



The Garden Herald

Greenmoore Gardens 2012 Summer CSA

Week 2: May 15th

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	Baby Turnips	Pac Choi
Spinach	Braising Mix	
Radishes	Lettuce	*Broccolini
Carrots	Chard	*Arugula

* Full & Bi

News from the Fields

The big rains have finally come and the weeds are growing very quickly. We have been busy planting and many thanks goes out to the "32 hour famine" group that came over to help with the cabbage and leeks. They all were fasting for 32 hours while learning about different aspects of food and hunger. We had people of all ages come to help us put plants in the ground. In 2 hours we were able to plant a whole lot of leeks and cabbage that we all will be enjoying in a few months. As soon as the ground dries, we'll begin planting all of the tomatoes, peppers, eggplants, squash, cucumbers, and beans. The potatoes are finally up and growing after a long time developing in the cool ground, and soon we'll have to hill some more soil around them and mulch. --Sunil

Veggie Notes

Mesclun - The mix has some baby romaine in it today as well as all kinds of asian salad greens. The leaves are a little larger than normal, so you may want to chop it.

Spinach - Another round for all of you today.

Radishes - These are French Breakfast radishes.

Broccolini - Just enough for the full shares today. This 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 up 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 be receiving cute little red mini-heads for your half share, or larger green bibb lettuce for your full or bi-weekly share.

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.

Arugula - This arugula was overrun by some weeds which we did our best to clean out, but you may find a few left in there. Try arugula chopped into salad, made into a pesto, or wilted over pasta. Full shares only today.

Chard - This is baby chard (and some not so baby). You can use it a lot like spinach.

Carrots - Mostly baby carrots for everyone. Some of them were still in the ground and leftover from our winter share season, so they're quite large now. Carrots at this time of year are sweet, juicy, and tender. Maybe the best carrots of the season!

Baby Turnips - These are sweet, white baby turnips that are great raw, in a salad, or cooked.

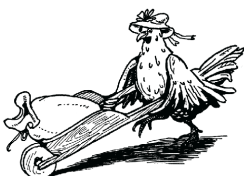
Greenmoore Gardens Open Houses
Tuesday, May 22nd and Friday, May 25th
All Members Are Invited!

- See what we have planted
- Visit our greenhouses
- Learn about summer events
- Talk with farm staff members
- Snack on light refreshments

Farm Tours every half hour
from 4:00 PM-7:00 PM

"Keep your fingers crossed" -- we may even have some brand new baby chicks by then!

See you there!



Butter Bathed Turnips

~ Courtesy of Chef Jonathan Miller (slightly adapted)

1 bunch turnips
Olive oil
2-3 Tablespoons butter
Leaves from 4 branches thyme
Any other spices of your choice

Halve the turnips, reserving any greens for another use. Heat a large, cast iron skillet until very hot. Add a couple tablespoons olive oil and sear the turnips, cut side down, until darkly colored. Flip the turnips, sprinkle them with salt, and continue to sear the rounded sides for another couple minutes, or until deeply colored. Add a quarter cup of water to the pan and immediately cover the skillet with a lid or sheet pan. Lower the heat and allow the turnips to steam for a few minutes, or until they are as tender as you like them. Remove the lid. If the water has not boiled off, allow it to do so now, then add the butter and bathe the turnips in the butter as it melts, a minute or two more. Sprinkle the thyme leaves over the top, taste for salt and serve warm. Delicious.

Fried Eggs with Greens and Mushrooms

~ Courtesy of Martha Stewart

For the Sage-Chile Butter (optional):

- 4 tablespoons unsalted butter
- 1 tablespoon small sage leaves
- ¼ teaspoon crushed red-pepper flakes

For the Eggs and Greens:

- 2 tablespoons extra-virgin olive oil
 - 10 ounces white button or cremini mushrooms, sliced
 - Coarse salt
 - 2 garlic cloves, thinly sliced
 - 6 cups cooking greens (cut into ¾-inch-wide ribbons), such as collard, mustard, or kale
 - 2 tablespoons water
 - 2 tablespoons unsalted butter
 - 4 large eggs
 - Garnish: finely grated Parmesan cheese
1. Make the sage-chile butter: Melt butter in a saucepan over medium heat. Add sage and red-pepper flakes. Simmer until sage is crisp, about 3 minutes.
 2. Make the eggs and greens: Heat a large, heavy skillet (preferably cast iron) over high heat. Swirl in oil. Cook mushrooms with ½ teaspoon salt until golden and tender, 4 to 5 minutes. Reduce heat to medium. Stir in garlic, then greens and water. Cook, stirring, until greens wilt. Add unsalted butter, and stir until melted.
 3. Push greens to make 4 wells. Crack 1 egg into each. Season with salt. Cook for 4 minutes. Let stand until whites are set but yolks are still runny, about 4 minutes. Drizzle with sage-chile butter. Garnish with cheese.

Mixed Greens with Crispy Bacon, Goat Cheese, and Fried Egg

~ Courtesy of Bon Appétit | April 2002

4 thick bacon slices, coarsely chopped
1 tablespoon red wine vinegar
½ teaspoon Dijon mustard
3 tablespoons olive oil
6 cups mixed baby greens
4 ounces soft fresh goat cheese, crumbled
4 large eggs
2 tablespoons water

Sauté bacon in heavy large skillet over medium heat until brown and crisp, about 8 minutes. Using slotted spoon, transfer bacon to paper towels to drain. Pour off and discard all but 1 tablespoon drippings from skillet. Whisk vinegar and mustard in large bowl to blend. Whisk in oil. Season dressing to taste with salt and pepper. Transfer 1 tablespoon dressing to small bowl; set aside. Add greens to large bowl with dressing; toss to coat. Divide greens among 4 plates. Scatter goat cheese and bacon pieces over each salad. Heat drippings in same skillet over medium heat. Gently break eggs into skillet; cook until whites begin to set, about 1 minute. Add 2 tablespoons water to skillet; cover and cook until whites are set and yolks are softly set, about 2 minutes. Using spatula, top each salad with 1 egg. Sprinkle eggs with salt and pepper. Drizzle lightly with reserved 1 tablespoon dressing and serve.

Green Curry Noodles

~ Courtesy of Tara "Tea" Austen Weaver (slightly adapted)

This is a rough outline of a recipe. Feel free to adapt to your own taste and ingredients.

3 cups chicken or veggie broth
Green Thai curry paste, added to taste and preferred heat level (start with ½ tsp)
4 oz Vermicelli rice (or other) noodles
1 cup greens (pak choi, bok choy, napa cabbage, chard, or spinach)
Chopped cilantro for topping (or basil, or green onions)
Optional additions: splash of soy sauce, fish sauce, or Sriacha sauce to taste. Squeeze of lime juice.

Cook the noodles in boiling water according to directions, drain and rinse, set aside. In a medium sauce pot, bring the broth to a strong simmer and add the green curry paste. I start with ½ tsp and then add little by little until I reach the level or flavor and heat I like. Stir to allow the curry paste to dissolve completely. At this point you might want to add a few drops of soy sauce, fish sauce, or lime juice. Add the cooked noodles to the curry broth. Stir to detangle. Add the chopped greens. Stir and remove from heat. Pour into a large bowl. Add a sprinkle of cilantro (or other herb of your choice). Serve immediately.