauté onions and garlic in olive oil in a wide skillet until lightly golden.

2. Add carrots and tomatoes and sauté for a few more minutes, adding just enough water to rehydrate the tomatoes.
3. Mix in greens and cover pan for a few minutes. Uncover, stir well, then use the back of a spoon to make depressions in the cooked leaves, circling the pan like numbers on a clock.
4. Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for 3 to 5 minutes.
5. Remove from heat and serve over cooked brown rice. Add salt and pepper to taste.

Spinach with Sesame & Garlic

•3 Tbsp dark sesame oil
•1 Tbsp minced garlic
•1 lb fresh spinach, soaked in water to clean, drained, excess water squeezed out, large stems removed and discarded, leaves roughly chopped
•1 Tbsp sugar
•1 Tbsp soy sauce
• Salt to taste
•1 Tbsp toasted sesame seeds

1. If you haven't already toasted the sesame seeds, do that first. Heat a stick-free skillet on medium high. Add raw sesame seeds and use a spatula or wooden spoon to stir. The seeds may make a popping noise and jump up, almost like popcorn. They will toast very quickly, so stir constantly until they begin to brown and smell like they are toasted. Remove from pan into a separate bowl as soon as they are done.
2. Heat 2 tablespoons of the sesame oil in a large skillet over medium heat. Once the oil is hot, add the garlic. As soon as the garlic begins to sizzle, add the spinach and cook, stirring occasionally, until the spinach is completely wilted. Turn the heat to low.
3. Stir in the sugar and soy sauce. Remove from the heat. Add salt to taste. Serve hot, warm, room temperature, or cold, drizzled with the remaining sesame oil and sprinkled with sesame seeds.