



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 1: May 8th

This newsletter was printed well before we picked your vegetables, so you may find the version below to be inaccurate. To find the most recent version, please check www.greenmooregardens.com!

Mesclun	*Broccolini	Lettuce
Spinach	Braising Mix	Asparagus
Radishes	Pac Choi	Arugula

* Full & Bl

News from the Fields

Hello and welcome to our summer share season! It's been a quick start here on the farm this year. We're starting the harvest season a whole 3 weeks earlier than last year! One of the biggest lessons you learn when trying to grow food year after year is that things never remain the same. The growing conditions have varied so much over the past years since I've been managing the farm that it leads me to understand with clarity, that it is not the cultivator of the land and the sower of the seed who makes the food grow. It's a coming together of an infinite number of forces and factors that make the earth able to produce or fail to produce. Many of those factors and forces, we cannot comprehend and are much too complex for our simple minds, but some of those factors and forces we can see very clearly: number one on our list is the support that you (all of the share members) give us by becoming members of the farm. This is truly what makes all of our work possible. Not to mention the many hands that go into the CSA from prepping the soil to harvesting, packing, and delivering. The farm has a great crew this year, which I am very excited about. I, Sunil, am farm manager, so I write the newsletters and make sure everything is planned, planted, tended, harvested, and transported. We have Steph, who has taken on a lot of the management responsibilities and is starting a large medicinal and culinary herb garden. You may notice that things look prettier and more organized when you come to the farm. A lot of this is thanks to Steph! We've also got Kim, Cam, Derrick, and John, who are working with us full time. It feels so good to have a stable farm crew and a weather pattern that's been very forgiving. In the office, we have Ashley, who finds the newsletter recipes, and I'm sure you've all heard from her when you signed up. She's been extra busy this season, working on multiple projects, and doing her best to keep up with all your e-mails and farm accounting. Sarah is a newcomer to the farm, and she's designed our website and brochures beautifully, as well as coordinated our farm camp. We have many work-traders who you will have a chance to meet at your pickups. And of course - Mark, who started the farm - has done a lot to try to forward the sustainable living movement and welcome the community to the wonderful place in our hearts that is Greenmoore Gardens. I am looking forward to another season here, and I hope everyone will enjoy the fruits of the many factors and forces that make our food become what it is. --Sunil

Veggie Notes

Mesclun - Mesclun is a word for mixed baby salad greens. You'll find all kinds of baby greens in here - from lettuces, to kale, tatsoi, baby mustards, and other asian greens. There's nothing like the melt-in-your-mouth tenderness of early spring salad.

Spinach - We finally tried transplanting spinach in the garden instead of direct seeding, and it is so much easier!

Radishes - These radishes got large very quickly during the heat of last week. They are round, red ones that keep a pretty mild flavor. If you don't like the spiciness factor, give these a go, they may surprise you!

Broccolini - Just enough for full shares today. This type is a cross between broccoli and chinese kale. The florets are supposed to be small and slightly spread, and the large leaves are tender and tasty. It's a lot sweeter than other broccolis and greens.

Braising Mix - These greens are made of a mix of mustards, asian greens and kales. It's great lightly sautéed or chopped into a salad with your lettuce.

Pac Choi - This asian green is a spring staple here. It has very succulent and tasty stalks that give a great crunch to your salad or sauté.

Lettuce - You'll find a head of lettuce in your box today. Some are getting red ones, and some green ones. You'll have lots of spring salad for this week!

Asparagus - Our asparagus planting is quite young yet. It takes a few years before they start producing enough to pick them heavily. But we have at least enough for a taste for you all!

Arugula - This is some leftover arugula from our winter planting. It's great chopped into salad or sautéed.

Notes on Spring & Greens:

Greens and spring go together. Coming out of the winter, plants spend their time putting out leafy material to gain energy for making fruits and seeds. Therefore, the crops we plant for these early spring shares are mostly all greens. The prospects of fruits like cucumbers and tomatoes are still a ways off, and we satisfy our yearning for fresh veggies with greens of many kinds. You'll find that greens are very versatile. They can be put in a soup, stew, sauté, baked dish, steaming pot, or salad. They are also highly nutritious and are thought to have rejuvenating properties for our winter-weary bodies. If you're new to using greens, the best suggestion is to take a little garlic, olive oil, and sauté until just wilted. Eat immediately for an amazing taste sensation. To store greens, you should put them in a plastic bag in your refrigerator. Make sure they're not too wet, or they'll rot in there. Try putting a paper towel in the bag to soak up any extra moisture.

Salad of Spring Mesclun, Blossoms, and Wild Greens, with Lovage-Allium Dressing

~ Recipe courtesy Julianne McGuinness

Salad:

- Green or red leaf lettuce
- Spring mesclun mix (any variety of young greens will do: mustards, arugula, kale, amaranth, perilla, raddichio, etc).
- Fresh lovage leaves
- Fresh herb leaves of whatever herbs you have
- Young fireweed and/or river beauty (epilobium species) shoots
- Snips yarrow
- Edible flowers, as available (nasturtiums, fireweed, begonia petals, borage flowers, violas, pansies, etc. Please be certain that a particular species is edible before ingesting!)
- Snipped chives

Dressing:

- ¾ cup light olive oil (fresh flaxseed oil is a nice, nutty substitute)
- A dash lemon oil, if available (can be omitted)
- A few dashes good quality apple cider vinegar
- ¾ cup lighter variety balsamic vinegar
- ¾ cup water
- A dash umeboshi plum vinegar
- 1 tablespoon minced shallots
- 1 teaspoon minced garlic
- 1 tablespoon finely chopped chives
- 1 tablespoon finely chopped lovage leaves
- Dash ground celery seed
- Dash dry mustard or ¼ teaspoon of whole grain fresh mustard
- Dash red pepper
- Dash ground fenugreek
- Pinch nigella seeds (can be skipped if unavailable)
- Small pinch nutmeg
- Small pinch turmeric
- A very tiny hint cinnamon

Toss greens, herbs, and blossoms together with plenty of snipped chives and lovage leaves. (Tear larger leaves to bite size pieces. A kitchen scissors works well to snip lovage and herbs down to size). Combine dry and liquid dressing ingredients, to taste, in a glass cruet and shake thoroughly before sprinkling over salad greens.

Spring Radishes With Butter & Salt

~ Recipe courtesy Molly Watson, About.com Guide

It may sound odd to work a thin sliver into a wedge cut out of a radish and dip the whole thing in salt, but it's a favorite spring treat in France. Give it a try and see why – the creaminess of good butter and the watery crunch of a fresh radish are a remarkable combination. A bit of

fine sea salt is a must - if you have any *fleur de sel* sitting around, this is a good place to use it.

Ingredients:

- 1 bunch radishes
- Butter
- Kosher salt, fleur de sel, or sel gris

Wash and trim radishes, leaving ¼ to ½ inch green stem attached. Cut a thin lengthwise wedge out of each radish and place a sliver of butter in the space. Serve with a small dish of salt for people to dip each radish into or sprinkle lightly with salt before serving.

A Simple Sauté For Braising Mix

~ Recipe courtesy Debbie's Kitchen

Wash and spin dry greens, chop coarsely. Slice up some onion and sauté it in olive oil until soft, then turn heat down and stir in greens and 'sweat/wilt' them in their own moisture (they should still be bright green). Sprinkle with a little salt and champagne vinegar and serve as a side dish. Don't add vinegar until just before serving or greens lose their color.

Southern-Braised Greens with Bacon

~ Recipe courtesy Emeril Lagasse, 2004

- ¾ pound sliced bacon
- 3 cups sliced onions
- 8 cloves garlic, mashed
- 3 teaspoons salt
- ¾ teaspoon cayenne
- ¾ teaspoon black pepper
- 1 quart water
- 1 (12-ounce) can beer
- ¼ cup distilled white vinegar
- 2 tablespoons molasses or cane syrup
- 5 pounds fresh greens, such as mustard greens, collard greens, turnip greens, or kale, rinsed well, picked over and tough stems removed

In a large, heavy pot cook the bacon until it has rendered most of its fat, about 5 to 6 minutes. Add the onions, garlic, salt, cayenne, and black pepper and cook until the onions are wilted, about 4 minutes. Add 1 quart of water, the beer, vinegar, and molasses and bring to a boil. Begin adding the greens in batches, pressing down with a wooden spoon to submerge them in the hot liquid and adding more as they wilt. When all of the greens have been added, reduce the heat to a simmer and cook the greens, partially covered and stirring occasionally, for about 1 to 1 ½ hours or until tender.